



# 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 if you cannot keep 6 feet apart.

**THIS MONTH:** Dr. Vanessa Slots presents Well-Care During COVID-19

**TIME:** 10 am

**DATE:** Sunday, February 13, 2022

**LOCATION:** Zoom

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

## Nevada Chapter

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



# FREE!