



Off to a Good Start

a Heart Advantage program with Becky Singleton

Saturday, February 5

9:15 a.m. - 1 p.m.

Peninsula YMCA

1877 South Grant St., San Mateo

Nutrition, heart health and exercise are topics for this event sponsored by Mills-Peninsula's African-American Community Health Advisory Committee, in cooperation with the American Heart Association, American Cancer Society, Peninsula YMCA, UC Cooperative Extension Service and University of California at San Francisco Nu-F.I.T for Life Program. Resource tables, a continental breakfast and healthy lunch will be provided. *Please wear comfortable exercise clothes. Space is limited. Register early.*

Program agenda

9:15 am
Continental breakfast
and resource tables

10 am- Noon
Program

12:15 -1pm
Exercise demonstration
Lunch follows



Join our special guest, Becky Singleton, founder and CEO of Urban Fitness Connection, Inc. Becky is a motivational speaker, exercise physiologist and fitness consultant to the NFL. A recent cancer survivor, Becky continues to share her expertise and coordinate exercise programs for cruise lines.

She will lead an exercise demonstration and also will have her fitness video, "Just Like You," available for purchase.

The PA workshop is open to all with special emphasis on reaching AACHAC partnering church "Off To A Good Start" participants. The goal of this workshop is to encourage people to keep up their physical activity program or it's never too late to start!

For more information or to register, call (650) 726-9059 ext 102 or 103.

Directions to the Peninsula YMCA

1877 South Grant Street, San Mateo

From 101:

Take the 92 San Mateo Bridge/Half Moon Bay exit
Head WEST toward Half Moon Bay

Stay in the far right lane and exit at Delaware
Go straight through the first light and past
the shopping center.

Turn right on South Grant

Turn left into the YMCA parking lot

Free parking is available



Mills-Peninsula
Health Services

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