FREE Community

YOGA

CLASS and Nutrition Education

TUESDAYS

1PM

6/14/22 to 7/26/22

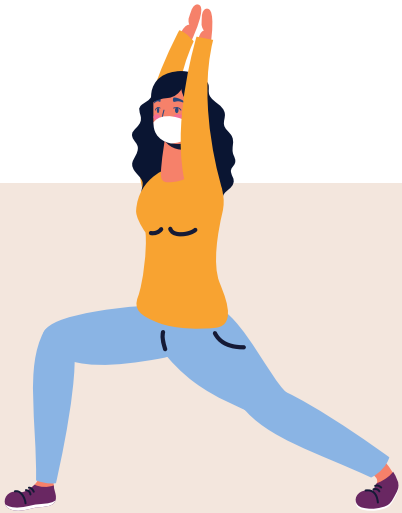
**Subject to change based on COVID-19 status in LA County*

Bring your yoga mat, water and towel, and join Active SGV certified instructor at

Ruben F. Salazar Park Gymnasium

3864 Whittier Blvd., Los Angeles

Clean and sanitized yoga mats will be available for individuals that do not have one.



***Mask REQUIRED to participate**
***You may NOT participate if you have symptoms of COVID-19 or are under isolation or quarantine orders**

Active SGV

Whittier Wellness Community
Los Angeles County Department of Public Health
Fostering Hope - Healing - Purpose

County of Los Angeles Public Health

Clase comunitaria gratuita de

YOGA

y de educación nutricional

Cada martes

1:00 pm

14 de junio a 26 de julio

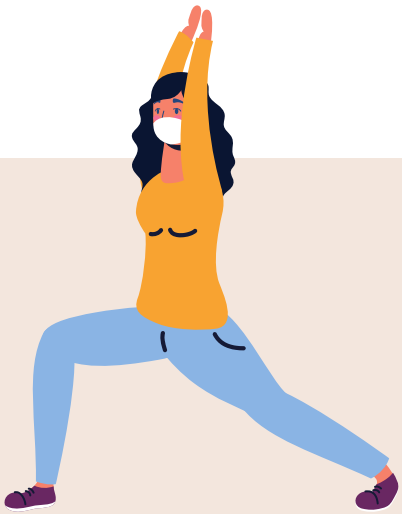
**Sujeto a cambios según el estado de COVID-19 en el condado de Los Ángeles*

Traiga su colchoneta de yoga, agua, y toalla, y únase a un instructor certificado de Active SGV en

El Gimnasio de Ruben F. Salazar Park

3864 Whittier Blvd., Los Angeles

Colchonetas de yoga limpias y desinfectadas estarán disponibles para las personas que no tengan.



***Se REQUIERE máscara para participar**
***NO puede participar si tiene síntomas de COVID-19 o está bajo órdenes de aislamiento o cuarentena**

Whittier Wellness Community — Los Angeles County Department of Public Health — Fostering Hope - Healing - Purpose

Condado de Los Angeles Salud Pública