

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 Varma, MD

Cancer Research and Oncology Medical Director

Topic:

The Importance of
Cancer Screening

When:

Saturday, September 21
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**