Sylmar Wellness Programs

Join our FREE classes!

2024 SCHEDULE



DATE

DECEMBER 16

SCHEDULE:

10:30 AM - 12:00 PM
COMMUNITY RESOURCE HOUR
11:00 AM - 12:00 PM
HEALTH TALKS WITH A NURSE:
SEASONAL VIRAL STEW



EL CARISO REGIONAL PARK

13100 HUBBARD ST. SYLMAR, CA 91342



MONDAY

10:30 AM - 12:00 PM



PRESENTER

JENNIFER SANTOS





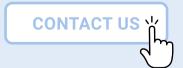


Join us at El Cariso Regional Park for our Wellness Programming! Enjoy a "Health Talks with a Nurse" on the seasonal viruses, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valley. Plus, grab some great incentives!

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!





(818) 904-8953 | SPA2@ph.lacounty.gov http://publichealth.lacounty.gov/chs/SPA2







La Crescenta Wellness Programs

Join our FREE classes!

2024 SCHEDULE



CRESCENTA VALLEY PARK 3901 DUNSMORE AVE LA CRESCENTA, CA 91214



DATEDECEMBER 17



TUESDAY 10:00 AM - 12:00 PM



10:00 AM - 11:00 AM
HEALTH TALKS WITH A NURSE:
SEASONAL VIRAL STEW
10:00 AM - 12:00 PM
COMMUNITY RESOURCE HOUR



PRESENTERJENNIFER SANTOS



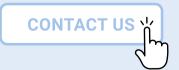




Join us at La Crescenta Regional Park for our Wellness Programming! Enjoy a "Health Talks with a Nurse" on the seasonal viruses, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valley. Plus, grab some great incentives! Don't miss out on this opportunity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

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





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Castaic Wellness Programs

Join our FREE classes!

2024 SCHEDULE



<u>DATE</u>

DECEMBER 19

SCHEDULE:

10:00 AM - 12:00 PM
COMMUNITY RESOURCE HOUR
11:00 AM- 12:00 PM
HEALTH TALKS WITH A NURSE:
SEASONAL VIRAL STEW



CASTAIC SPORTS COMPLEX

31230 CASTAIC RD CASTAIC, CA 91384



THURSDAY

10:00 AM - 12:00 PM



PRESENTER

JENNIFER SANTOS







Join us at Castaic Regional Sports Complex for our Wellness Programming! Enjoy a "Health Talks with a Nurse" on the seasonal viruses, 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!





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