
FOR IMMEDIATE RELEASE

Walk with a Doc starts June 17 in Ottertail

WADENA, Minn. – May. 22, 2023 – Jessica Grimes, MD, is hosting “Walk with a Doc” sessions starting June 17 in Ottertail. Dr. Grimes organized the nationally recognized series of events in an effort to improve the health and wellness of the Ottertail community. In addition to improving cardiovascular health, patients will have the chance to ask important health questions. Before each walk, Dr. Grimes will lead an informative discussion on health-related topics.

“One of the most impactful things we can do to improve our health is to just get off the couch and move,” said Dr. Grimes. After learning about the program at a conference, she knew the event would be a great way to get to know patients in a less formal setting.

Dr. Grimes will host Walk with a Doc sessions on the first and third Saturday of each month at 9 a.m. Walk with a Doc is a national organization dedicated to getting patients moving while encouraging casual conversation between providers and their respective patients.

The walk will begin at the Ottertail Clinic located at 232 Minnesota HWY-78 North, Ottertail, MN. The bike path next to the clinic will be used for the walking route. The event is free and open to anyone. Please use the events page on Asterahealth.org for important updates.

ABOUT ASTERA HEALTH

Aster Health is a private, not-for-profit health care system based in Wadena, Minnesota. It offers care services such as primary health, surgery, cancer care, diagnostic imaging, obstetrics, orthopedics and rehabilitation. Aster Health operates a hospital and medical clinic in Wadena, and serves the counties of Wadena, Todd and Otter Tail through five satellite clinics and two physical therapy clinics in Bertha, Henning, Ottertail, Sebeka and Verndale. Visit asterahealth.org.

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