

15530 Woodruff Ave. Bellflower, CA 90706  
562-925-1292 | [www.lbymca.org/loscerritos/los-cerritos-home](http://www.lbymca.org/loscerritos/los-cerritos-home)  
**Clifton M. Brakensiek Library**  
Fitness Classes for Adults  
9945 Flower St.  
562 925-5543 | [lacountylibrary.org/clifton-m-brakensiek-library/](http://lacountylibrary.org/clifton-m-brakensiek-library/)  
**Healthy Active LB**  
2525 Grand Ave. Long Beach, CA 90815  
562 570-4244 (English) 562 570-4292 (Spanish)  
[www.longbeach.gov/health/healthy-living/individual/nutrition-and-physical-activity](http://www.longbeach.gov/health/healthy-living/individual/nutrition-and-physical-activity)

**EDUCACIÓN SOBRE NUTRICIÓN/ NUTRITION EDUCATION**

[www.fns.usda.gov/wic/womeninfantsandchildrenwic](http://www.fns.usda.gov/wic/womeninfantsandchildrenwic)

TCC-The Children's Clinic, Serving Children & their Families  
Healthy Mind, Body, and Soul Class Friday 10-11am

**Pompea Smith Good Cooking @ MLK Farmers Market (Los Angeles)**  
1670 E. 120th St. Los Angeles, CA 90059  
[seela.org/good-cooking/](http://seela.org/good-cooking/)

**RECURSOS CLAVES DE LA COMUNIDAD  
KEY COMMUNITY RESOURCES:**

1Degree: [www.1degree.org/](http://www.1degree.org/)

Meetup: [www.meetup.com/](http://www.meetup.com/)

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