



Sharing knowledge for life

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 19, 2008
9 a.m. – 1 p.m.

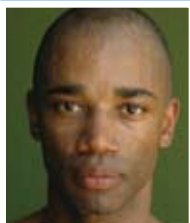
San Mateo Senior Center
2645 Alameda de las Pulgas, San Mateo

Come and participate in a mini session on the hottest new trend in fitness. ZUMBA is a fusion of Latin and International music – dance themes creating a dynamic, exciting, effective fitness system. Routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

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



Instructors:



David L. Dixon, Jr.
Zumba Education Specialist and
Executive General Manager/Founder,
Industrial Strength Kickboxing Xtreme
Fitness Center



Susy Carbaloc
Zumba Educational Specialist/
Operations Manager for ISK

Come get charged up to keep moving all year long.

For more information and to register, call **(650) 347-5724**

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

PROGRAM

9:00 a.m.	Registration, continental breakfast and resource tables
9:30 a.m. – noon	Program and nutrition demonstration
12:15 – 1 p.m.	Lunch and resource table

PROGRAM PARTNERS

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