

# West LA Wellness Community

Calendar May 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 28</b>	<b>April 29</b>	<b>April 30</b>	<b>May 1</b>	<b>May 2</b>
<b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light			
<b>May 5</b>	<b>May 6</b>	<b>May 7</b>	<b>May 8</b>	<b>May 9</b>
<b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light			
<b>May 12</b>	<b>May 13</b>	<b>May 14</b>	<b>May 15</b>	<b>May 16</b>
<b>9am:</b> LAC DPH – Presents “Mental Health” <a href="#">Microsoft Teams</a> <b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>9am:</b> LAC DPH – Presents “Social Media Safety” <a href="#">Microsoft Teams</a> <b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light			
<b>May 19</b>	<b>May 20</b>	<b>May 21</b>	<b>May 22</b>	<b>May 23</b>
<b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light			
<b>May 26</b>	<b>May 27</b>	<b>May 28</b>	<b>May 29</b>	<b>May 30</b>
<b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light			





## About the West LA Wellness Community

The goal of the West LA Wellness Community is to offer community members a virtual place to connect, find resources, and participate in wellness activities.

The West LA Wellness Community aims to serve individuals and families with free services and linkage to resources designed to promote health, healing, and well-being. All activities are free and open to the community.

## Activity Descriptions

**CORE Substance Use Presentations:** Substance Abuse Counselors provide educational presentations on a variety of topics. For questions or referrals, contact Luis Renteria ([LRenteria@ph.lacounty.gov](mailto:LRenteria@ph.lacounty.gov), 323-236-4155) or Steven Cagle ([SCagle@ph.lacounty.gov](mailto:SCagle@ph.lacounty.gov), 323-233-6307)

**Free Food Market** at Simms Mann Health and Wellness Center: 2509 Pico Blvd, Santa Monica, CA 90405. Drive-through produce distribution through Venice Family Clinic. Open to the entire community. For more information and additional food distributions, **visit their website [here](#)**.

**No Limits, No Boundaries** with Project Return – An empowerment group for those seeking encouraging mental health support. This course is hybrid. The physical location will be at 12901 Venice Blvd. Los Angeles, CA. 90066 and the zoom link [here](#). Please contact [Moses Ramirez](#) for questions

**Share Your Light!** with Project Return – A peer support group for individuals to discuss on topics related to personal experiences in overcoming life challenges. Location: Alcott Center, 10559 Jefferson Blvd. Culver City, CA. 90230. Please contact [Moses Ramirez](#) for questions

Questions? Want to get involved? Email [WestLAWellness@ph.lacounty.gov](mailto:WestLAWellness@ph.lacounty.gov)

Join our email distribution list to stay informed of updates: <https://forms.office.com/g/WWh62kbRyS>



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