

Schedule of FREE Virtual & In-Person Programming
 *Schedule subject to change. Please visit our website for updates.

MON	TUE	WED	THU	FRI	SAT		
					1		
3	4	8:30am FREE Produce Distribution *First-come first-served, while supplies last* <u>Location:</u> 7643 S. Painter Ave. Whittier, CA 90602 Click on link for flyer: http://tinyurl.com/2n9rrz9d	9:00am- 12:00pm FREE Car Seat Check-up *By appointment only* <u>Location:</u> 7643 S. Painter Ave. Whittier, CA 90602 Click on link to register: https://tinyurl.com/4ryrrayx	5	6	7	8
10	10:00am- 11:00am Creative Wellness: Affirmation Rocks 11:00 am- 12:00pm Nutrition Class: Rethink Your Drink 12:00pm - 1:00pm CORE: Vaping and You- What You Need to Know (Teen Workshop) Click on link to register: https://tinyurl.com/yk3caze7 <u>All workshops are taking place at:</u> 7643 S. Painter Ave. Whittier, CA 90602	11 3:00pm - 4:00pm CORE: Substance Use in Your Community Click on link to register: https://tinyurl.com/yk3caze7 Click on link to join virtually: https://tinyurl.com/ycxptw7f	12 10:00am-3:00pm Vision To Learn Free vision screening for youth 4-18 years old <u>Location:</u> 7643 S. Painter Ave. Whittier, CA 90602 3:00pm- 4:00pm Language of PRIDE-Learn about Pronouns, Gender, and Sexuality Click on link to join virtually: https://tinyurl.com/nna76d5s	13 9:00am - 10:00am Ask the Nurse Series: High Blood Pressure <u>Location:</u> 7643 S. Painter Ave. Whittier, CA 90602	14	15	

For more information on the workshops

Please contact: Whittier Wellness Community
 (562) 775-6104



7643 S. Painter Ave.
 Whittier, CA 90602

Website: <http://tinyurl.com/4sntnprb>



Mon.- Wed. & Fri.: 8:00 AM - 4:00 PM
 Thursday: 10:00 AM - 7:30 PM
 Saturday & Sunday: Closed



For more information, to partner with the Whittier Wellness Community, or to be added to our listserv email us at:

MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
	<p>10:00 am- 11:00 am Creative Wellness: Potting Plants</p> <p>12:00pm - 1:00pm CORE: How to Talk About Substance Use with People You Care About Click on link to register: https://tinyurl.com/yk3caze7</p> <p><u>All workshops are taking place at:</u> 7643 S. Painter Ave. Whittier, CA 90602</p>	<p>Holiday: Center Closed</p>	<p>11:00am - 12:00pm Ask the Nuse Series: Diabetes Management <u>Location:</u> 7643 S. Painter Ave. Whittier, CA 90602</p>	<p>10:00am-11:00am Helpline Youth Counseling, Inc. Presentation: Self-Care (English)</p> <p>11:00am - 12:00pm Ask the Nuse Series: Heart Disease & Cholesterol</p> <p><u>All workshops are taking place at:</u> 7643 S. Painter Ave. Whittier, CA 90602</p>	
24	25	26	27	28	29
	<p>10:00 am- 11:00 am Creative Wellness: Bee Kind Project <u>Location:</u> 7643 S. Painter Ave. Whittier, CA 90602</p> <p>11:00am- 1:30pm West Nile Presentation <u>Location:</u> Potrero Heights Park Community and Senior Center- 8051 Arroyo Dr. Montebello, CA 90640</p> <p>12:00pm - 1:00pm CORE: Recognizing and Responding to an Overdose with Naloxone Click on link to register: https://tinyurl.com/yk3caze7</p>	<p>10:00am - 11:00am West Nile Presentation Norwalk Senior Center- 14040 San Antonio Dr. Norwalk, CA 90650</p> <p>1:00pm-2:00pm Hands only CPR Montebello Senior Center- 115 S Taylor Ave. Montebello, CA 90640</p> <p>3:00pm - 4:00pm CORE: Substance Use in Your Community (in Spanish) Click on link to register: https://tinyurl.com/yk3caze7</p> <p>4:00 pm- 5:00 pm Fentanyl and Response to Overdose Presentation Barbara J Riley Community & Senior Center- 7810 Quill Dr, Downey, CA 90242</p>	<p>1:00pm- 3:00pm FREE Car Seat Check-up *Make an appointment to get your car seat checked out*</p> <p>Click on link to register: https://tinyurl.com/4rysrax</p> <p><u>Location:</u> 7643 S. Painter Ave. Whittier, CA 90602</p>	<p>10:00am-11:00am Helpline Youth Counseling, Inc. Presentation: Self-Care (Spanish)</p> <p>9:00am - 10:00am Ask the Nuse Series: Asthma</p> <p><u>All workshops are taking place at:</u> 7643 S. Painter Ave. Whittier, CA 90602</p>	

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Las clases en rojo se ofrecen en Español

