

Take a Walk with a Doc in Milledgeville this Month

Make plans to join the monthly event at the Atrium Health Navicent Baldwin walking track

MILLEDGEVILLE, Ga., June 16, 2025 – The sun is shining, and with school out, many kids are restless with summer energy. Those are two great reasons to get outside and get active. Lace up your sneakers and join Baldwin County's Walk with a Doc wellness group at 5 p.m. Thursday, June 19.

This free walk is open to the community and meets every third Thursday at the [Atrium Health Navicent Baldwin](#) walking track, located at 821 N. Cobb St. in Milledgeville. Other upcoming Walk with a Doc dates are July 17 and Aug. 21. Light refreshments will be served. In the event of rain, the walk will be canceled.

Part of a worldwide program, Walk with a Doc is a free, recurring, doctor-led walking group. Atrium Health Navicent partnered to bring Walk with a Doc to Baldwin County in 2023. The sessions allow participants to safely walk and learn about current health topics. Walks begin with a brief discussion led by a physician and then participants enjoy a healthy walk and conversation.

"This walk is a great opportunity to bring the family out and start implementing healthy habits together. You'll have an opportunity to learn from the doctor leading the walk, and improve your own health," said Atrium Health Navicent Baldwin Chief Operating Officer [Thomas Goss](#). "With it being summertime, be sure to take a water bottle when you go outside to stay hydrated."

Atrium Health Navicent The Medical Center, in collaboration with community partners, started the Walk with a Doc program in Macon in 2019. The [Macon chapter](#) meets on the first Saturday of every month at Amerson River Park. From now until September, walkers sign in at 7:45 a.m. and meet with the doctor at 8 a.m.

About Atrium Health Navicent

Atrium Health Navicent is the leading provider of health care in central and south Georgia and is committed to its mission of elevating health and well-being through compassionate care. Atrium Health Navicent is part of [Advocate Health](#), which is headquartered in Charlotte, North Carolina, and is the third-largest nonprofit health system in the United States, created from the combination of Atrium Health and Advocate Aurora Health. Atrium Health Navicent provides high-quality, personalized care in 53 specialties at more than 50 facilities throughout the region. As part of the largest, integrated, nonprofit health system in the Southeast, it is also able to tap into some of the nation's leading medical experts and specialists with Atrium Health, allowing it to provide the best care close to home – including advanced innovations in virtual medicine and care. Throughout its 130-year history in the community, Atrium Health Navicent has remained dedicated to enhancing health and wellness for individuals throughout the region through nationally recognized quality care, community health initiatives and collaborative partnerships. It is also one of the leading teaching hospitals in the region, helping to ensure viability for rural health care for the next generation. For more information, please visit www.NavicentHealth.org.

About Advocate Health

[Advocate Health](#) is the third-largest nonprofit, integrated health system in the United States, created from the combination of Advocate Aurora Health and [Atrium Health](#). Providing care under the names Advocate Health Care in Illinois; Atrium Health in the Carolinas, Georgia and Alabama; and Aurora Health Care in Wisconsin, Advocate Health is a national leader in clinical innovation, health outcomes, consumer experience and value-based care. Headquartered in Charlotte, North Carolina, Advocate Health services nearly 6 million patients and is engaged in hundreds of clinical trials and research studies, with Wake Forest University School of Medicine serving as the academic core of the enterprise. Advocate Health is nationally recognized for its expertise in heart and vascular, neurosciences, oncology, pediatrics and rehabilitation, as well as organ transplants, burn treatments and specialized musculoskeletal programs. Advocate Health employs more than 160,000 teammates across 69 hospitals and over 1,000 care locations, and offers one of the nation's largest graduate medical education programs with over 2,000 residents and fellows across more than 200 programs. Committed to redefining care for all, Advocate Health provides more than \$6 billion in annual community benefits.

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