

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.



Patricia Mayer, MD

Topic:

The Impact of Stress
on Your Overall Health

When:

Saturday, April 6
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