



**CITY OF
LA MESA**
JEWEL of the HILLS

ready ▶ set ▶ live well
la mesa • spring valley

Live Well 2015

Community Wellness Series

Location:

La Mesa Community Center
4975 Memorial Drive, 91942

Time: 6:00 to 7:00 pm
(on dates shown)

Visit cityoflamesa.com/LiveWell
or call 619.667.1300 to RSVP for
these **FREE** workshops

Jan 15

Yoga On Your Own

Try out the basics of yoga and get started on your own
(dress for comfort & bring a yoga mat or towel)

Mar 12

Celebrate National Nutrition Month

Practice healthy choices from a rainbow of foods
(samples and recipes provided)

May 14

Summer Fitness Boot Camp

Fitness suggestions for all levels
(dress for comfort & bring a towel)

Jul 16

July is Parks & Recreation Month

Get water safety tips and enjoy a free swim session
(Session held at Municipal Pool - 5100 Memorial Dr.
bring a swim suit & towel for swimming until 7:30pm)

Sep 10

Healthy Snacking

Get ideas for tasty and healthy family friendly snacks
(a hands on demo with samples provided)

Nov 12

Brain Games

Learn memory tricks to help all ages
(come with thinking caps on and ready for fun)

The goal of these active workshops
is to create a healthier community.
Join us for exercise and nutrition
demos and interact with the experts.
All workshops are **FREE!**

Series made possible by a donation from



Thank you to our presenters:



We take creative ideas and run with them.

City of La Mesa Community Services Department