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RECOGNIZING  
NATIONAL  
DIABETES MONTH

## Take a Step Toward Better Health

Salinas Valley Memorial Healthcare System invites you to join our physicians and clinical educators on a monthly walk and talk that will inspire and inform. Let our unique health and wellness programs connect you with your best life.

**WHEN: November 2, 2019, 9-10am**

**WHERE: Fort Ord National Monument, Badger Hills Trailhead  
(Across Highway 68 from Toro Café)**

**TOPIC: Diabetes - What You Need To Know**

**WALK LEADERS: SVMC Certified Diabetes Educators**

For more information and to reserve your spot, call our Health Promotion Department at 831-759-1890. New physicians and topics every month.



Salinas Valley Memorial Healthcare System

[svmh.com/walkwithadoc](http://svmh.com/walkwithadoc)