



FLY BRAVE AUTISM FITNESS IN THE PARK

LED BY OMERO RANGEL

FREE 5-week program

Interested in working out with your family in a safe and judgement free space? Come to see us on Saturday mornings at Roosevelt Park.

Fitness in the Park is led by Special Education teacher and Personal Trainer, Omero Rangel, for families with autism and other developmental disabilities.

Omero will lead participants in basic movements and stretches that lead to living a healthier lifestyle.

- Do you want to volunteer? Email us! We need you!

DATES:
SATURDAY MORNIN'
SEPTEMBER:
14TH, 28TH
OCTOBER:
5TH, 12TH, 19TH

TIME:
9:30-10:30 AM

LOCATION:
**ROOSEVELT
FITNESS COURT
1615 9TH STREET
SACRAMENTO, CA
95814**

**BRING A WATER
BOTTLE!**

TO REGISTER,
[**CLICK HERE**](#)

**FLY BRAVE
FOUNDATION**

flybravefoundation@gmail.com

www.flybrave.org