

Sylmar Wellness Programs

Join our FREE classes!

2024 SCHEDULE



DATE

JANUARY 13

SCHEDULE:

10:30 AM - 12:00 PM

COMMUNITY RESOURCE TABLE

11:00 AM - 12:00 PM

ALZHEIMERS: HEALTHIER

LIVING IN SPANISH



EL CARISO REGIONAL PARK

13100 HUBBARD ST.

SYLMAR, CA 91342



MONDAY

10:30 AM - 12:00 PM



PRESENTER

ALZHEIMER'S ASSOCIATION



Join us at El Cariso Regional Park for our Wellness Programming! Enjoy a "Healthier Living" presentation in Spanish by Alzheimer's Association, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valley. Plus, grab some great incentives! Don't miss out on this opportunity to learn and connect with our local resources.

For more information,
classes and resources,
scan the QR code!



CONTACT US



(818) 904-8953 | SPA2@ph.lacounty.gov

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



La Crescenta Wellness Programs

Join our FREE classes!

2024 SCHEDULE



DATE

JANUARY 14

SCHEDULE:

10:00 AM - 11:00 AM

MENTAL HEALTH: PROMOTING
WHOLE PERSON WELL-BEING

10:00 AM - 12:00 PM

COMMUNITY RESOURCE TABLE



CRESCENTA VALLEY PARK

3901 DUNSMORE AVE

LA CRESCENTA, CA 91214



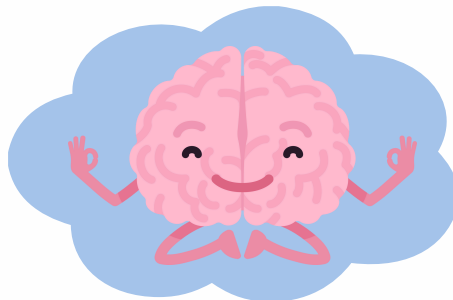
TUESDAY

10:00 AM - 12:00 PM



PRESENTERS

RAWAN AND SEAN



Join us at La Crescenta Regional Park for our Wellness Programming! Enjoy a "Promoting Whole Person Well-being" presentation on mental health, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valley. 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!

2024 SCHEDULE



DATE

JANUARY 16

SCHEDULE:

10:00 AM - 12:00 PM

COMMUNITY RESOURCE TABLE

11:00 AM - 12:00 PM

MENTAL HEALTH: PROMOTING
WHOLE PERSON WELL-BEING



CASTAIC SPORTS COMPLEX

31230 CASTAIC RD

CASTAIC, CA 91384



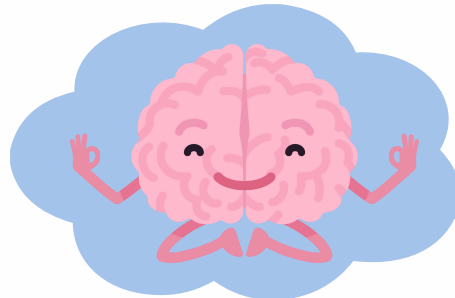
THURSDAY

10:00 AM - 12:00 PM



PRESENTERS

SEAN AND RAWAN



Join us at Castaic Regional Sports Complex for our Wellness Programming! Enjoy a "Promoting Whole Person Well-being" presentation on mental health, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valley. Plus, grab some great incentives! Don't miss out on this opportunity to learn and connect with our local resources.

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