

FOR IMMEDIATE RELEASE

CITY OF PALMDALE

NEWS RELEASE

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City of Palmdale to Host Women's Health and Fitness Day Event

PALMDALE - The City of Palmdale will host a 2017 National Women's Health and Fitness Day event on Wednesday, Sept. 27 from 5:30 to 7:30 pm at Domenic Massari Park, located at 37716 55th St. East in Palmdale.

Activities will include instructed yoga classes and a fitness walk. Heritage Sierra Medical Group will be on site to offer limited medical advice.

The 16th Annual National Women's Health & Fitness Day will be observed on the same day at more than 500 locations across the United States. The event, organized by the Health Information Resource Center, a national information clearinghouse for professionals who work in consumer health markets, is the nation's largest health and wellness event for women.

"Join us for an evening of free health and fitness with your friends and neighbors!" said Palmdale Recreation Coordinator Jennifer Tallakson.

For more information please contact the recreation and culture office at 661/267-5611, Monday through Thursday between 7:30 am and 6 pm.

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