



MAY 18

Walk It Off!

Start the first steps to greater fitness with a 5K fitness walk! “Know Your Numbers” with free biometric screenings, try out assorted exercise classes to find the one that fits you, compete in hula hoop and jump rope contests, and enter the prize drawings! Bring the whole family!

When:
Saturday, May 18, 2013
8:00 a.m. to Noon

Where:
Whittier Narrows
Recreation Area
751 South Santa Anita Avenue
South El Monte, CA 91733

JUNE 15

Make a Splash!

Visit this great location for some water fun! Parks and Recreation staff will demonstrate proper kayak use and conduct relay races. In addition, paddle boards, a 3K hike to a lookout point, volleyball, horseshoe games, healthy snacks and giveaways will be featured.

When:
Saturday, June 15, 2013
8:30 a.m. to Noon

Where:
Castaic Lake State
Recreation Area
32132 Castaic Lake Drive
Castaic, CA 91384
(Go to lower lake at Discovery Bay)

JULY 13

Stop & Smell the Flowers!

Enjoy the bounty of local farmers’ markets, including fresh healthy fruits and vegetables, as well as fragrant flowers. Activities at all “Stop & Smell the Flowers” events include scavenger hunts, fitness walks, advice from a nutritionist, prize drawings and reusable giveaway bags.

When:
Saturday, July 13, 2013
8:00 a.m. to Noon

Where:
Cerritos Farmers’ Market
18074 Park Plaza Drive
Cerritos, CA 90703

JULY 27

**Stop & Smell the Flowers:
The 2nd Sniff!**

Find out what makes certain vegetables and fruits organic, and why they may be better for you, by consulting with our nutrition expert. A softball tournament features four teams battling to win a place in the final championship game at the next event.

When:
Saturday, July 27, 2013
8:00 a.m. to Noon

Where:
Victory Park Farmers’ Market
2575 Paloma Street
Pasadena, CA 91107

AUGUST 10

**Stop & Smell the Flowers 3:
Grow Fit!**

The event so nice we’re holding it thrice! The fun, festivities, fresh food and flowers continue at our third farmers’ market event, and the victor will be determined at the final softball championship game.

When:
Saturday, August 10, 2013
8:00 a.m. to Noon

Where:
Wilson Park Torrance
Certified Farmers’ Market
2200 Crenshaw Boulevard
Torrance, CA 90501

AUGUST 24

Get Cultured!

Warm up with a two-mile power walk through the hills, then throw yourself into “Dance Mania,” a 1½ hour choreographed dance class in styles including salsa, hip hop and Gangnam style. Wind down with yoga, chair massage, and aromatherapy in our Wellness Center.

When:
Saturday, August 24, 2013
9:00 a.m. to 1:00 p.m.

Where:
Hollywood Bowl
2301 North Highland Avenue
Los Angeles, CA 90068

SEPTEMBER 21

Chill Out!

Before the days start getting shorter, join us for a morning of seashore and sun — not to mention volleyball, fitness classes and healthy cooking demonstrations, featuring a celebrity chef provided by American Heart Association.

When:
Saturday, September 21, 2013
8:00 a.m. to Noon

Where:
Dockweiler Youth Center
12505 Vista del Mar
El Segundo, CA 90245

OCTOBER 5

Take a Hike!

Reconnect with nature! Walking trails for all levels of hikers are available — plan to gather at the waterfall for a photo opportunity! Afterward, explore other areas of this beautiful venue, join in a volleyball game or enjoy a healthy picnic with your family and friends.

When:
Saturday, October 5, 2013
7:30 a.m. to Noon

Where:
Kenneth Hahn State
Recreation Area
4100 South La Cienega Boulevard
Los Angeles, CA 90056

OCTOBER 19

Play for Life!

Try out the County’s own unique “triathlon” featuring a two-mile power walk through a wildlife sanctuary, a bicycle/buggy fun ride and pedal boat/kayak rides out on Santa Fe Dam. You won’t want to miss this spectacular event, as it was our most popular venue in 2012!

When:
Saturday, October 19, 2013
8:00 a.m. to Noon

Where:
Santa Fe Dam
Recreation Area
15501 Arrow Highway
Irwindale, CA 91706