

Sylmar Wellness Programs

Join our FREE classes!

2025 SCHEDULE



DATE:

MAY 12

SCHEDULE:

10:30 AM - 12:00 PM

COMMUNITY RESOURCE TABLE

11:00 AM - 12:00 PM

ALZHEIMER'S ASSOCIATION -
UNDERSTANDING ALZ'S AND
DEMENTIA (SPANISH)
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 "Understanding Alzheimer's and Dementia" presentation in Spanish by Alzheimer's Association, 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
BY SCANNING 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!

2025 SCHEDULE



DATE:

MAY 13

SCHEDULE:

10:00 AM - 10:30 AM

MINDFULNESS PRESENTATION

10:30 AM - 11:30 AM

CHAIR YOGA

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 "Mindfulness" presentation, followed by a "Chair Yoga" class and 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
BY SCANNING THE
QR CODE



CONTACT US



(818) 904-8953

SPA2@ph.lacounty.gov

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

Val Verde Wellness Programs

Join our FREE classes!

2025 SCHEDULE



DATE:

MAY 15

SCHEDULE:

10:00 AM - 12:00 PM

COMMUNITY RESOURCE TABLE

10:00 AM - 12:00 PM

STOP THE BLEED (SPANISH)
PRESENTATION



VAL VERDE REGIONAL PARK

30300 ARLINGTON ST,
CASTAIC, CA 91384



THURSDAY

10:00 AM - 12:00 PM



Join us at Val Verde Community Regional Park for our Wellness Programming! Enjoy a "Stop the Bleed" 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
BY SCANNING THE
QR CODE



CONTACT US



(818) 904-8953

SPA2@ph.lacounty.gov

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