



2nd Annual

'AWAKEN YOUR WELLNESS'

A HEART HEALTH AWARENESS EVENT

JOIN

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

AS WE...

ENCOURAGE, MOTIVATE AND EDUCATE PARTICIPANTS ON
THE BENEFITS OF

**STRETCHING...WORKING OUT...BREATHING EXERCISES AND
IMPROVING LIFE HABITS.**

COST: \$10

CLOTHING ATTIRE:

**GYM/COMFY WEAR &
YOGA MAT OR TOWEL**

**RAFFLES
SPEAKERS
FUNCTIONAL MOVEMENTS
YOGA
VENDORS**

18+OLDER EVENT

FOR MORE INFO:

CONTACT ALEJANDRA

SROPTIMISTINTLCCOMMERCE@GMAIL.COM

DATE: MAY 18, 2024

TIME: 8 AM- CHECK IN

EVENT: 9AM- 12PM

LOCATION:

DOWNEY ADULT SCHOOL

12340 WOODRUFF AVE,

DOWNEY, CA 90241



Zelle

TAX ID# 86-3350721

