



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



THIS MONTH: Dr. Kirandeeep Chahal presents A Pediatrician's Training

TIME: 10 am

DATE: Sunday, July 10, 2022

LOCATION: Zoom

For More Information Visit:
NevadaAAP.org/walk-with-a-doc

Register



Nevada Chapter

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

