



# MARCH 2024

## Free wellness programs



- Zev Yaroslavsky Family Center - Van Nuys
- El Cariso Regional Park - Sylmar
- Crescenta Valley Comm. Park - La Crescenta
- Castaic Sports Complex
- San Fernando Health Center



**CONTACT US**  
 (818) 904-8953  
 SPA2@ph.lacounty.gov



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

Join us at one of our locations above. All activities, classes, & workshops are **FREE** and open to the community!

To learn more about other classes happening at our locations, open your phone camera and scan the QR code!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7 <b>Free Food Distribution</b> 9:30AM-12:30PM San Fernando Health Center While supplies last! 
11 <b>El Cariso Regional Wellness Programs - Sylmar</b> DTD Digital Literacy Training 10:30AM-11:30AM  Community Resource Hour 9:30AM-12:00PM 	12	13 <b>Zev Yaroslavsky Center - Van Nuys</b> Car Seat Workshop 10:00AM-12:00PM   <b>Zev Yaroslavsky Wellness Programs - Van Nuys</b> Family Cooking Workshop 10:00AM-11:30AM 	14 <b>Castaic Wellness Programs</b> Health Talks with a Nurse: High Cholesterol: What can I do to reduce my risk? 10:00AM-11:00AM  Public Health Bingo 11:00AM-12:00PM  Community Resource Hour 10:00AM-12:00PM
18 <b>El Cariso Regional Wellness Programs - Sylmar</b> Exercise Class 9:30AM-10:30AM  Free Food Distribution 10:30am  DTD Digital Literacy Training 10:30AM-11:30AM 	19 <b>Crescenta Valley Wellness Programs - La Crescenta</b> DTD Digital Literacy Training 10:00AM-11:00AM  Exercise Class 11:00AM-12:00PM  Community Resource Hour 10:00AM-12:00PM 	20 <b>Zev Yaroslavsky Wellness Programs - Van Nuys</b> Family Cooking Workshop 10:00AM-11:30AM  	21 <b>Castaic Wellness Programs</b> Health Talks with a Nurse: High Blood Pressure and your health. 10:00am to 11:00am  Public Health Bingo 10:00AM-12:00PM  Community Resource Hour 10:00AM-12:00PM
25 <b>Cesar Chavez Holiday</b>	26	27	28

The Santa Clarita and San Fernando Valley Wellness Community offers a place for community members to gather, find resources, or participate in wellness activities. At our Wellness Events, there are a variety of activities such as physical activity classes, nutrition & health resources, and other support resources.

All activities, classes, & workshops are **FREE** and open to the community.

## FOOD & NUTRITION



### Free Fresh Produce Distribution

1st Thursday | 9:30 AM - 12:30 PM  
San Fernando Health Center

Join us for our monthly no-cost Food Distribution! Community Members can receive fresh produce and various health services, including CalFresh, vaccinations, and food demos!



### Family Cooking Workshop

2nd & 3rd Wednesday | 10:00 AM - 11:30 AM  
Zev Yaroslavsky Family Support Center - Van Nuys

Worried about creating nutritious and affordable meals for your family? Come learn about delicious recipes that will support your family's health!



### Ignite the Light Food Distribution

3rd Monday | 10:30 AM  
El Cariso Regional Park - Sylmar

Join us for a free food distribution with our partner, Ignite the Light. We offer free food and perishable items.

## WELLNESS ACTIVITIES



### Health Talks with A Nurse

2nd Thursday | 10:00 AM - 11:00 AM  
Castaic Sports Complex

Join us for a casual and informative event where you can have a cup of coffee and chat with a friendly nurse about any health questions!



### Exercise Classes

3rd Monday | 9:30 AM - 10:30 AM  
El Cariso Regional Park - Sylmar

3rd Tuesday | 11:00 AM - 12:00 PM  
Crescenta Valley Comm. Park - La Crescenta

Get out and get active with our free exercise classes! We offer workouts such as strength training, yoga, and dance classes. Join us on our path toward healthy living and communities!

## EDUCATIONAL ACTIVITIES



### Public Health Bingo

2nd and 3rd Thursday | 11:00 AM - 12:00 PM  
Castaic Sports Complex

Learn about nutritional facts in a fun format with Public Health Bingo! We will be covering the topic of Respiratory Health: Asthma Overview and Valley Fever.



### Delete the Divide: Computer Literacy

2nd and 3rd Monday | 10:30 AM - 11:30 AM  
El Cariso Regional Park - Sylmar

3rd Wednesday | 10:00 AM - 11:00 AM  
Crescenta Valley Comm. Park - La Crescenta

Technology can be difficult to understand, but Delete the Divide is a program that helps you foster computer literacy.



### Car Seat Safety Workshop

2nd Wednesday | 10:00 AM - 12:00 PM  
Zev Yaroslavsky Family Support Center - Van Nuys

Learn vital car seat safety from a Certified Technician, covering California laws. Get hands-on guidance for proper installation and usage of various seats.



