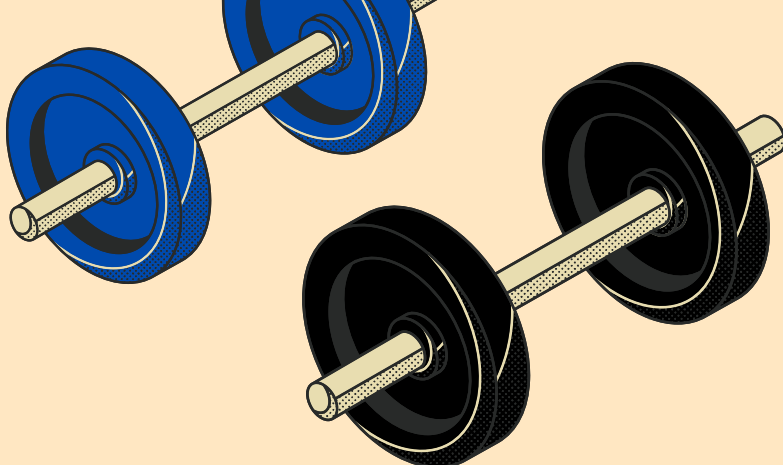
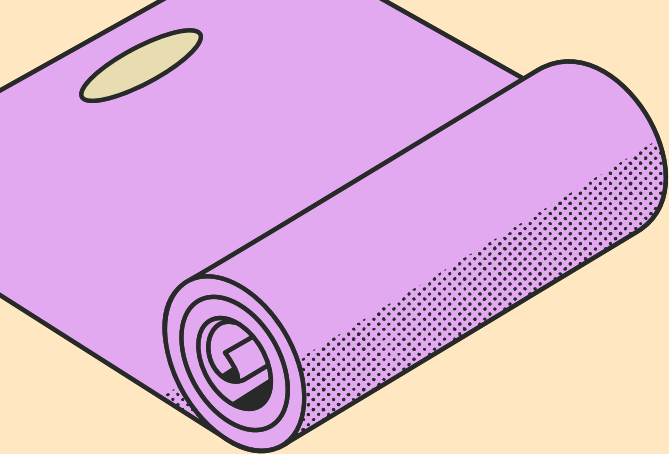
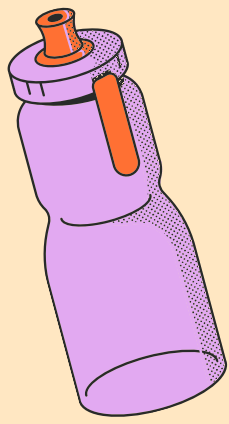
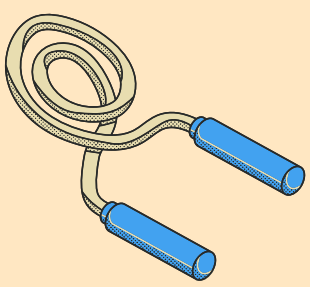




**INDEPENDENT LIVING PROGRAM**



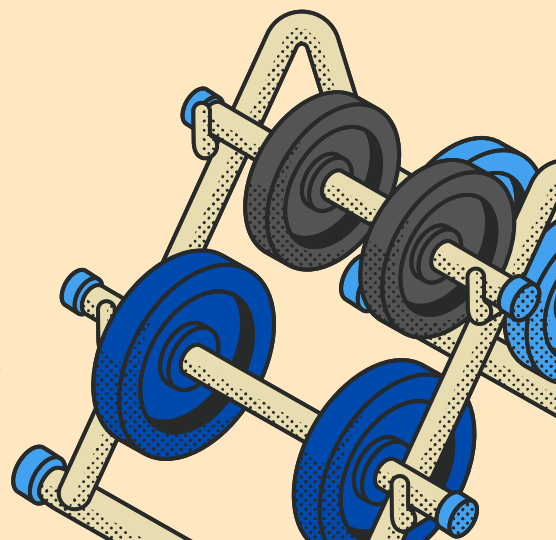
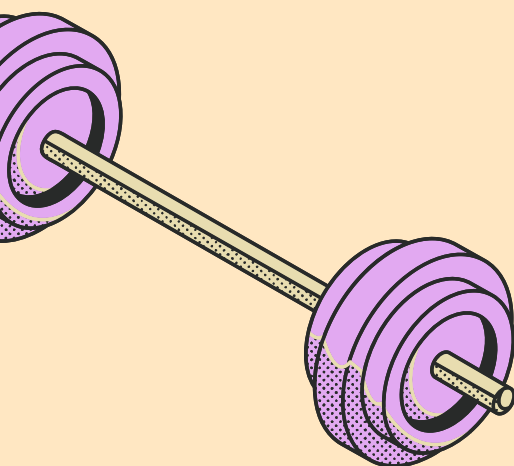
# **HEALTH, FITNESS & YOU!!!**

**Date: September 16, 2026**

**Location: Whittier Area Community Church  
8100 Colima Rd, Whittier, CA 90605**

**Time: 5:30 PM - 7:00 PM**

**A workshop designed to guide your nutrition,  
exercise, and healthy habits to reach and  
maintain your wellness goals**



FITNESS & YOU YOUTH EVENT



**REGISTER HERE**

