



EPA Community
Sunday, February 22, 2009
3:00 pm to 4:00 pm

Walking for Fitness



FREE

Refreshments
Transportation
Door Prizes
Child Care

Kevin Jackson is a Certified Group Exercise Instructor for 24 Fitness & Bally Total Fitness. Kevin has a passion for informing people on the importance of maintaining "Consistent Movement Patterns" throughout life and the basics start with walking.

Highlights

- ◆ Philosophies and disciplines concerning fitness
- ◆ Maintaining movement patterns
- ◆ Prolonging a healthy lifestyle
- ◆ Proper walking gear

Contact person: Debra Powell
(650) 450-6896

East Palo Alto Social Hall
994 Beech Street
East Palo Alto, CA 94303

Spanish Translator Available

Bring your walking shoes