



# 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.



**Lauren Redden, RD** | Blue Zones Project Monterey County

**Topic:**  
Eating for a Longer,  
Healthier Life

**When:**  
Saturday, March 9  
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://SalinasValleyHealth.com/walkwithadoc)