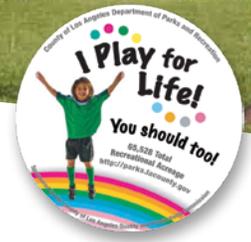




COUNTYWIDE FITNESS CHALLENGE 2011



JOIN US FOR THESE FUN FAMILY EVENTS

WALK IT OFF!

5K fitness walk, exercise sessions and biometric screenings.

Saturday, June 11, 2011

8:00 a.m. – Noon

Whittier Narrows Recreation Area

751 South Santa Anita Ave., South El Monte

1st Supervisorial District

STOP AND SMELL THE FLOWERS!

Farmers Market and power walks

Saturday, July 9

9:00 a.m. – 1:00 p.m.

**Mission College
Farmers Market**

13356 Eldridge Ave.

Sylmar

3rd Supervisorial District

Saturday, July 23

8:00 a.m. – Noon

**Wilson Park
Farmers Market**

2200 Crenshaw Blvd.

Torrance

4th Supervisorial District

CHILL OUT!

Power walks and cooking demonstrations.

Saturday, August 20, 2011

8:00 a.m. – Noon

Burton Chace Park

13650 Mindanao Way, Marina del Rey

4th Supervisorial District

TAKE A HIKE!

A day of family fun featuring fitness hikes.

Saturday, September 10, 2011

7:30 a.m. – Noon

Kenneth Hahn State Recreation Area

4100 S La Cienega Blvd., Los Angeles

2nd Supervisorial District

PLAY FOR LIFE!

A day of family fun at the beach featuring bicycle fun ride, power walks and cooking demonstrations.

Saturday, October 1, 2011

8:00 a.m. – Noon

Dockweiler Youth Center

12505 Vista del Mar, El Segundo

4th Supervisorial District

BE ONE WITH NATURE!

Bird walks and nature hikes.

Saturday October 8, 2011

7:30 a.m. – Noon

Placerita Canyon Natural Area

19152 Placerita Canyon Road, Newhall

5th Supervisorial District

RSVP to secure your giveaways at

<http://dhr.lacounty.info>

