



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 24, 2009
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 a *special session for teens*. The 2009 Off To a Good Start program will feature Chair Exercise, Yoga, African Dance, Hip Hop, and strength, balance, stretching and endurance movements. Wearing comfortable clothing and shoes is a must!



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

Instructor:



Shené L. Bowie, MPH, DrPHc
 Health and Fitness Specialist
 and Program Manager, Health
 Promotion and Chronic Disease
 Prevention for San Joaquin
 County Public Health Services

PROGRAM

9:00 a.m. Registration, continental breakfast
9:30 a.m. Attendee participation, program and nutrition demonstration
12:15 p.m. Lunch and resource table

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**

PROGRAM PARTNERS

- Mills-Peninsula Health Services
- City of San Mateo Park and Recreation Program

*** Health information resources will be available ***
 *** Event not recommended for children under 12 ***