



LAS VEGAS KIDS TIME

Take a **STEP** toward better **HEALTH**



Walking for as little as 30 **MINUTES A DAY** can:

- Elevate your mood
- Reduce your risk of coronary heart disease
- Improve your blood pressure and blood sugar levels
- Reduce your risk of osteoporosis, cancer, and diabetes

Second Sunday of Every Month

Bring water, sunscreen, and check the weather forecast to dress the family appropriately to walk outside.

Check NevadaAAP.org/calendar for monthly changes to time and place.

THIS MONTH: Dr. Manisha Singh talks about how to keep your sleeping baby safe.

TIME: 10 – 11 am

DATE: Sunday, November 10, 2019

LOCATION: Springs Preserve, 333 S Valley View Blvd, Las Vegas

Nevada Chapter

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

FREE!