

CITY OF CARSON

2019

NATIONAL

Women's
Health & Fitness
DAY

WEDNESDAY, SEPTEMBER 25, 2019
8:30 A.M. — 11:30 A.M.



JOIN US FOR A FUN WORKOUT, SNACKS, FITNESS & NUTRITION
INFORMATION, RAFFLES, GIVEAWAYS AND LUNCH!
FREE AND OPEN TO THE PUBLIC

VETERANS SPORTS COMPLEX

22400 Moneta Avenue, Carson, CA 90745

For more information, please contact Park Office at (310) 830-9991

recreation.carson.ca.us • Like us on facebook! CITY OF CARSON PARKS AND RECREATION

Recreation and Human Services

