



CITY OF COMPTON

City of Compton
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FOR IMMEDIATE RELEASE

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PRESS RELEASE

Summer Brings Free Yoga Classes in Compton

Healthy Compton continues to mobilize community on health and wellness

COMPTON – The City of Compton’s Parks and Recreation Department has announced free community yoga classes for residents. The classes take place Saturdays at 9:30 a.m. at Burrell-MacDonald Park located at 2516 West Alondra Blvd. The classes will be taught by yoga instructor **Alexandra Indaco-Heredia** and are open to all ages and experience levels ranging from beginner to advance. Interested participants should bring water, a mat or towel, and wear loose clothing that will not restrict movement. For more information please call (310) 638-6414.

“A physically and mentally fit person strengthens the family unit and ultimately the Compton community,” said **Mayor Aja Brown**. “The Saturday community yoga classes are an important part of our continued efforts to create a healthier and more vibrant Compton by providing more opportunities for residents to exercise and spend time outdoors. Our parks are great places to work out and build community at the same time. It’s great for kids in our parks to play and see their parents and neighbors getting healthier together.”

The community yoga class is a part of Mayor Aja Brown’s **Healthy Compton** initiative, a community-based comprehensive approach to educating, empowering, and equipping Compton residents to lead healthier lives through the experience of healthy outcomes. Mayor Brown, along with a host of health and wellness partners throughout the City of Compton and surrounding communities are focused on enabling residents to build healthy habits. The Initiative is a result of Mayor’s Brown’s leadership and a grassroots community effort with local residents, business owners and stakeholders working together over the past two years.

Follow Healthy Compton on social media on Twitter @HealthyCompton, on Instagram at @Healthy_Compton and with the hashtags #HealthyCompton and #FitCompton.

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