

Cesar Chavez Elementary School
5243 Oakland St., Los Angeles, CA 90032

COME JOIN

'THE CHAVEZ WALKING EAGLES'

FOR OUR WALK TO WELLNESS WORKSHOPS

(EVERY WEDNESDAY)

FROM: 2/5/25 THRU 3/26/25

TIME: 8:30AM TO 9:30AM



PHYSICAL HEALTH BENEFITS:

- ♥ WEIGHT MANAGEMENT
- ♥ HEART HEALTH
- ♥ BONE HEALTH
- ♥ JOINT HEALTH



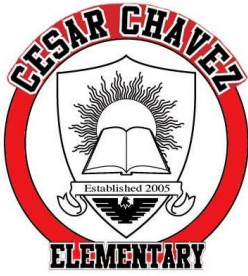
- ♥ BLOOD PRESSURE
- ♥ ENERGY LEVELS
- ♥ STRESS REDUCTION
- ♥ SLEEP

WE WILL MEET AT THE PARENT CENTER, ROOM 6



Workshops Provided by: Healthy Start Navigator, Ms. Flores





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UNASE A

“LAS AGUILAS CAMINANTES DE CHAVEZ”

PARA NUESTROS TALLERES DE CAMINATA PARA EL BIENESTAR
(TODOS LOS MIERCOLES)

DESDE: 2/5/25 HASTA 3/26/25

HORARIO: 8:30AM – 9:30AM



BENEFICIOS PARA LA SALUD FISICA:

- ♥ CONTROL DE PESO
- ♥ SALUD DEL CORAZON
- ♥ SALUD DE LOS HUESOS
- ♥ SALUD DE LAS ARTICULACIONES
- ♥ PRESION ARTERIAL



- ♥ NIVELES DE ENERGIA
- ♥ REDUCCION DEL ESTRES
- ♥ SUEÑO

NOS REUNIREMOS EN EL CENTRO DE PADRES, SALON 6



Talleres proporcionados por: Navegadora de Healthy Start, Sra. Flores