

Become Mentally and Physically

Fit 4 Life

Mental, Physical Health, Nutrition and Fitness

Workshops

Workshop Dates: 2017 - 2018

September 21st October 19th

November 16th December 14th

January 18th February 15th

****All Workshops Are From 6-8PM**

Lincoln Memorial
Congregational Church
4126 Arlington Ave
Los Angeles, CA 90008

For more information and to register contact:

Stephanie Farmer 323 293 8535

D'Ann Morris

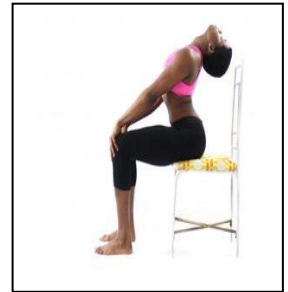
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FREE
Health Education
classes



PARTICIPATE
in Live Cooking
Demonstration



CLASS INCLUDES
Exercise through
movement and chair
yoga



A Collaborative
Partnership with:
UCLA CTSI, NAMI Urban
Los Angeles and The
Gailen and Cathy Reevers
Center for Community
Empowerment

