



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.



Geetha N. Varma, MD

Cancer Research and Oncology Medical Director

Topic:

Understanding
Cancer Survivorship

When:

Saturday, July 22
9am-10am

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)