

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

MON	TUE	WED	THU	FRI	SAT
1	2 10:00am- 11:00am Creative Wellness: Expressive Paint Class 12:00pm - 1:00pm CORE: Recognizing and Responding to an Overdose with Naloxone Click on link to register: https://tinyurl.com/yk3caze7 Location for all workshops: 7643 S. Painter Ave. Whittier, CA 90602	3 8:30am FREE Produce Distribution *First-come first-served* 8:30am-3:00pm Vision To Learn Free vision screening for 4-18 years old Location for all workshops: 7643 S. Painter Ave. Whittier, CA 90602	4 HAPPY 4TH OF JULY Holiday: Center Closed	5	6
8	9 9:45 am-10:45am Ask the Nurse Series: High Blood Pressure 11:00am- 12:00pm Nutrition Series: Building a Healthy Plate 12:00pm - 1:00pm CORE: Recognizing and Responding to an Overdose with Naloxone (In Spanish) Click on link to register: https://tinyurl.com/yk3caze7 Location for all workshops: 7643 S. Painter Ave. Whittier, CA 90602	10 9:30am- 10:30am Creative Wellness: Plant Potting 11:00am-12:00pm Importance of Mental Health 1:30pm-2:30pm Ask the Nurse Series: Asthma Location for all workshops: 7643 S. Painter Ave. Whittier, CA 90602	11 1:00 pm- 2:00 pm Summer Safety Tips 6:00pm - 7:00pm CORE: Understanding the Risk of Cannabis Use (In Spanish) Click on link to register: https://tinyurl.com/yk3caze7 Location for all workshops: 7643 S. Painter Ave. Whittier, CA 90602	12	13
15 5:00pm - 6:00pm Nutrition Presentation Location: Barbara J Riley Community & Senior Center- 7810 Quill Dr, Downey, CA 90242	16 9:45 am-10:45am Ask the Nurse Series: Cholesterol 11:00am- 12:00pm Nutrition Series: Plan Meals 12:00pm - 1:00pm CORE: Understanding the Connection Between SUD and Mental Health Click on link to register: https://tinyurl.com/yk3caze7 Click on link to join virtually: https://tinyurl.com/ycxptw7f Location for all workshops: 7643 S. Painter Ave. Whittier, CA 90602	17 8:30am-3:00pm Vision To Learn Free vision screening for 4-18 years old Location: 133 N. Sunol Drive Los Angeles, CA 90063	18 10:00am-12:00pm Parent and Family Cafe Parent support group Location: 7643 S. Painter Ave. Whittier, CA 90602	19	20

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
22	23	24	25	26	27
	<p>11:00am- 12:00pm Nutrition Series: Shopping on a Budget</p> <p>12:00pm - 1:00pm CORE: Understanding the Connection Between SUD and Mental Health (In Spanish) Click on link to register: https://tinyurl.com/yk3caze7</p> <p>Click on link to join virtually: https://tinyurl.com/ycxptw7f</p> <p>1:30 pm-2:30pm Ask the Nurse Series: Diabetes Management</p> <p><u>Location for all workshops:</u> 7643 S. Painter Ave. Whittier, CA 90602</p>		<p>1:00pm-2:00pm Summer Food Safety Learn proper food handling techniques</p> <p><u>Location:</u> 7643 S. Painter Ave. Whittier, CA 90602</p>		
29	30	31			
	<p>1:00am- 12:00pm Nutrition Series: What's on a Nutrition Label</p> <p>12:00pm - 1:00pm CORE: Relapse Prevention and Healthy Coping https://tinyurl.com/yk3caze7</p> <p><u>Location for all workshops:</u> 7643 S. Painter Ave. Whittier, CA 90602</p>	<p>9:30am- 10:30am Creative Wellness: Affirmation Rocks</p> <p>4:00pm - 5:00pm Fentanyl and Response to Overdose Presentation</p> <p><u>Location:</u> Barbara J Riley Community & Senior Center- 7810 Quill Dr, Downey, CA 90242</p>			

