

WALK IT OFF!

Whittier Narrows Recreation Area

750 South Santa Anita Avenue South El Monte, CA 91733

1st Supervisorial District

DRAGON BOATS

BICYCLES AND KAYAKING*

5K RUN AND FITNESS WALKS

EXERCISE SESSIONS

HEALTH SCREENINGS

FACE PAINTING

FREE GIVEAWAYS **DRAWING PRIZES**

Saturday, April 21, 2018

8:00 a.m. - Noon

Join us for a day of family fun featuring 5K fitness walks and wellness screenings!

American Cancer Society

American Heart Association

Human Resources

Hula Hoop & Jump Rope Contests

Chair Massage

Medical & Dental Plans

Parks and Recreation

"Wacky Wheel of Wellness" booth

RSVP to secure your giveaways at:

EXERCISE SESSIONS:

Bootcamp Cardio Dance Kick Boxing

HEALTH SCREENINGS FOR:

Blood Pressure Body Mass Index Cholesterol Glucose

*Free use of bicycles and kayaks

http://employee.hr.lacounty.gov/countywide-fitness-challenge-2/







