

# Offered by:





Hidhe Gonzalez 510-754-4334 hidhe@happyforlean.com www.happyforlean.com

**L.E.A.N. Start workshops** are a series of fun and interactive educational classes that give families with school-aged children the tools and information to:

- Develop a lifetime of achievable healthy habits for the entire family
- Improve the mood, learning and behavior of children through proper nutrition
- Learn how to shop for quality, affordable foods
- Avoid nutrition related diseases such as type II diabetes, heart disease, sleep apnea, respiratory problems, & cancer

### L.E.A.N. Start

Parents with children ages 3-12

Location: Arlington Clubhouse – 1120 Arlington Blvd.

DATE	DAY	TIME	RES	NRES	ACTIVITY #
9/3-10/8	Tues	6:00-7pm	\$60.00	\$75.00	344558-01
10/15-11/26	Tues	6:00-7pm	\$60.00	\$75.00	344558-02

Drop-In Fee: \$12.00 Resident/\$15.00 Non-Resident

## L.E.A.N. Start Online

Parents with children ages 3-12

Location: Online

DATE	MEETS	RES	NRES	ACTIVITY #
9/2-10/11	6 Sessions, Self-paced, 3 weeks access	\$60.00	\$75.00	344557-01
10/14-11/22	6 Sessions, Self-paced, 3 weeks access	\$60.00	\$75.00	344557-02
12/2-12/20	6 Sessions, Self-paced, 3 weeks access	\$60.00	\$75.00	444557-01

Material Fee: \$5 for printing and mailing of downloadable materials upon request only. Otherwise there is no Materials Fee.

I'll share ways to look at food you may not have thought of before to help you and your family move, think, learn, eat and be healthier!

You will learn how to shop for quality, affordable foods and develop a lifetime of achievable healthy habits for the entire family!



Register Online Today @ www.el-cerrito.org/recreation

**More Info Call** (510) 559-7000



# Traditional Chen Tai Chi

Come study *Traditional Chen Tai Chi* and *Qigong* with <u>Instructor: Tom Lee</u> at the Arlington Clubhouse-1120 Arlington Blvd.



"Traditional Chen Tai Chi is widely acknowledged to be the oldest and the ancestor of all the other Tai Chi styles." You can do it for health with slow, smooth and graceful movements or you can do it as a martial art with low powerful stances, coiling movements, dynamic changing rhythms and explosive release of power.

Come and learn at your own pace and practice it at your own level. Come and discover the many health benefits of Tai Chi and experience this "moving meditation" for yourself.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY #
9/5-9/26	Th	8:45-10:15am	4x	\$40.00	\$50.00	344504-01
10/3-10/31	Th	8:45-10:15am	5x	\$50.00	\$62.50	344504-02
11/7-11/21	Th	8:45-10:15am	3x	\$30.00	\$37.50	344504-03
12/5-12/26	Th	8:45-10:15am	4x	\$40.00	\$50.00	444504-01

Drop-In Fee: \$12.00 Resident/\$15.00 Non-Resident

Wear comfortable workout clothes and flat bottom court sneakers.

Additional and evening classes will be made available if there is enough interest for them. Please inquire with the office or instructor.



### **SPACE IS LIMITED**

Register Online Today @ www.el-cerrito.org/recreation

More Info: (510) 559-7000

