



## LAS VEGAS KIDS TIME

Take a **STEP** toward better **HEALTH**



Walking for as little as 30 **MINUTES A DAY** can:

- Elevate your mood
- Reduce your risk of coronary heart disease
- Improve your blood pressure and blood sugar levels
- Reduce your risk of osteoporosis, cancer, and diabetes

## Second Sunday of Every Month

Bring water, sunscreen, and check the weather forecast to dress the family appropriately to walk outside.

Check [NevadaAAP.org/calendar](http://NevadaAAP.org/calendar) for monthly changes to time and place.

**THIS MONTH:** Dr. Oriaku Kas-Osoka talks about emotional wellness and children's need to realize that the world is a better place because they are in it.

**TIME:** 10 – 11 am

**DATE:** Sunday, October 13, 2019

**LOCATION:** Springs Preserve, 333 S Valley View Blvd, Las Vegas

## Nevada Chapter

American Academy of Pediatrics   
DEDICATED TO THE HEALTH OF ALL CHILDREN®

# FREE!