

# walk<sup>®</sup>with a DOC Middletown

**Saturday, February 21, 2026**

**9:00 AM – 10:00 AM**

**Middletown Area Family YMCA**

**1020 Manchester Ave., Middletown, OH 45042**

This walking program is a fun and safe place to take a walk (at your own pace), learn health tips from local healthcare providers, and meet new friends.

The event is FREE and all are welcome!

## **This month's topic: Heart Health**

### **About Our Speaker: Dr. Mouhamad H. Abdallah, MD**

Dr. Abdallah, MD, received his medical degree at the American University of Beirut, Lebanon, and completed his residency at the University Hospital of Cincinnati. Dr. Abdallah completed his fellowship at the University of Cincinnati and is board certified in Internal Medicine, Clinical Cardiology, Nuclear Cardiology, and Interventional Cardiology.



**Middletown  
Community  
Foundation**

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Questions?  
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We are a local chapter of an international 501(c)3. Learn more at [walkwithadoc.org](http://walkwithadoc.org)