

# FREE BASIC TECH TRAINING

**FRIDAYS @ 1:00PM**  
**NOVEMBER 1**  
**NOVEMBER 15**

- Computer Basics
- Internet Basics
- App Basics
- Smartphone Basics

WALK-IN OR REGISTER: [TINYURL.COM/PWCCOMPUTER](https://tinyurl.com/pwccomputer)



# FREE NUTRITION CLASS

**2ND WEDNESDAY OF THE MONTH**  
**@10AM**

**NEXT CLASS: NOVEMBER 13, 2024**

WALK-IN OR REGISTER: [TINYURL.COM/REGPWC](https://tinyurl.com/regpwc)

# KNOW YOUR RIGHTS TENANT WORKSHOP

**Wednesday, November 13 @ 5PM**

WALK-IN OR REGISTER: [TINYURL.COM/REGPWC](https://tinyurl.com/regpwc)



# 10 WARNING SIGNS OF ALZHEIMER'S

**FRIDAY, NOV 15TH @ 10AM**



California Southland Chapter

WALK-IN OR REGISTER:  
[TINYURL.COM/REGPWC](https://tinyurl.com/regpwc)

To find out more:

909-802-2650

[pomonawceph.lacounty.gov](https://pomonawceph.lacounty.gov)



## **HEALTHY LIVING FOR YOUR BRAIN & BODY**



California Southland Chapter

**TUESDAY, NOV 5TH @ 11AM**



TO REGISTER:  
**TINYURL.COM/HBRAINBODY**

## **PRIORITIZING LUNG CANCER AWARENESS TO PUT PREVENTION FIRST**



**WEDNESDAY, NOV 6TH @ 11AM**



TO REGISTER:  
**TINYURL.COM/REGPWC**

## **ALL ABOUT DIABETES**



**THURSDAY, NOV 7TH**  
**ENGLISH @11AM**  
**SPANISH @12PM**



TO REGISTER:  
**TINYURL.COM/REGPWC**

To find out more:

909-802-2650

[pomonawceph.lacounty.gov](http://pomonawceph.lacounty.gov)



LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH  
Fostering Hope - Healing - Purpose





# CULINARY ART & GARDEN

TUESDAYS @ 4:00PM

WALK-IN OR REGISTER:  
[TINYURL.COM/PWCGARDEN](https://tinyurl.com/pwcgarden)



# COMMUNITY DRUM CIRCLE

CULTURE. COMMUNITY. CONNECTION.  
ALL ARE WELCOME

WEDNESDAYS @ 5:30PM

WALK-IN OR REGISTER: [BIT.LY/PWCDRUM](https://bit.ly/pwcdrum)



# PAINT N' SIP

WEDNESDAY  
NOVEMBER 20, 2024  
4PM - 530PM

WALK-IN OR REGISTER: [TINYURL.COM/PWCPAINT](https://tinyurl.com/pwcpaint)

To find out more:

909-802-2650

[pomonawc@ph.lacounty.gov](mailto:pomonawc@ph.lacounty.gov)





# **WREATH MAKING**

*Winter Edition*

**FRIDAYS**  
**NOVEMBER 8**  
**NOVEMBER 22**  
**@ 4:00PM**

**FREE**

WALK-IN OR REGISTER: [TINYURL.COM/PWCREG](https://tinyurl.com/pwcreg)

To find out more:

909-802-2650

[pomonawce@ph.lacounty.gov](mailto:pomonawce@ph.lacounty.gov)





# **FREE LATIN DANCE**

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# **FITNESS CLASS**

**SELECT THURSDAYS @ 5:30PM**  
TO REGISTER: [TINYURL.COM/PWCLATIN](https://tinyurl.com/pwclatin)

**ALL AGES  
WELCOME!**

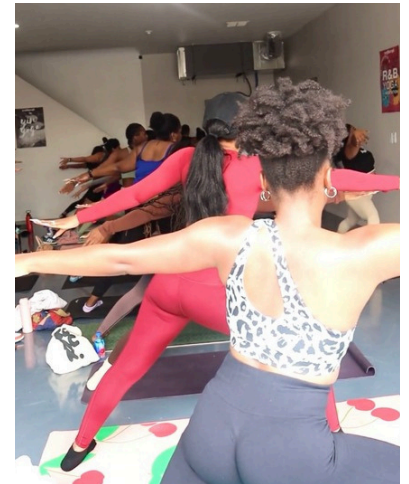


## **BEGINNER'S**

# **YOGA**

## **+ MEDITATION**

*presented by **yogitherapi***



**FRIDAYS @ 4:30PM**  
TO REGISTER: [TINYURL.COM/PWCBYOGA](https://tinyurl.com/pwcbbyoga)

To find out more:  
909-802-2650  
[pomonawceph.lacounty.gov](https://pomonawceph.lacounty.gov)



# POMONA WELLNESS COMMUNITY

750 S. PARK AVE., POMONA, CA 91766

FITNESS & FAMILY SUPPORT CLASSES - NOV 2024



**2nd Tuesday of the month (1-3PM)**  
Pomona Public Library 625 S Garey Ave,  
Pomona



**4th Tuesday of the month (1-3PM)**  
Pomona Wellness Community 750 S. Park  
Ave, Pomona



## Help Me Grow PARENT AND FAMILY CAFÉ

Providing a safe space for parents/caregivers raising children with developmental delays and special health needs to participate in reflective conversations.

**Tuesday, November 19**  
**10am-12pm**

WALK-IN OR REGISTER: [TINYURL.COM/HMGPWC](https://tinyurl.com/HMGPWC)

## OLDER ADULT WELLNESS SERIES

*NEXT TOPIC: KNOW THE SCAMS, DON'T BE A VICTIM*



**Thursday, NOVEMBER 14TH**  
**9:30AM - 10:30AM**

WALK-IN OR REGISTER: [TINYURL.COM/PWCOLDER](https://tinyurl.com/PWCOLDER)



*Planning for a Healthy  
Home, Body, and Baby*

Learn how to create a non-toxic  
cleaning solution in just 4 steps!

**Thursday, November 21 @9AM**  
**English**

**Thursday, December 19 @4PM**  
**Spanish**

WALK-IN OR REGISTER:  
[TINYURL.COM/PWCHHBB](https://tinyurl.com/PWCHHBB)

To find out more:  
909-802-2650

[pomonawc@ph.lacounty.gov](mailto:pomonawc@ph.lacounty.gov)

