



NEVADA 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

Our Monthly Walks Have Temporarily Gone Virtual

When you take a walk outside, wear sunscreen & take water. Socially distance at least 6 feet and everyone over 2 years old should wear a mask when you cannot keep 6 feet apart.

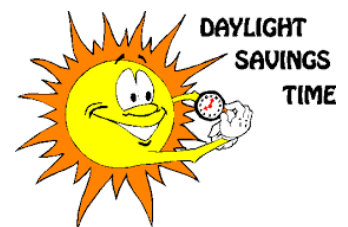
THIS MONTH: Dr. Lillie Hidaji presents **Growing up Digital: How it Affects our Kids.**

TIME: 10 am

DATE: Sunday, March 14, 2021

LOCATION: Zoom

Register for the live event at NevadaAAP.org/Walk-with-a-Doc



Nevada Chapter

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



FREE!