

# Van Nuys: Family Cooking Workshops

Join our FREE classes!



## 2024 SCHEDULE

**February 28**

Red & Pine Room

**March 13**

Sequoia and Joshua Room

**March 20**

Sequoia and Joshua Room



**ZEV YAROSLAVSKY FAMILY  
SUPPORT CENTER**

7555 VAN NUYS BLVD  
VAN NUYS, CA 91405



**WEDNESDAYS**

10AM-11:30AM



**PRESENTERS**

STEPHANIE RODRIGUEZ

*RODRIGSD@AH.ORG*

JENNIE YEPEZ

*YEPEZJ@AH.ORG*



Join us to learn about *healthy cooking, nutrition, and mindfulness.*

**Food Taste Test and Nutrition Education: *FREE*** recipe book and healthy food samples.

**Rethink Your Drink:** Discover healthy and refreshing drink options

For more information,  
classes and resources,  
scan the QR code!



**CONTACT US**



(818) 904-8953 | [SPA2@ph.lacounty.gov](mailto:SPA2@ph.lacounty.gov)

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



# Castaic Wellness Programs

Join our FREE classes!



## 2024 SCHEDULE

**MARCH 14**

10AM-11AM

**HEALTH TALKS WITH A NURSE**

11AM-12PM

**PUBLIC HEALTH BINGO**

10AM-12PM

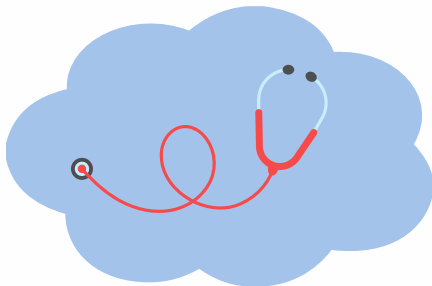
**COMMUNITY RESOURCE HOUR**



**CASTAIC SPORTS COMPLEX**  
31230 CASTAIC RD CASTAIC,  
CA 91384



**THURSDAYS**  
10AM-12PM



Join us for an engaging game of **bingo** where you'll learn about public health. Enjoy a casual chat with a nurse to explore **cardiovascular health**, and don't miss our enriching **Community Resource Hour**. Learn life-saving skills in Hands-Only CPR and gather valuable resources for a healthier journey.

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# La Crescenta Wellness Programs

Join our FREE classes!



## 2024 SCHEDULE

**MARCH 19**

10AM-11AM

**COMPUTER LITERACY WORKSHOP**

11AM-12PM

**EXERCISE CLASS**

10AM-12PM

**COMMUNITY RESOURCE HOUR**



**CRESCENTA VALLEY PARK**

3901 DUNSMORE AVE

LA CRESCENTA, CA 91214



**TUESDAY**

10AM-12PM



Improve your computer and tech skills at our upcoming **Computer Literacy Workshop** presented by Delete the Divide. Stay active at our **Exercise Class** led by our fantastic instructor and connect with us during our **Community Resource Hour**. Learn Hands-Only CPR and find helpful resources for a happy, healthy lifestyle!

For more information,  
classes and resources,  
scan the QR code!



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# Sylmar Wellness Programs

Join our FREE classes!



## 2024 SCHEDULE

**MARCH 11**

**10:30AM-11:00AM**

FOOD DISTRIBUTION

**11AM-12PM**

COMPUTER LITERACY  
WORKSHOP

**MARCH 18**

**10:30AM-12PM**

COMMUNITY RESOURCE  
HOUR:

LEARN HANDS-ONLY CPR

FIND HELPFUL RESOURCES

**11AM-12PM**

COMPUTER LITERACY  
WORKSHOP



EL CARISO REGIONAL PARK  
13100 HUBBARD ST.  
SYLMAR, CA 91342



MONDAYS - 9:30AM-12PM



For more information,  
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