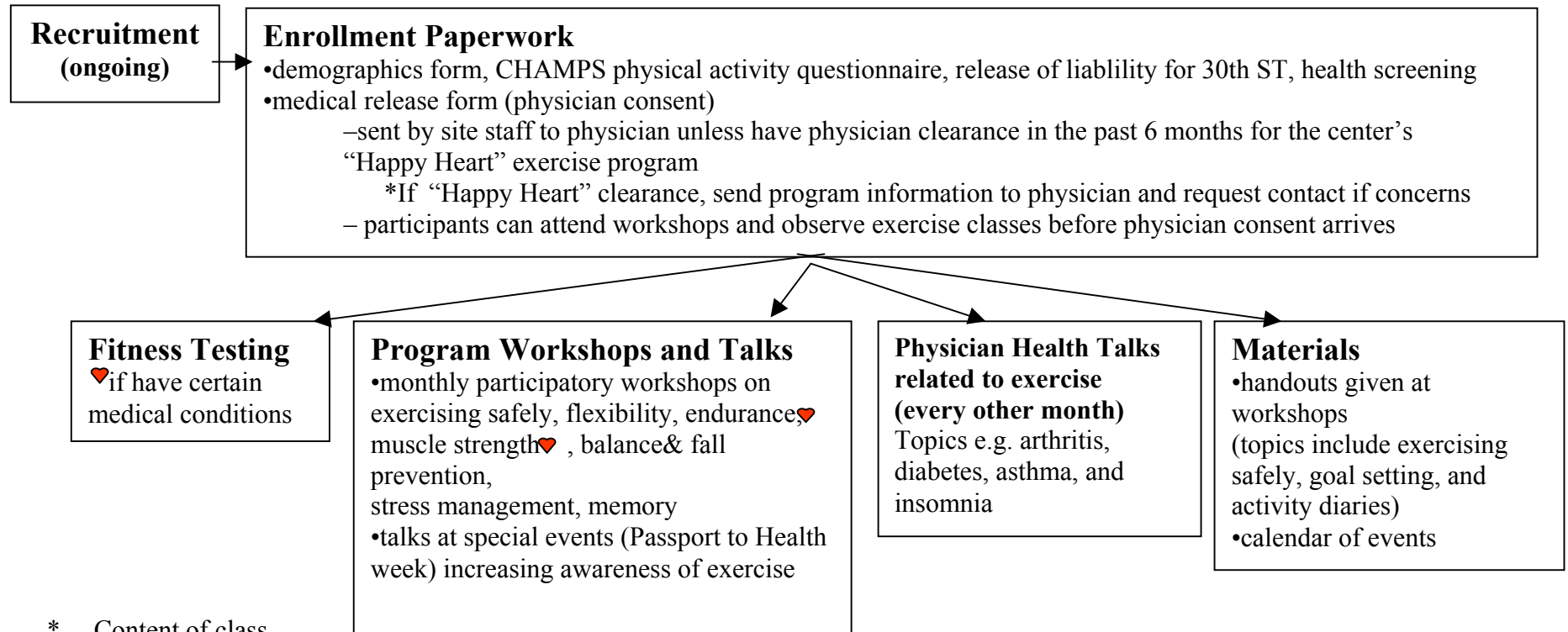


On Lok's 30th Street Senior Center: Siempre Activo / Always Active

Note: All program meetings and materials are offered in Spanish and English for this program.



* Content of class evolved because of Always Active

♥ MD consent required to participate in some activities

Also promote other health/physical activity resources at center

