

ZUMBA

SATURDAY MAY 26, 2018

CARMELITOS HOUSING COMMUNITY

851 VIA CARMELITOS

LONG BEACH



FIT & FABULOUS

Health & Fitness Workshop

Let's Zumba and taste some healthy snacks. Delta Sigma Theta Sorority, Inc., Long Beach Alumnae Chapter would like you to come workout with them. Ladies let's get fit and be our best together!

Visit us at www.lbadst.org or call (844) DST-LBAC ext. 2200

Delta Sigma Theta Sorority, Inc.,
Long Beach Alumnae
Chapter
Presents

**FIT & FABULOUS
HEALTH & FITNESS
WORKSHOP**

**45 minute Zumba
workout with yoga
stretch and cooldown**

9 AM - 11 AM

**Mental Health and
Therapist Information
available onsite**

