



Autumn Moves and Meals - A Healthy Living Workshop

WEDNESDAY, SEPTEMBER 10TH,
10:00-11:00AM

Join us for Autumn Moves and Meals, a cozy, energizing workshop that blends fitness and fall flavors! We'll kick things off with 30 minutes of movement to get your body warmed up. Then, wind down with a delicious half-hour of seasonal recipe demos featuring pumpkin spice-inspired breakfast ideas you can easily recreate at home.



WHITTIER WELLNESS COMMUNITY
7643 S PAINTER AVE
WHITTIER, CA, 90602



Space is limited, please call to reserve your spot:
(562) 775-6104