



LONG BEACH PARKS, RECREATION AND MARINE IN PARTNERSHIP WITH  
THIRD DISTRICT COUNCILWOMAN SUZIE PRICE AND FOURTH DISTRICT COUNCILMAN DARYL SUPERNAW  
PRESENT A FREE MINDFUL AGING SERIES

# LONGEVITY STICK CLASS

*Join us for an opportunity to strengthen your mind, body and spirit.*

.....**Wednesdays, April 12-May 17, 2017.....**

**10-11 a.m.**

**Instructor: Lynne Marsh.**

The 12 easy-to-learn movements in Longevity Stick aid in developing better balance, coordination, flexibility, strength, breathing capacity, mental focus, and concentration. Bring water.

**CLASSES HELD AT:**  
**Grass area by Lawnbowling Center,**  
**1109 Federation Dr., Long Beach**

**For more information, call (562) 570-3150**

