



LAS VEGAS KIDS TIME WALK

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 for monthly changes to time and place.

THIS MONTH: Lillie Hidaji, MD, FAAP will be discussing Healthy Bellies Happy Tots: Our Kids' Nutrition Matters

TIME: 10 – 11 am

DATE: Sunday, July 14, 2019

LOCATION: Spring Mountains Visitor Gateway, 2525 Kyle Canyon Rd, Mt Charleston

Nevada Chapter

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



FREE!