

Nevada Chapter

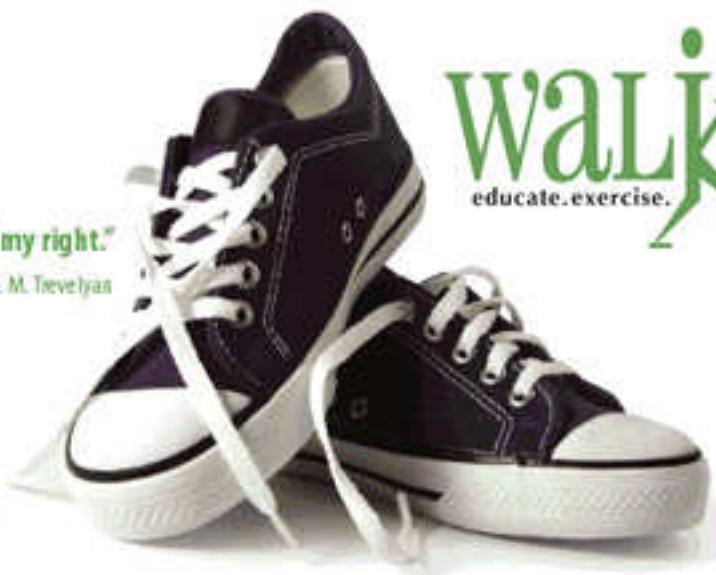
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



KIDS TIME!

Take a **STEP** toward better **HEALTH**

"I have two doctors, my left leg and my right."
— G. M. Trevelyan



Walking for as little as 30 MINUTES A DAY can:

- Reduce your risk of coronary heart disease
- Improve your blood pressure and blood sugar levels
- Elevate your mood
- Reduce your risk of osteoporosis, cancer and diabetes

TIME: 8:30 am – 9:30 am

DATE: Sunday, 12 May 2019

LOCATION: Springs Preserve, 333 South Valley View Blvd. (Parking Lot Near Entrance)

TOPIC & SPEAKER: Pool Safety and Drowning Prevention, Betsy Huang, MD

Bring water, wear sunscreen, and be dressed appropriately for the weather!

FREE!