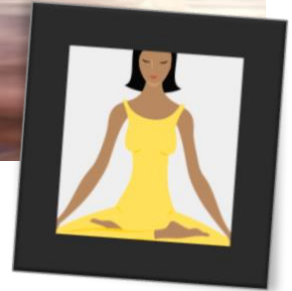


Physical Well Being

Join Us May 5, 2018



Live Well. Move More. Stress Less.

South Central L.A.M.P is ready to celebrate you and have a positive impact on your life.

Join us Saturday, May 5th at Griffith Park, 10am-3pm for our 10th Annual Physical Well-Being Program.

Physical Well Being is the entry point to help you build a happy and healthy lifestyle.

We offer community, encouragement and knowledge. Our program is a unique opportunity to take action and polish your spirit, as we show you how physical well-being can enhance every part of your life.

When you travel through the path towards physical well-being, you are not alone.

Our program will promote positive energy and information for a balanced diet and exercise.

Because we believe that taking care of your body is one of the most important jobs; This your chance to be proactive about fitness.

Please dress comfortably. Wear sneakers.

Griffith Park: 4730 Crystal Springs Dr. Picnic Area

Breakfast: 9:30am-10am

Lunch Served: 12-1pm



