



Community Services
& Parks

**Parks
Make
Life
Better!**



YOUTH & FAMILY SERVICES PRESENTS:

TEEN NIGHT OUT **FITNESS & NUTRITION NIGHT!**

Presented by: Justen Grant, Certified Fitness Trainer

Friday, July 15, 2022 – 6:00 p.m. to 7:00 p.m.

Pacific Community Center, 501 S. Pacific Ave. Glendale, CA 91204

**Justen will discuss healthy eating habits for teens.
Justen will also display workouts teens can easily
do at home for fitness.**

To register or for more information, call or email Community Services Supervisor,
John Maghaguian, at (818) 937-7247 or jmaghaguian@glendaleca.gov.



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