

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.



Jennifer Rodriguez, RN, BSN

Topic:
Physical Activity
& Heart Health

When:
Saturday, February 10
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