Program Goal:
To promote participants’ healthy body and mind through exercise

Program Objectives:
• To enhance fitness
• To increase physical activity level
• To develop social skills
• To improve self-esteem
• To develop self-regulation
• To provide participants with knowledge of fitness and exercise

Date/Time: Wednesdays 9:30-11:00 a.m. (Feb 15th to May 17th, no sessions on Mar 22nd and 29th)
Location: Mission Recreation Center, 2450 Harrison St, San Francisco, CA 94110

Information:
For more information, please contact Dr. Jihyun Lee at jhlee@sfsu.edu or 415-338-2244

Parents/guardians are welcomed to join the program.