

AN INTERGENERATIONAL EXPERIENCE FOR THE WHOLE FAMILY!



**ROSIE THE RIVETER PARK
4900 E. CONANT
LONG BEACH
90808**

Donate to Heart of Ida programs for seniors.

Walk a course and gather health & safety tips along the way.

- Tai Chi Demos
- Craft Table
- Lawn Games
- Booths



**WALK FOR YOURSELF
WALK FOR AN OLDER ADULT
INVITE AN OLDER ADULT
TO WALK WITH YOU!**

For low-income seniors in Long Beach, the path to health and safety begins Saturday, September 23 with The Heart of Ida's Walk for Senior Safety!

Donations go directly to support programs that help preserve independence for low-income older adults in the community.

Sponsored by



Booths include Dignity Health - St. Mary Medical Center, Long Beach Gray Panthers, The Center - LGBTQ, Long Beach Public Library, WellCare, CERT, Long Beach Parks, Recreation & Marine, Jewish Family & Children Services, Alzheimer's Foundation, Fair Housing Foundation, My True Health Center, Long Beach Community College - Lifetime Learning Senior Studies, OLLI-Osher Lifetime Learning Institute at CSULB, Ability First, & Meals on Wheels of Long Beach.



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