

# Join Eisenhower Medical Center and Walk for a Cause this Season

As cooler climates grace the Coachella Valley, the schedule of walking events benefitting local charities and communities is heating up. Participants can gain all the physical benefits of walking and, with each step, know they are making a difference. Please join Eisenhower Medical Center and support our local charities and communities by walking for a cause this season.



November 2: [Coachella Valley Heart and Stroke Walk with the American Heart Association](#)

November 3: [Pride Walk](#)

November 9: [Step Out: Walk to Stop Diabetes \(American Diabetes Association\)](#)

Participation in these walks is free and it's an easy way to start the day with some exercise while supporting a good cause.

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