

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.



Amy Lantis Stemerman, MD

Radiologist

Medical Director, Nancy Ausonio Breast Health Center

Topic:

Breast Cancer
Awareness

When:

Saturday, October 18
9:00-10:00am

Where:

Fort Ord National Monument
Badger Hills Trailhead
(Across Highway 68 from Toro Café)

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