

# Take a Step Toward Better Health

Salinas Valley Health invites you to join our physicians and healthcare providers on a monthly walk and talk that will inspire and inform. Let our unique health and wellness programs connect you with your best life.



## Timothy Albert, MD

### Topic:

Lowering your  
Risk for  
Developing  
Heart Disease

### When:

Saturday, February 8  
9:00-10:00am

### Where:

Fort Ord Badger Hills  
Trailhead (across from  
Toro Café on Highway 68)

For more information and to reserve your spot, call  
our Health Promotion Department at **831-759-1890**  
or visit **[SalinasValleyHealth.com/walkwithadoc](https://SalinasValleyHealth.com/walkwithadoc)**