



THE CENTER FOR
COMMUNITY
WELL-BEING

SEE YOU THERE!

WATERFRONT WELLNESS

Join us for Waterfront Wellness

A free community walk and stretch by the water.

Start your weekend with movement, fresh air, and connection by the water.

All ages and fitness levels welcome.

Just bring comfortable shoes and a friend.

TIME: 8:00 AM – 9:00 AM

LOCATION: WILMINGTON
WATERFRONT PROMENADE
301 S. AVALON BLVD. WILMINGTON
(NEXT TO BANNING'S LANDING)

DATES:

Feb 28th

March 14th

March 28th

April 11th

DATES:

April 25th

May 9th

May 23rd

June 6th

June 20th

Wilmington YMCA

1127 N. Avalon Blvd. CA 90744

P 310-522-2100 **W** ymcaLA.org

For more information, contact,
dianamedelgarcia@ymcaLA.org

SPONSORED BY:





THE CENTER FOR
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WELL-BEING

¡NOS VEMOS!

BIENESTAR FRENTE AL MAR

Acompáñanos en Bienestar Frente Al Mar

Una caminata y estiramiento comunitario gratuitos junto al agua. Comienza tu fin de semana con movimiento, aire fresco y conexión junto al agua.

Todas las edades y niveles de condición física son bienvenidos. Solo trae zapatos cómodos y un amigo.

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