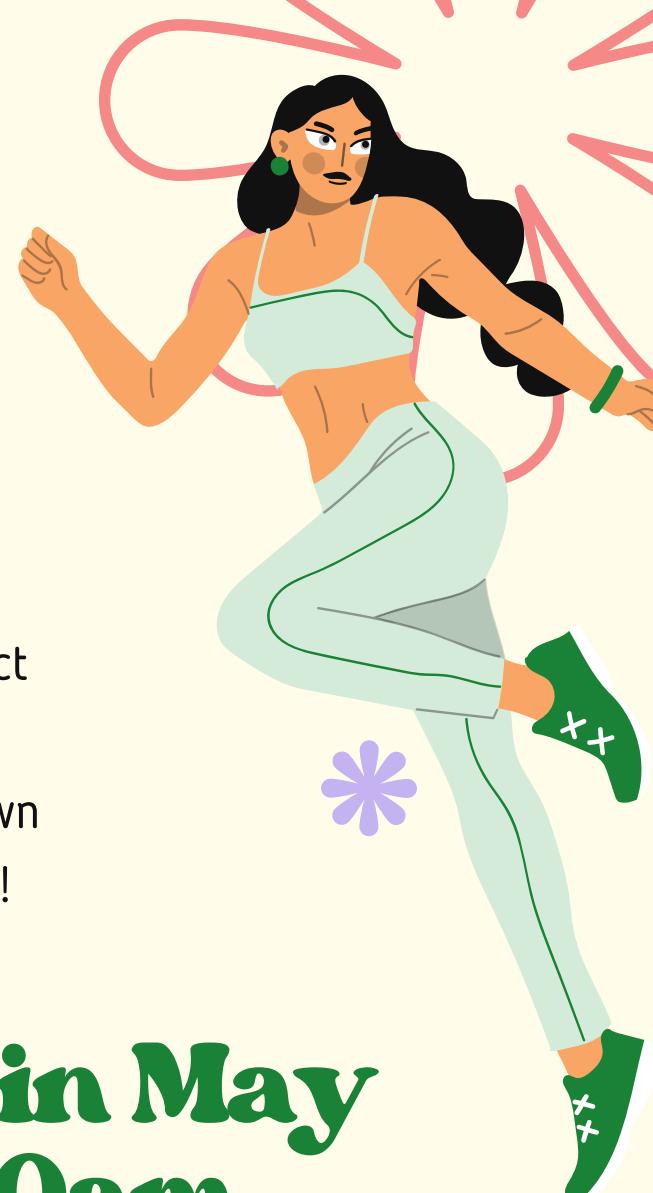


Join us for

# **Stride & Thrive**

Join Stride & Thrive for a fun, low-impact walking workout that boosts fitness, endurance, and strength. Walk at your own pace and enjoy a supportive community!



## **Every Friday in May From 9am-10am**

**WHITTIER WELLNESS COMMUNITY**

7643 S PAINTER AVE  
WHITTIER, CA 90602



**Find more information at:**

📞 (562) 775-6104

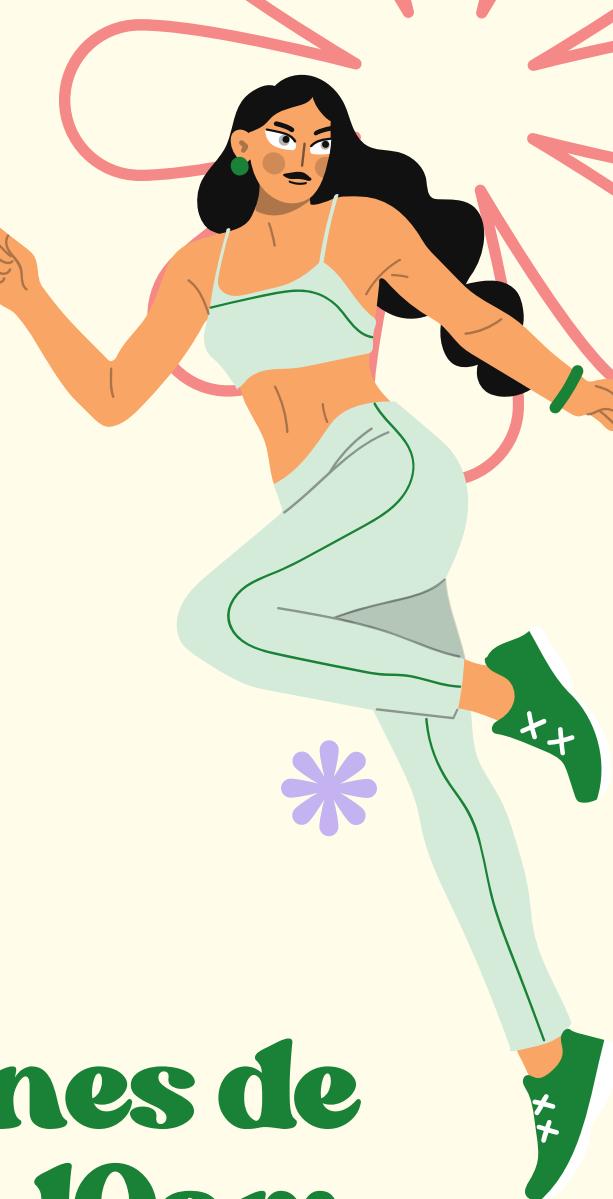
✉️ [publichealth.lacounty.gov/chs/WWC.htm](http://publichealth.lacounty.gov/chs/WWC.htm)



Únase a nosotros para

# Avanza y prospera

Únete a Stride & Thrive para una divertida caminata de bajo impacto que mejora tu condición física, resistencia y fuerza. ¡Camina a tu propio ritmo y disfruta de una comunidad solidaria!



## Todos los viernes de mayo de 9am- 10am

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COUNTY OF LOS ANGELES  
**Public Health**

**WHITTIER** WELLNESS COMMUNITY  
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH  
Fostering Hope - Healing - Purpose