

North Long Beach WALKING CLUB

~~~~~  
**Tuesday Mornings**

Starting June 24th

**9:00 a.m. – 10:00 a.m.**



*(30 minutes of walking)*

Meet at

**Houghton Park**



6301 Myrtle Avenue, Long Beach, 90805

**In front of the Community Center**  
~~~~~

Come Join Us for Fun, Fitness and Prizes for Participation!

Please bring water, a hat and sun block.
~~~~~

For more information please call Annabel at the DHHS at (562) 570-7941.

The mission of the Long Beach Diabetes Collaborative is to develop a coordinated system of care and support for the prevention and management of diabetes in Long Beach through a community-based collaborative effort.

Sponsored by:



Department of Health and  
Human Services



# **CLUB DE CAMINAR en el Norte de Long Beach**

~~~~~  
Los martes por la mañana

Empezando el 24tro de Junio

9:00 a.m.- 10:00 a.m.



(30 minutos de caminar)

Nos juntamos en el

Parque Houghton



6301 Myrtle Avenue, Long Beach, 90805

en frente del Centro Comunitario

~~~~~  
**¡Acompañenos para Diversión, Ejercicio y Premios por Participación!**

*Favor de traer agua, gorra y protector solar.*

~~~~~  
Para mas información, favor de llamar a Annabel al DHHS a (562) 570-7941.

La Misión de la Red Sobre Diabetes de Long Beach es de desarrollar un sistema coordinado del cuidado y apoyo para la prevención y manejo de diabetes en Long Beach a través de un esfuerzo comunitario.

Patrocinado por:

**Long
Beach
Diabetes
Collaborative**

The California Endowment logo features a stylized sun and waves above the text "The California Endowment".

The City of Long Beach logo is a circular seal with "CITY OF LONG BEACH" at the top and "INCORPORATED 1897" at the bottom. The center depicts a beach scene with a sun, waves, and a person fishing.
Department of Health
and Human Services

