



# NEVADA 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

*Our Monthly Walks Have Temporarily Gone Virtual*

When you take a walk outside, wear sunscreen & a mask that covers your nose and mouth, take water, and dress appropriately for the weather.

## Nevada Chapter

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



**THIS MONTH:** Dr. Jacqueline Patterson will present a brief, kid-friendly talk about the many reasons why kids should breathe through their nose.

**TIME:** 10 am

**DATE:** Sunday, July 12, 2020

**LOCATION:** Zoom

Register for the live event at [NevadaAAP.org/Walk-with-a-Doc](https://NevadaAAP.org/Walk-with-a-Doc)

# FREE!