

‘Walk With a Doc’ program to host walks for the next year in St. Lawrence County

CANTON — The St. Lawrence County Department of Health wants to get people walking and healthy. A subcommittee of the Bridge to Wellness Coalition, a group of several St. Lawrence hospitals, met Tuesday to discuss logistics on its newly county-approved health program, “Walk With a Doc.”

The free program, which will host 12 walks a year, was unanimously approved Monday by the St. Lawrence County Legislature.

The program will strive to bridge the gap between doctors and patients and to increase the physical and mental health of St. Lawrence County residents.

Walkers will be able to interact with medical experts in the tranquility of parks in warm months and in hockey rinks and indoor tracks during cold months.

“This will allow people to see their physicians as real people,” said Dana Olzenak McGuire, St. Lawrence County’s public health director.

Thus far, walks will be held in six towns and villages: Waddington, Potsdam, Gouverneur, Canton, Ogdensburg and Massena. Residents from outside these areas, however, are welcomed to each event.

“We chose six (sites) because it’s a county initiative and we really want to spread it out,” said Ms. Olzenak McGuire.

The specifics for many of these walks require further planning, but their first is set for 10 a.m. June 30 at the Remington Recreation Trail in Canton.

At each walk there will be markers notifying walkers of the distance already walked. Participants can stroll and can turn around at any time.

“This is not a race. This is truly a walk,” said Ms. Olzenak McGuire

At the beginning of each walk there will be a three-minute presentation by one of the volunteering doctors.

Doctors will be recognizable as each will be wearing a blue shirt donated by the “Walk With a Doc” program.

Water and healthy snacks will be provided at each walk.

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