



## LAS VEGAS 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

Bring water, sunscreen, and check the weather forecast to dress the family appropriately to walk outside.

Check [NevadaAAP.org/calendar](http://NevadaAAP.org/calendar) for seasonal changes to location.

**THIS MONTH:** Dr. Betsy Huang will present a brief, kid-friendly talk about Making Sure Every Child Counts in the 2020 Census.

**TIME:** 10 – 11 am

**DATE:** Sunday, April 12, 2020

**LOCATION:** Springs Preserve, 333 S Valley View Blvd, Las Vegas

Meet in parking structure near entrance.

## Nevada Chapter

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



# FREE!