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We are pleased to announce our Walking for Wellness Program “Los Caminantes de Plaza”; a walking group that will be starting on March 13th, 2018, every Tuesday from 9:00am-10:00am at Plaza del Sol Mall in Kissimmee.

This walking group is created for our elderly community, so that they are able to walk all year round regardless of the weather conditions, since it has been demonstrated that group walking offers multiple health benefits to the human being, including socializing with other people and the feeling of being part of a group.

This exclusive wellness program is brought to you by Orlando Family Physicians and to become part of this program you need to be a member of our Medical Group.

The wellness program offers the following benefits to our members:

- Walking group every Tuesday from 9am-10am at Plaza del Sol Mall.
- 10% discount in participating stores at Plaza del Sol Mall
- Participation in all our activities and educational seminars
- Rewards program to all members based on attendance to their scheduled appointments and completing plans of care established.

With this grand opening, we wanted to attract not only our members but future members that would like to be part of this group. The event will take place from 9:00am to 1:00pm and there will be different activities, as well as a sign in registration for the walking group, music and photo booth, refreshments, raffles, blood pressure and blood sugar screenings and a dancing contest.

We look forward to seeing many members become part of this wellness program and enjoy all the activities we will plan all year round.

