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Beverly Hills Mayor Wunderlich Introduces 'Wellness Wednesdays'

The New Community-wide Health and Wellness Initiative Kicks Off August 4



wellness 
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Beverly Hills, Calif. - City of Beverly Hills Mayor Bob Wunderlich introduces 'Wellness Wednesdays,' a new Mayoral Initiative that aims to inspire the community to get outside and participate in free exercise and healthy lifestyle activities, enjoy wholesome foods from local businesses and incorporate wellness into their everyday lives. 'Wellness Wednesdays' will kick off on Wednesday, August 4, 2021 at 8 a.m. at Roxbury Park, 471 S. Roxbury Drive with Total Body Conditioning taught by Burt Bulos. This workout is designed to provide moderate to challenging exercise using one's own body weight for overall conditioning. Participants are encouraged to bring a mat, towel and bottled water.

The second 'Wellness Wednesday' is planned for August 18, 2021 at 8 a.m. with a Pickleball Clinic at La Cienega Tennis Center located at 325 La Cienega Blvd. Certified instructors will provide basic instruction in this ideal sport for kids, families, active adults and seniors. Pickleball is a racquet sport that combines tennis, badminton and ping-pong. Equipment will be provided.

Watch for ongoing classes and activities for 'Wellness Wednesdays' at alternating locations around the City to bring the community together in a safe and healthy way. To stay informed about upcoming 'Wellness Wednesdays,' visit www.beverlyhills.org/wellnesswednesdays.

"I'm passionate about the well-being of our community and I hope 'Wellness Wednesdays' provides people with healthy options, both mentally and physically, that can be incorporated into their daily routine," said Mayor Bob Wunderlich. "A variety of activities and events are planned from exercise classes and yoga, to walks and bicycle rides, to meditation and other means of incorporating wellness into our lives. We are calling on businesses to be part of Wellness Wednesdays by providing services, such as fitness instructors, or food items, like healthy snacks."

Businesses that would like to participate or anyone with questions can email wellnesswednesdays@beverlyhills.org, or call 310-285-1014.

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