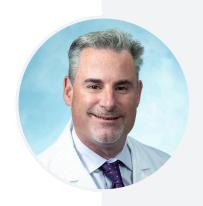


Salinas Valley Health invites you to join our physicians and healthcare providers on a monthly walk and talk that will inspire and inform. Let our unique health and wellness programs connect you with your best life.



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 **Salinas Valley Health.com/walkwithadoc**

