

Mental Wellness Series for older adults. Presented by the Los Angeles County Mental Health Promoters Program.



WELLNESS • RECOVERY • RESILIENCE

KNOW THE SCAMS, DON'T BE A VICTIM

Financial abuse of older adults is becoming more frequent. In this class, you will learn about:

- Common scam techniques
- How to identify a scam
- Tips on preventing scams and dealing with scams

THURSDAY, NOV 14, 2024
9:30AM - 10:30AM

Pomona Wellness Community
750 S. Park Ave
Pomona, CA 91766



REGISTER HERE:
[TINYURL.COM/PWCOLDER](https://tinyurl.com/pwcolder)



Upcoming Presentations:

- Dealing with the Holiday Blues
Thursday, Dec 19 (9:30-10:30AM)

For more information, contact: PomonaWC@ph.lacounty.gov



Series de bienestar mental para adultos mayores. Presentado por el Programa de Promotores de Salud Mental del Condado de Los Ángeles.



WELLNESS • RECOVERY • RESILIENCE

CONOZCA LAS ESTAFAS, NO SEA UNA VÍCTIMA

El abuso financiero de los adultos mayores se vuelve más frecuente. En esta clase aprenderá sobre:

- Identifica técnicas de estafa comunes
- Cómo identificar una estafa
- Consejos para prevenirlas y lidiar con ellas

JUEVES

14 DE NOVIEMBRE, 2024

9:30AM - 10:30AM

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Próximas presentaciones:

- Tristeza navideña:
jueves, 19 de diciembre
(9:30-10:30AM)

Para obtener más información, comuníquese con: PomonaWC@ph.lacounty.gov



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

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



COUNTY OF LOS ANGELES
Public Health