



3rd Annual

'AWAKEN YOUR WELLNESS'

A HEART HEALTH AWARENESS EVENT

OUR MISSION IS TO BRING AWARENESS AND EMPOWER INDIVIDUALS TO TAKE CHARGE OF THEIR HEART HEALTH AND OVERALL WELL-BEING.

THROUGH EDUCATION, MOVEMENT, AND SELF-CARE, WE AIM TO CREATE A RIPPLE EFFECT OF POSITIVE CHANGE IN OUR COMMUNITY.

RAFFLES
SPEAKERS
FUNCTIONAL MOVEMENTS
YOGA
VENDORS

COST: \$10

CLOTHING ATTIRE:
GYM/COMFY WEAR &
YOGA MAT OR TOWEL

DATE: MAY 17, 2025

18+ EVENT

FOR MORE INFO:
CONTACT ALEJANDRA
SOROPTIMISTINTLCCOMMERCE@GMAIL.COM

TIME: 8 AM- CHECK IN
EVENT: 9AM- 12PM

LOCATION:
DOWNEY ADULT SCHOOL
12340 WOODRUFF AVE,
DOWNEY, CA 90241

Tax ID# 86-3350721



JOIN YOUR SOROPTIMIST CLUBS

SI CITY OF COMMERCE, SI DOWNEY, SI LAKEWOOD/LONG BEACH, SI PICO RIVERA