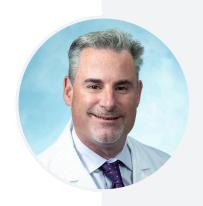


Salinas Valley Health invites you to join our physicians and healthcare providers on a monthly walk and talk that will inspire and inform. Let our unique health and wellness programs connect you with your best life.



Timothy Albert, MD, MHCM

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**

