

El Segundo Public Library presents

A Walk in the Park:

Low-intensity walking + balance exercise
in a social setting.

Join Senior Fitness Specialist Ines Bryan and other older adults for this series of low-intensity activity in Library Park (corner of Main Street and Mariposa). Meet at the gazebo. Please bring your own water and wear comfortable walking shoes.

WEDNESDAYS

1:30PM-2:30PM

No registration required.

- March 1
- March 8
- March 22
- March 29



ESPL

El Segundo
**REC, PARKS,
& LIBRARY**
We Engage... We Inspire... We Play...



Question? Please call 310-524-2728 or email refdesk@elsegundo.org