



African American Community Health Advisory Committee  
A partnership with Mills-Peninsula Health Services

presents:

# Off to a good start

Physical activity and nutrition kick-off event

**Saturday**  
**January 29, 2011**  
**9 a.m. – 1 p.m.**

**San Mateo Senior Center**  
2645 Alameda de las Pulgas, San Mateo

Come and participate in a "round robin" of physical fitness activities for every age including teens. The 2011 "Off to a Good Start" program will feature Chair Exercise, Yoga, African Dance, Hip Hop, and strength balance, stretching and endurance movements. Wearing comfortable shoes is a must!



Register early for this  
**FREE event – space is limited!**  
Wear comfortable clothing and shoes



### Special Guest Speaker

#### Ernestine Shepherd

Personal trainer, professional model and competitive bodybuilder. Awarded the title of "World's Oldest Performing Bodybuilder" by Guinness World Record in 2010

### PROGRAM

<b>9:00 a.m.</b>	<b>Registration, continental breakfast</b>
<b>9:30 a.m.</b>	<b>Program, attendee participation</b>
<b>12:15 p.m.</b>	<b>Lunch and resource table</b>

***Come get charged up to keep moving all year long.***

For more information and to register, call **650.696.4378**  
or go to **[www.aachac.org](http://www.aachac.org)**

### PROGRAM PARTNERS

- \* Mills-Peninsula Health Services
- \* City of San Mateo Parks and Recreation Program
- \* Genentech
- \* County of San Mateo Health Department

\*\*\* Health information resources will be available\*\*\*

\*\*\* Event not recommended for children under 12\*\*\*

\*\*\* Photos will be taken at this event \*\*\*