LUN	MAR	MIE	JUE	VIE	SAB
					1
3	4	5 8:30am Entrega de Despensas de Frutas y Verduras Gratuita 7643 S. Painter Ave. Whittier, CA 90602 *Por orden de llegada, hasta que se terminen las bolsas.	6 9:00am- 12:00pm Revisión gratuita de sillas de coche *Se requiere cita previa* 7643 S. Painter Ave. Whittier, CA 90602 Haga clic en el enlace para unirse : https://tinyurl.com/4r5rayx	7	8
10	11 10:00am- 11:00am Bienestar creativo: piedras positivas 11:00 am- 12:00 pm Clase de Nutrición- Reconsidere lo que bebe 12:00pm- 1:00pm El Vapeo y Usted: Lo Que Necesitas Saber (Inglés) Haga clic en el enlace para unirse : https://tinyurl.com/yk3caze7 Todos los clase son a la Whittier Wellness Community 7643 S. Painter Ave. Whittier, CA 90602	12 3:00 pm- 4:00 pm CORE: Consumo de Sustancias en su Comunidad (en Inglés) Haga clic en el enlace para unirse : https://tinyurl.com/yk3caze7 7643 S. Painter Ave. Whittier, CA 90602	13 10:00am-3:00pm Vision To Learn Exámenes de la vista gratuitos para niños 4-18 3:00pm- 4:00pm Lenguaje del orgullo-Aprende sobre los pronombres, el género y la sexualidad 7643 S. Painter Ave. Whittier, CA 90602 Haga clic en el enlace para unirse virtualmente : https://tinyurl.com/ycxptw7f	14	15 9:00am- 10:00am Pregúntele a la enfermer- Hipertensión 7643 S. Painter Ave. Whittier, CA 90602

Para obtener más información sobre los talleres

Por favor comuníquese con: Whittier Wellness Community
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 Sitio Web:
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Lunes - Martes y Viernes: 8:00 AM - 4:00 PM
 Jueves: 10:00 AM - 7:30 PM
 Sábado y Domingo : Cerrado



Para obtener más información, asociarse con Whittier Wellness Community, o ser agregado a nuestra lista de correos, envíanos un correo electrónico a :

WhittierWC@ph.lacounty.gov

LUN	MAR	MIE	JUE	VIE	SAB
17	18	19	20	21	22
	<p>10:00 am- 11:00 am Bienestar creativo: Jardinería 7643 S. Painter Ave. Whittier, CA 90602</p> <p>12:00pm - 1:00pm Comó hablar sobre el consumo de sustancias con las personas que te importan</p> <p>aga clic en el enlace para unirse: https://tinyurl.com/yk3caze7</p>	<p>Día Festivo: Cerrado</p>	<p>11:00am- 12:00pm Pregúntele a la enfermer- Manejo de la diabetes 7643 S. Painter Ave. Whittier, CA 90602</p>	<p>10:00am-11:00am Helpline Youth Counslng, Inc. Presentatción: Autocuidado y Bienestar (en Inglés) 7643 S. Painter Ave. Whittier, CA</p> <p>11:00am- 12:00pm Pregúntele a la enfermer- Enfermedades cardíacas y colesterol 7643 S. Painter Ave. Whittier, CA</p>	
24	25	26	27	28	29
	<p>10:00 am- 11:00 am Bienestar creativo: Proyecto Bee Kind 7643 S. Painter Ave. Whittier, CA 90602</p> <p>11:00am- 1:30pm El Virus del Nilo Occidental Location: Potrero Heights Park Community and Senior Center- 8051 Arroyo Dr. Montebello, CA 90640</p> <p>12:00pm - 1:00pm Cómo Reconocer y Responder a Una Sobredosis Administrando Naloxona (en Inglés) Haga clic en el enlace para unirse: https://tinyurl.com/yk3caze7</p>	<p>10:00am- 11:00am El Virus del Nilo Occidental Norwalk Senior Center- 14040 San Antonio D. Norwalk, CA 90650</p> <p>1:00pm- 2:00pm Presentatción de RCP Montebello Senior Center- 115 S Taylor Ave. Montebello, CA 90640</p> <p>3:00pm- 4:00pm CORE: Consumo de Sustancias en su Comunidad Haga clic en el enlace para unirse: https://tinyurl.com/yk3caze7</p> <p>4:00pm-5:00pm Fentanilo Y Cómo Responder a Una Sobredosis Barbara J Riley Community & Senior Center- 7810 Quill Dr, Downey, CA 90242</p>	<p>1:00pm- 3:00pm Revisión gratuita de sillas de coche *Se requiere cita previa* 7643 S. Painter Ave. Whittier, CA 90602</p> <p>Haga clic en el enlace para unirse: https://tinyurl.com/4rysrax</p>	<p>10:00am-11:00am Helpline Youth Counslng, Inc. Presentatción: Autocuidado y Bienestar 7643 S. Painter Ave. Whittier, CA</p> <p>9:00am- 10:00am Pregúntele a la enfermer- Asma 7643 S. Painter Ave. Whittier, CA 90602</p>	

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