

The RAMble and Me

By Suzie Park, M.D., VCU Health primary care physician

The RAMble started in 2017 as a physician initiated walking and wellness program to model exercise and to further enhance physician-patient relationships.

On the third Saturday morning of each month, providers and patients gathered outdoors at Stony Point Fashion Park to hear an inspiring health-related talk, to stretch and to walk one and a half miles together. This was a vibrant time of education and exercise as a community. In 2019, Diabetes ReFresh was added to the program as an opportunity for participants to gain nutrition updates and share ideas.

As a primary care provider, I view The RAMble as a unique way to interact with patients and colleagues. It's great to see my patients outside the office and our conversations while walking together are varied. I get to meet patient's families, friends and even pets who are all welcome to join The RAMble. I also learn from the many interesting talks given by my colleagues. Their willingness to volunteer on a Saturday morning in order to educate and encourage patients inspires me always.



In March 2020, the pandemic changed everything. Like many other activities, we had to quickly adapt. At first, we halted the walks and then resumed last Fall as a virtual program. It was great to see participants in their Zoom boxes and to hear interesting talks. However, we all missed the connection of being together.

This year, we are excited to RAMble in person again. Our first meeting in September was a success! There was a great turnout and excitement to connect again. Dr. Susan Hong, director of Massey's Cancer Survivorship Program, spoke about vitamin D supplementation. I enjoyed walking with several of my patients.

Looking ahead, we will continue to make safety a priority and ask that participants be vaccinated and wear a mask. Come join us in October for the next RAMble!

Visit our new [RAMble website](#) for the latest information.