



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.

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

***When: - Second Sunday of each month at 8:30am***

***December 10th, 2017– Focus on Fitness During the Holidays – Robert Rollins, MD***

***January 14, 2018 – The Unexpected Benefits of Sleep – Robert Lowe, MD, PhD***

***February 11, 2018 – Pediatric Obesity and Type 2 Diabetes – Rola Saad, MD***

***March 11, 2018 – What is BMI, and Why does it Matter? – Nudrat Nauman, MD***

***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 Again***

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