



# 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.

## Nevada Chapter

THIS MONTH: Dr. Lisa Durette, Program Director, Child & Adolescent Psychiatry Fellowship at UNLV School of Medicine presents talking to your teens and tweens about suicide.

TIME: 10 am

DATE: Sunday, December 13, 2020

LOCATION: Zoom

Register for the live event at [NevadaAAP.org/Walk-with-a-Doc](http://NevadaAAP.org/Walk-with-a-Doc)

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



# FREE!