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. Kirandeep 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