



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.



Nadine Semer, MD
Palliative Medicine

Topic:
Advanced Care
Planning

When:
Saturday, April 5
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://www.SalinasValleyHealth.com/walkwithadoc)