



CITY OF LOS ANGELES | DEPARTMENT OF RECREATION & PARKS
4000 S LA BREA AVE, LOS ANGELES, CA 90008

(323) 291-5969

JIMGILLIAM.RECREATIONCENTER@LACITY.ORG

JIM GILLIAM SENIOR CENTER

50+ Class

*Free with
membership*



Mindful walking Club

When: Thursdays

Date: 7/8 - 9/14, 2024

Time: 11:00 AM-11:30 AM

*Sign up
today!*

Just 30 minutes daily can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis, and some cancers.

Persons with disabilities are encouraged to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Activities, trips and programs may be subject to cancellation.