



Kids TIME justwalk

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**Join our pediatricians & family doctors
for a fun health talk, then walk at your
own pace!**

It is never too early to encourage a love for physical activity in kids by exposing them to fun fitness activities and sports. Physical activity improves bone health, cardiorespiratory and muscular fitness, decrease levels of body fat, reduce symptoms of depression, and improves cognitive skills and the ability to concentrate.

**Walking the 2nd Saturday of every month at 9:30
AM, meet at the Sparks Marina (blue gazebo).**

GET TO KNOW PEDIATRICIANS
IN OUR COMMUNITY & LEARN
MORE ABOUT HEALTHY
HABITS FOR OUR CHILDREN

Future Speakers:

2/9/2019- Elaine Cudnik, NP
"Introducing your child to
sports"

3/9/2019- TBA

4/13/2019- Scott Wallace,
MD

"Kids and screen time"



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