

# Join Our Stroller Walks for Parents



**Walking is a simple and fun way to boost your physical and mental well-being — both before and after having a baby.**

Come walk with us every Tuesday! Meet other parents, get fresh air and explore the joys of parenthood together. This 6-week event will connect you to community resources and education.

## Who can join?

This event is open to CalOptima Health Medi-Cal members who are pregnant or have a child under 2 years old. It's the perfect opportunity to:

- ✓ Meet other parents in your community
- ✓ Get tips on maternal and child health
- ✓ Enjoy a refreshing walk with your baby in a stroller
- ✓ Discover no-cost health resources available through CalOptima Health

Bring your stroller, wear comfy shoes and don't forget water! Invite a friend and let's walk together!

## Details

TUESDAY, APRIL 1

10-11 A.M.

SANTIAGO PARK

600 E. Memory Lane  
Santa Ana

**Need help?** Call CalOptima Health Customer Service toll-free at **1-888-587-8088** (TTY 711), Monday-Friday, 8 a.m. to 5:30 p.m. for help. We have staff who speak your language. Please visit us at [www.caloptima.org/healthandwellness](http://www.caloptima.org/healthandwellness).



**Sign up today!**  
Scan the QR code  
to register.



**CalOptima Health**

CalOptima Health, A Public Agency