



# Off to a Good Start

PHYSICAL ACTIVITY AND NUTRITION KICK-OFF EVENT



**SATURDAY**  
**FEBRUARY 24, 2018**  
**8:30 a.m. - 1:00 p.m.**

*New Location!*

Lewis And Joan Platt  
East Palo Alto Family YMCA  
550 Bell Street  
East Palo Alto, CA 94303

Come get charged up to keep moving all year long! Participate in a “round robin” of physical fitness activities for every age, including teens. Classes include Jazzercise, Zumba, Faith in Motion, Chair Exercise, Tai Chi and more. *Wear comfortable clothing and shoes.*

**Coordinator: Anita Black Cowan**

## PROGRAM

**8:00 a.m.**  
Registration & Continental Breakfast

**9:10 a.m.**  
Program, Attendee Participation

**12:15 p.m.**  
Lunch and Resource Table



- Health information resources will be available
- Event not recommended for children under 12
- Photos will be taken at this event



## GET 2018 OFF TO A GOOD START!

Register Early for this FREE Event at [www.aachac.org](http://www.aachac.org) or call 650.328.9622.