



CITY COUNCIL

Darryl Moore
Councilmember District 2

CONSENT CALENDAR
October 15, 2013

To: Honorable Mayor and Members of the City Council
From: Councilmember Darryl Moore, District 2
Subject: Official City Sponsor of Walk with a Doc Berkeley

RECOMMENDATION

Approve City sponsorship of Walk with a Doc Berkeley.

BACKGROUND

The Walk with a Doc program was created in 2005 after Dr. David Sabgir went into private practice in Columbus. It caught the attention of physicians in Jamaica and a heart specialist in Italy, and doctors are hoping to get the program up and running in more than 250 other places as far away as China, Portugal and South Africa.

The program started with a 2.2-mile hike on a spring day in suburban Columbus. Sabgir, a graduate of Miami University in Oxford and the Medical College of Ohio in Toledo, had grown tired of spending so much time urging patients to exercise and seeing so few of them follow his recommendation.

He decided if he invited them to walk with him, maybe more would get involved. It would be a win-win with no major expense: The walking could help people lose weight or fight the effects of disease and age, and it would give him time to provide quick answers to their health questions.

Walk with a Doc (WWAD) Berkeley is collaborating with the City of Berkeley and Heart 2 Heart for its inaugural event, which will take place on Oct. 19, 2013, 9am-12pm at San Pablo Park. In addition to leading a 2-mile walk around the park, Heart 2 Heart will provide free blood pressure screenings, and there will be healthy snacks and giveaways (including water bottles, shirts, and pedometers) for all of the participants.

FISCAL IMPACTS OF RECOMMENDATION

Unknown

CONTACT PERSON

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