



CX3 Physical Activity

JOIN US: BE MORE PHYSICALLY ACTIVE & HEALTHY

WHEN: Monday, Wednesdays Thursdays
& Fridays

TIME: 9:00AM-Sharp!

Space is limited!

WHERE: Adelanto Senior Citizen Center
11565 Cortez Ave, Adelanto

- *Bring: water, mat, comfortable clothes and shoes.*



**For any questions call Wendy at
(760) 946-8802**

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips.
-California Department of Public Health