

GET YOUR NEW YEAR

OFF TO A GOOD START



HOLISTIC HEALTH IS WEALTH

WITH COACH ANITA BLACK-COWAN
AND INSTRUCTORS TRACIE VANHOOK,
JUANITA CROFT & LESLIE PEAY DUBRIDGE



Honor Black History Month's national theme "Art as a Platform for Social Justice." Join us for healing arts and experience our mantra, "Movement is Resistance!"

Off to a Good Start is our popular and FREE annual physical activity and nutrition program emphasizing the importance of at least 30 minutes of physical activity every day to improve general health, maintain a healthy weight, lower cholesterol, reduce depression, and help in the prevention of diabetes, heart disease, stroke, and some forms of cancer. **Free breakfast and lunch!**

- 8am-9am: Registration/Breakfast/Resources/Screenings
- 9am-9:15am: Welcome/Program Review
- 9:15am-10am: Nutrition and Mental Health Panel
- 10am-10:10am: Stretch
- 10:15am-Noon: Line Dancing; Sit, Stand & Strengthen; and Strength Sessions
- 12pm-12:15pm: Evaluations/Raffle/Acknowledgments
- 12:15pm-1pm: Lunch

WHEN

Saturday, February 3, 2024

TIME

8am to 1pm

Doors open at 8am for check-in; event begins at 9am

WHERE

1950 University Circle, 6th floor
East Palo Alto, CA 94303

Visit [BACHAC.org](https://bachac.org) for more information
or call 650.652.3884

REGISTER TODAY

https://bit.ly/OTAGS_2024



BAY AREA
Community Health
Advisory Council



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