



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 for seasonal changes to location.

THIS MONTH: Dr. Shauna Butler will present a brief, kid-friendly talk on maximizing kids' capacity for participation in sports.

TIME: 10 – 11 am

DATE: Sunday, February 9, 2020

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

Meet in parking structure near entrance.

Nevada Chapter

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



FREE!