

# 4TH ANNUAL AWAKEN YOUR WELLNESS

A HEART HEALTH AWARENESS EVENT

- EMPOWERING MOVEMENT - MINDFUL KNOWLEDGE  
- COMMUNITY CONNECTION

## Workshops



Expert speakers on  
heart health & self-care

## Demos



Yoga, functional movement  
& wellness tips

## Vendors & Raffles



Shop, learn, and win  
heart-healthy prizes!

## Community

Connect, move, and grow  
together



Saturday,

May 16, 2026



Want to join the movement?

Email Alejandra at:

[Soroptimistintlcommerce@gmail.com](mailto:Soroptimistintlcommerce@gmail.com)



Time: 8 AM Check-in Event: 8:30 AM-12 PM

Location: Downey Adult School-  
12340 Woodruff Ave, Downey, CA 90241

Cost: \$10 - ZELLE OR CASH

Comfy gym clothes & bring a yoga mat or towel

18 +  
over  
ONLY