## Additional Information



### African American Infant Maternal Mortality (AAIMM)

Tuesday, March 12 | Virtual | 2:00 PM - 4:00 PM

Join our initiative as we work toward reducing African American Infant Maternal Mortality. For additional information please contact: Aqueelah Russell at arussell@ph.lacounty.gov



### Presentation Requests

What is Speaker's Bureau?

The Speakers' Bureau is a helpful service from the Los Angeles County Department of Public Health (DPH). It connects communities with trained DPH staff who give presentations on different health topics. These talks are for everyone, like community groups, students, faith-based groups, health professionals, county workers, and parents.

Here's what the Speakers' Bureau can do:

#### Speaking Requests:

- We can talk at community meetings, conferences, health fairs, and professional meetings.

#### Community Outreach:

- The Speakers' Bureau is like a central place that organizes health activities all over Los Angeles County. We keep track of these activities and can help with them.

#### Emergency Response:

- When there are health problems like COVID-19 or others, the Speakers' Bureau helps with talks to groups who want to learn more.

For more information on presentation topics and how to make a request, scan the QR code!



## Wellness Programming Addresses

### Zev Yaroslavsky Family Support Center

7555 Van Nuys Blvd, Van Nuys, CA 91405

### El Cariso Regional Park

13100 Hubbard St, Sylmar, CA 91342

### Castaic Sports Complex

31320 N Castaic Rd, Castaic, CA 91384

### Crescenta Valley Community Park

3901 Dunsmore Ave, La Crescenta-Montrose, CA 91214

### San Fernando Health Center

1212 Pico St, San Fernando, CA 91340

## HOW TO ATTEND EVENTS & WORKSHOPS

1

### CHOOSE YOUR EVENT

2

### RSVP OR WALK-IN

Get your tickets on eventbrite or walk-in on the day of the event.

3

### PLACE YOUR ORDER!

Save the date, tell your friends and family, & we'll see you there!





La Comunidad de Bienestar del Valle de Santa Clarita y San Fernando ofrece un lugar para que los miembros de la comunidad se reúnan, encuentren recursos o participen en actividades de bienestar. En nuestros eventos, hay una variedad de actividades como clases de actividad física, recursos de nutrición y salud, y otros recursos de apoyo.



### Frutas y Verduras Frescas Sin Costo

cada tercer miércoles | 9:30 AM - 11:30 AM

Zev Yaroslavsky Centro Familiar

¡Únase a nosotros para nuestra distribución de alimentos mensual sin costo!  
¡Los miembros de la comunidad pueden recibir productos frescos y diversos servicios de salud, incluidos CalFresh, vacunas y demostraciones de alimentos!



### Eliminar la División: Conosimiento de Tecnologia

cada segundo y tercer lunes | 10:30 AM - 11:30 AM

Programación de Bienestar El Cariso

cada tercer miércoles | 10:00 AM - 11:00 AM

Programación de Bienestar La Crescenta

La tecnología puede ser difícil de entender, pero Eliminar la División es un programa que le ayuda a fomentar los conocimientos informáticos.



### Taller Sobre Asientos de Seguridad

cada segundo miércoles | 10:00 AM - 12:00 PM

Programación de Bienestar de Zev Yaroslavsky

Aprenda la seguridad vital de los asientos para el automóvil con un técnico certificado que cubra las leyes de California. Obtenga orientación práctica para la instalación y el uso adecuados de varios asientos.



### Taller de Cocina Para la Familia

cada segundo y tercer miércoles | 10:00 AM - 11:30 AM

Programación de Bienestar de Zev Yaroslavsky

¿Preocupado por crear comidas saludables y baratas para su familia? ¡Ven a aprender sobre recetas deliciosas que apoyarán la salud de tu familia!

## Direcciones de Programación de Bienestar

### Zev Yaroslavsky Centro Familiar

7555 Van Nuys Blvd, Van Nuys, CA 91405

### Parque Regional El Cariso

13100 Hubbard St, Sylmar, CA 91342

### Castaic Sports Complex

31320 N Castaic Rd, Castaic, CA 91384

### Parque Comunitario Crescenta Valley

3901 Dunsmore Ave, La Crescenta-Montrose, CA 91214

### San Fernando Centro de Salud

1212 Pico St, San Fernando, CA 91340

## CÓMO ASISTIR A EVENTOS Y TALLERES

1

### ELIJA SU EVENTO DE PREFERENCIA

2

### CONFIRME SU ASISTENCIA O VISITE SIN CITA PREVIA

Consiga sus entradas en eventbrite o sin cita previa el día del evento.

3

### ¡HAGA SU PEDIDO!

Reserve la fecha, cuénteselo a sus amigos y familiares y ¡nos vemos allí!

