



City of El Monte

Parks, Recreation & Community Services Department
in collaboration with Rio Hondo College

This course provides older adults with instruction and resources for cultivating mind and body health. Guided instruction in movements to maintain and increase muscle strength, physical fitness, coordination, and balance is combined with class discussions on current topics in nutrition, healthy aging, and mental health.

PRINCIPLES OF

Mind/Body

FOR OLDER ADULTS

Instructor: Rio Hondo College

Registration is taken on the first day of class.

Free transportation is available to El Monte residents ages 50 and older.
For reservations, please call the Transportation Division at (626) 580-2217.

For more information, please contact the Facilities, Special Programs, and Events Division
at (626) 258-8634 Monday – Thursday 9:00 am – 5:30 pm

The Friendly City of El Monte

TUESDAY

JANUARY 28 - MAY 19, 2020

8:30 am - 10:00 am

No Class: 3/24/20

Jack Crippen Multipurpose Senior Center
3120N. Tyler Ave., El Monte, CA

TUESDAY/THURSDAY

JANUARY 28 - MAY 21, 2020

6:15 pm - 7:15 pm

No Class: 3/24/20, 3/26/20

Mt. View Park
12127 Elliott Ave., El Monte, CA

