

Thursday, April 11, 2019

Cerritos Park East Community Center
13234 East 166th Street, Cerritos. CA 90703
(1/4 Mile East of Shoemaker Avenue)
Phone: 562-407-2611

9 a.m. - Complimentary Refreshments
10 a.m. - Meeting Begins

Featured Speaker:
Caroline Gutierrez, Kaiser Permanente
Healthy Habits - Healthy Sleep and Stress Less

DOOR PRIZES
Please Bring your RELAC Membership Card