Health and Fitness Studio

The Young Scientist Program (YSP) will be conducting a three hour health and fitness studio at Lenicia B. Weemes Elementary School. Students will gain the knowledge, skills and values essential to healthy living and healthy eating.

This workshop will engage students with hands-on activities that explore healthy eating, fitness, muscles and yoga.

Come meet the USCY Young Scientist team. Learn to cook a healthy meal with a nutritionist, build your own greenhouse, learn fun exercises, and meet real physical therapists.

Food and snacks will be provided. First 35 students to sign-up will participate!

Lenicia B. Weemes Elementary School
1260 W 36th Place Los Angeles, CA 90007
Phone: (323) 733-9186
Room: 23 (Science Lab)
Date: Friday November 18, 2011
Time: 2:30 – 5:30

For more information contact:
Nadine
nafari@usc.edu
310-999-4029

Yoga mats generously donated from OM yoga center.