



CX3 Physical Activity

JOIN US: BE MORE PHYSICALLY ACTIVE & HEALTHY

WHEN: Mondays & Wednesdays



TIME: 9:00AM-Sharp!

Space is Limited!

WHERE: Thunderbird Park

(On the corner of Wichita Rd. & Thunderbird Rd.)

20700 Wichita Rd., Apple Valley



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

**For any questions call Diana 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