



LONG BEACH PARKS, RECREATION AND MARINE IN PARTNERSHIP WITH
THIRD DISTRICT COUNCILWOMAN SUZIE PRICE AND FOURTH DISTRICT COUNCILMAN DARYL SUPERNOW
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

