



## 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 monthly changes to time and place.

THIS MONTH: Rita Shah, MD will answer the question "What is Measles?"

TIME: 10 – 11 am

DATE: Sunday, August 11, 2019

LOCATION: Spring Mountains Visitor Gateway, 2525 Kyle Canyon Rd, Mt Charleston

### Nevada Chapter

American Academy of Pediatrics

**FREE!**