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LUN	MAR	MIE	JUE	VIE	SAB	
1	<p>10:00am- 11:00am Bienestar creativo: Clase de Pintura</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>Todos los clase son a la Whittier Wellness Community 7643 S. Painter Ave. Whittier, CA 90602</p>	2	3	4	5	6
			<p>HAPPY 4TH OF JULY Día Festivo: Cerrado</p>			
8	9	10	11	12	13	
	<p>9:00am-10:00am Pregúntele a la enfermer- Hipertensión</p> <p>11:00-12:00 pm Serie de Nutricion: Construyendo un Plato Saludable</p> <p>12:00 pm- 1:00 pm CORE: Cómo Reconocer y Responder a Una Sobredosis Administrando Naloxona Haga clic en el enlace para unirse: https://tinyurl.com/yk3caze7</p> <p>Dirección: 7643 S. Painter Ave. Whittier, CA 90602</p>	<p>9:30am- 10:30am Bienestar creativo: Jardinería</p> <p>11:00am-12:00pm Presentación: Autocuidado y Bienestar</p> <p>1:30pm- 2:30pm Pregúntele a la enfermer- Asma</p> <p>Los clase son a la Whittier Wellness Community 7643 S. Painter Ave. Whittier, CA 90602</p>	<p>1:00 pm- 2:00pm Consejos de seguridad para el verano</p> <p>6:00 pm- 7:00 pm CORE: Entendiendo el Riesgo del Uso de Marijuana Haga clic en el enlace para unirse: https://tinyurl.com/yk3caze7</p> <p>Dirección: 7643 S. Painter Ave. Whittier, CA 90602</p>			
15	16	17	18	19	20	
<p>5:00pm - 6:00pm Presentación nutricional</p> <p>Dirección: Barbara J Riley Community & Senior Center- 7810 Quill Dr, Downey, CA 90242</p>	<p>11:00am- 12:00pm Pregúntele a la enfermer- Colesterol</p> <p>11:00 am- 12:00 pm Serie de Nutricion: Planifica las comidas</p> <p>12:00pm- 1:00pm CORE: Entender la Conexión Entre los Trastornos por Uso de Sustancias y la Salud Mental (en inglés) Haga clic en el enlace para unirse: https://tinyurl.com/yk3caze7</p> <p>Los clase son a la Whittier Wellness Community 7643 S. Painter Ave. Whittier, CA 90602</p>	<p>10:00am-3:00pm Vision To Learn Exámenes de la vista gratuitos para niños 4-18</p> <p>Dirección: 133 N. Suno; Drive Los Angeles, CA 90063</p> <p>1:00pm- 2:00pm El Virus del Nilo Occidental</p> <p>Montebello Senior Center- 115 S Taylor Ave, Montebello, CA 90640</p>	<p>10:00am-12:00pm Café de Padres y Familia</p> <p>Dirección: 7643 S Painter Ave Whittier, CA 90602</p>			

Para obtener más información sobre los talleres

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Whittier, CA 90602
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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



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WhittierWC@ph.lacounty.gov

LUN	MAR	MIE	JUE	VIE	SAB
22	23	24	25	26	27
	<p>11:00 am - 12:00 pm Serie de Nutrición: De Compras en a Presupuesto</p> <p>12:00pm - 1:00pm CORE: Entender la Conexión Entre los Trastornos por Uso de Sustancias y la Salud Mental</p> <p>aga clic en el enlace para unirse: https://tinyurl.com/yk3caze7</p> <p>1:30pm- 2:30pm Pregúntele a la enfermer- Manejo de la diabetes</p> <p>Los clase son a la Whittier Wellness Community 7643 S. Painter Ave. Whittier, CA 90602</p>		<p>1:00pm-2:00pm Seguridad alimentaria en verano</p> <p>Dirección: 7643 S Painter Ave Whittier, CA 90602</p>		
29	30	31			
	<p>10:00 am- 11:00 am Serie de Nutrición: Que hay en la etiqueta nutricional</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>Los clase son a la Whittier Wellness Community. 7643 S. Painter Ave. Whittier, CA 90602</p>	<p>10:00am- 11:00am Bienestar creativo: piedras positivas</p> <p>Dirección: 7643 S. Painter Ave. Whittier, CA 90602</p> <p>4:00pm-5:00pm Fentanilo Y Cómo Responder a Una Sobredosis</p> <p>Dirección: barbara J Riley Community & Senior Center- 7810 Quill Dr, Downey, CA 90242</p>			

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