



WALK WITH a DOC KIDS TIME

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. Prior to the walk, there will be a 3-5 minute discussion on a health related topic and then, we walk together with other families and health care providers.

Where: Springs Preserve, 333 South Valley View Blvd, Las Vegas, Nevada 89107

When: Second Sunday of each month starting at 8:30am

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

Upcoming Speakers:

September – 10th – **Scoliosis in Youth: Evaluation & Management** – Archie Perry, MD

October – 8th – **Flu Vaccine: Just the Facts** – Randi Lampert, MD

November – 12th – **Sugar is not your best friend** – Diana Faught, RN, BSN

December 10th – **Focus on Fitness during the Holidays** – Robert Rollins, MD

If you have any questions, please e-mail us at nevadachapteraap@gmail.com or Call 702-285-9425 and speak to Executive Director Roberta Again. You can also find more information on our webpage at www.nevadaaap.org or follow us on Facebook at www.facebook.com/nevadachapteraap.

