

15530 Woodruff Ave. Bellflower, CA 90706
562-925-1292 | www.lbymca.org/loscerritos/los-cerritos-home
Clifton M. Brakensiek Library
Fitness Classes for Adults
9945 Flower St.
562 925-5543 | lacountylibrary.org/clifton-m-brakensiek-library/
Healthy Active LB
2525 Grand Ave. Long Beach, CA 90815
562 570-4244 (English) 562 570-4292 (Spanish)
www.longbeach.gov/health/healthy-living/individual/nutrition-and-physical-activity

EDUCACIÓN SOBRE NUTRICIÓN/ NUTRITION EDUCATION

www.fns.usda.gov/wic/womeninfantsandchildrenwic

TCC-The Children's Clinic, Serving Children & their Families
Healthy Mind, Body, and Soul Class Friday 10-11am

Pompea Smith Good Cooking @ MLK Farmers Market (Los Angeles)
1670 E. 120th St. Los Angeles, CA 90059
seela.org/good-cooking/

**RECURSOS CLAVES DE LA COMUNIDAD
KEY COMMUNITY RESOURCES:**

1Degree: www.1degree.org/

Meetup: www.meetup.com/

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