



American
Heart
Association.

INGLEWOOD



ACTIVE COMMUNITIES



VIRTUAL TOWN HALL

PHYSICAL ACTIVITY AND YOU

Incorporating movement into your daily life

Wednesday, January 27, 5:00PM

Click to Register:

<http://bit.ly/IACTownHalUan>

Join us for an interactive panel discussion to help you and your family stay active and learn skills needed to cope with today's and future life challenges.

If you have any questions, email Matthew.Gallimore@heart.org
or call 213-291-7079

VIRTUAL TOWN HALL: Importance of Physical Activity During Difficult Times

January 27, 2021 5:00 pm

Please join our expert panel and coaches for a much needed discussion about tools and strategies that help support and protect our physical health during these difficult times. Families will have the opportunity to participate in short physical activity breaks between speakers led by certified coaches.

Panelists



Julie Ward, 100% plant-based, certified ACE health coach | Topic: How nutrition can support and build both mental and physical health.



Anne Larson, EdD Professor of Kinesiology/Senior Associate Athletic Director, Cal State LA | Topic: Benefits from physical activity



Lawrence Jackson Retired-Athlete and Social Entrepreneur | Topic: Physical activity as an athlete and life post sports

Coaches



Sierra Cordova, EdD Assistant Professor in the School of Kinesiology, Nutrition, and Food Science, Cal State LA



Normandie Nigh, Chief Executive Officer, World Fit For Kids!

Moderator

Dr. Scott Bastian Director – Student Support Services, Inglewood Unified School District
Matthew Gallimore Community Impact Director, American Heart Association