

CITY OF LOS ANGELES - DEPARTMENT OF RECREATION & PARKS

## Martin Luther King Jr. Recreation Center

3916 South Western Avenue, Los Angeles, CA 90062

(213) 847-0878 fax (323) 290-2667



3834 S. Western Ave.  
Los Angeles, CA 90062

*City of Los Angeles - Department of Recreation & Parks,  
T.H.E. Clinic, Inc., and Scenarios Unltd.  
Partner to Provide FREE Community Wellness Programs  
Related to Living Healthy Lifestyles*



# BEGINNING HATHA YOGA



## TUESDAYS & THURSDAYS 11:15AM-12:15PM

January 17 - July 12, 2012

**FREE**

### Senior Citizens & all Community Members Welcome



This Wellness Program focuses on healthy lifestyle habits to help **reduce the risks** associated with heart disease, cancer, stroke, diabetes, anxiety, depression, fall prevention, and other lifestyle-related illnesses and injuries.

*This program also offers a "Health Status Review" and a "Range of Motion Assessment" to provide you information for working towards a healthier YOU!*

# Sign Up TODAY!!!



*The Department of Recreation & Parks is proud to be part of the Mayor's Million Tree Initiative.*

*RAISE THE BAR: Achieving Gender Equity Through a Continuous Commitment to Girls & Women in Sports.*

*participate in our programs.  
Reasonable accommodations will be made with prior arrangements.  
Persons with disabilities are welcome to*