

EXERCISE IN THE PARK!



Saturday, February 23rd Civic Center Park,

2151 Martin Luther King Jr. Way, between Allston Way and Center St

10 am-11 am

****Join Councilmember in Their Workout Routine!****

Includes...

- Exercise activities with Councilmembers; low-impact aerobic exercises led by YMCA instructor
- Raffles for YMCA memberships and other prizes
- Meeting with Public Health interns for more information

For more information about "Be Fit Berkeley" programs, visit our website:

<http://www.cityofberkeley.info/befitberkeley>.

Come & enjoy a day of
... FOOD

... FUN

... FITNESS!

Thank You to our
Community Partners



 Alta Bates Summit
Medical Center



YMCA

A Day at the Farmers' Market



Saturday, March 8th
Center Street

(Between Martin Luther King Jr. Blvd and Milvia Street)

10 am-1 pm

****Part of National Nutrition Month!****

Includes...

- **Cooking Demo with Councilmembers**
- **Hypertension & diabetes screenings by City's Public Health Dept.—
Please fast beforehand!**
- **Tour of the market**
- **Other exciting activities!**

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