

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

Every Tuesday
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.



Sign up today!
Scan the QR code
to register.



CalOptima Health

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