

Sylmar Wellness Programs

Join our FREE classes!

2025 SCHEDULE



DATE

APRIL 7

SCHEDULE:

10:30 AM - 12:00 PM

COMMUNITY RESOURCE TABLE

10:30 AM - 12:00 PM

PUBLIC HEALTH 101

PRESENTATION



EL CARISO REGIONAL PARK

13100 HUBBARD ST.

SYLMAR, CA 91342



MONDAY

10:30 AM - 12:00 PM



Join us at El Cariso Regional Park for our Wellness Programming!

Enjoy a “Public Health 101” presentation, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valleys. Plus, grab some great incentives! Don’t miss out on this opportunity to learn and connect with our local resources.

WALK-INS WELCOME

REGISTER IN ADVANCE



ATTEND 3 CLASSES,
GET A **FREE** GIFT CARD!

SCAN
ME!



CONTACT US



(818) 904-8953

SPA2@ph.lacounty.gov

<http://publichealth.lacounty.gov/chs/SPA2>

La Crescenta Wellness Programs

Join our FREE classes!

2025 SCHEDULE



DATE

APRIL 8

SCHEDULE:

10:00 AM - 11:00 AM

PUBLIC HEALTH 101

PRESENTATION

10:00 AM - 12:00 PM

COMMUNITY RESOURCE TABLE



CRESCENTA VALLEY PARK

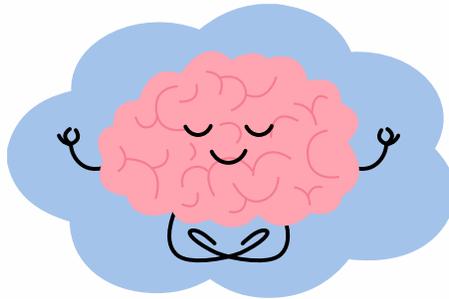
3901 DUNSMORE AVE

LA CRESCENTA, CA 91214



TUESDAY

10:00 AM - 12:00 PM



Join us at La Crescenta Regional Park for our Wellness Programming! Enjoy a "Public Health 101" presentation, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valleys. Plus, grab some great incentives! Don't miss out on this opportunity to learn and connect with our local resources.

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Castaic Wellness Programs

Join our FREE classes!

2025 SCHEDULE



DATE

APRIL 10

SCHEDULE:

10:00 AM - 12:00 PM

COMMUNITY RESOURCE TABLE

11:00 AM - 12:00 PM

PUBLIC HEALTH 101

PRESENTATION



CASTAIC SPORTS COMPLEX

31230 CASTAIC RD

CASTAIC, CA 91384



THURSDAY

10:00 AM - 12:00 PM



Join us at Castaic Sports Complex for our Wellness Programming! Enjoy a "Public Health 101" presentation, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valleys. Plus, grab some great incentives! Don't miss out on this opportunity to learn and connect with our local resources.

WALK-INS WELCOME

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