



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



Nevada Chapter

The Nevada Chapter of the American Academy of Pediatrics invites you to join us for Walk with a Doc-Kids Time, a program to encourage families with children and adolescents to meet for an hour to walk the trails at Springs Preserve. As pediatricians we encounter many young people who are living more sedentary lives, which can increase their risk for obesity, Type 2 diabetes, high cholesterol, and high blood pressure. We will offer a session to meet with pediatricians for a 3-5 minute discussion on a health related topic and an opportunity to walk outdoors with other families and health care providers.

DATE	TOPIC & SPEAKER	LOCATION	TIME
5/13/2018 (Mothers Day)	Nicolas Stettler-Davis, MD - Foods Good for your Heart	Springs Preserve - 333 Valley View Blvd, Las Vegas, NV	8:30AM
Two year Anniversary 6/10/2018	Kelly Kogut, MD, FACS - Bicycle and Pedestrian Safety: A Pediatric Surgeon's Perspective	Spring Mountain Visitors Gateway - 2525 Kyle Canyon Road, Mt. Charleston, NV	10:00AM
7/8/2018	Terrence McAllister, MD , FAAP- Mindfulness and the Diverse Health Benefits	Spring Mountain Visitors Gateway - 2525 Kyle Canyon Road, Mt. Charleston, NV	10:00AM
8/12/2018	Carolien de Roode-Wentz, MD, FAAOS - No Bones about it: This is How We Grow	Spring Mountain Visitors Gateway - 2525 Kyle Canyon Road, Mt. Charleston, NV	10:00AM

Wear comfortable walking shoes; bring water, sunscreen, hats and sunglasses

Questions: e-mail us at nevadachapteraap@gmail.com or call 702-285-9425 Executive Director Roberta Aguin

Walks will resume at Springs Preserve in September 2018.

