



"Ensure healthy lives and promote well-being of all at all ages."

JOIN US ...

FREE EVENT!

bring your water bottle, exercise mat, and towel...

***Bone Builders Class
Meditation Class
Pilates Class***

***Tai Chi Class
Tour the Botanic Garden
Visit Community Partners
Yoga Class***

Must Register:

<https://nationalseniorhealthandfitnessday.eventbrite.com>

Lunch \$10 - Pre-order when you register

Event Sponsored By:

charles
SCHWAB

WEDNESDAY
OCTOBER 27, 2021
10 AM TO 2 PM

CALIFORNIA BOTANIC GARDEN
1500 N. COLLEGE AVE., CLAREMONT
FOR MORE INFO CONTACT
AGINGNEXT: 909-621-9900
HELLO@AGINGNEXT.ORG
WWW.AGINGNEXT.ORG

**SENIOR
HEALTH &
FITNESS
DAY**

