



NO-COST FRESH PRODUCE

DRIVE-THRU

FIRST COME, FIRST SERVED
UNTIL SUPPLIES LAST



AV WELLNESS COMMUNITY

335-B East Avenue K6
Lancaster, CA 93535



3RD WEDNESDAY OF THE MONTH

9:30am - 11:30am

OTHER FOOD RESOURCES

SCAN
ME!



CalFresh: Individuals or families
1-866-613-3777
GetCalFresh.org

WIC: Moms, babies, and kids under 5
1-800-852-5770

2-1-1: Walk-up Food Distribution
COVID19.LACounty.gov/Food

2024 DATES

August 21

September 18

October 16

November 20

December 18



CONTACT US

661-471-4860, Ext. 3
AntelopeValleyWC@ph.lacounty.gov
<http://publichealth.lacounty.gov/chs/AVWC>





SIN COSTO

FRUTAS Y VERDURAS FRESCAS

DISTRIBUCIÓN A SU VEHÍCULO POR ORDEN DE LLEGADA

HASTA AGOTAR EXISTENCIAS



AV Wellness Community

335-B East Avenue K6
Lancaster, CA 93535



3ER MIÉRCOLES DEL MES

9:30am - 11:30am

RECURSOS ALIMENTARIOS ADICIONALES



CalFresh: Individuales o familias
1-866-613-3777
GetCalFresh.org

WIC: Mamás, bebés, y niños menores de 5 años
1-800-852-5770

2-1-1: Sitios de distribución de alimentos
accessible a pie
COVID19.LACounty.gov/Food

FECHAS 2024

21 de agosto

18 de septiembre

16 de octubre

20 de noviembre

18 de diciembre



CONTÁCTENOS

661-471-4860, Ext. 3

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**DHS-Healthy Eating Workshops
Third Thursday of the Month**

October 17, 2024	10:00am- 11:00am
November 21, 2024	10:00am- 11:00am
December 19, 2024	10:00am- 11:00am

Antelope Valley Wellness Community
335-B East Ave K6
Lancaster, CA 93535

Jordan Figueroa, HPA
jfigueroa@ph.lacounty.gov

Andrea McIver
Health Education Assistant / HLC
amciver@dhs.lacounty.gov
661-471-4271

Join our Healthy Eating Workshop

- 1-hour sessions based on the Dietary Guidelines and the Physical Activity Guidelines for All Americans
- Learn about nutrition and physical activity
- Motivate you to eat healthier and stay active



MENSTRUAL PRODUCT GIVEAWAY



AV Wellness Community

335-B East Avenue K6
Lancaster, CA 93535



FREE!

Supplies provided. Snacks and drink provided.



2024 DATES

THURSDAY, JULY 18

3 PM - 4 PM

THURSDAY, AUGUST 15

3 PM - 4 PM

THURSDAY, SEPTEMBER 19

3 PM - 4 PM

THURSDAY, OCTOBER 17

3 PM - 4 PM

THURSDAY, NOVEMBER 21

3 PM - 4 PM

THURSDAY, DECEMBER 19

3 PM - 4 PM

WALK-INS WELCOME

Offering tampons, pads, menstrual cups, and informative resources. Participate in our free giveaway for essential menstrual care items.



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<https://tinyurl.com/z5tfxv5>



SORTEO DE PRODUCTOS MENSTRUALES



AV Wellness Community

335-B East Avenue K6
Lancaster, CA 93535



¡GRATIS!

Todos los materiales son proporcionados.



FECHAS 2024

JUEVES, 18 DE JULIO

3 PM - 4 PM

JUEVES, 15 DE AGOSTO

3 PM - 4 PM

JUEVES, 19 DE SEPTIEMBRE

3 PM - 4 PM

JUEVES, 17 DE OCTUBRE

3 PM - 4 PM

JUEVES 21 DE NOVIEMBRE

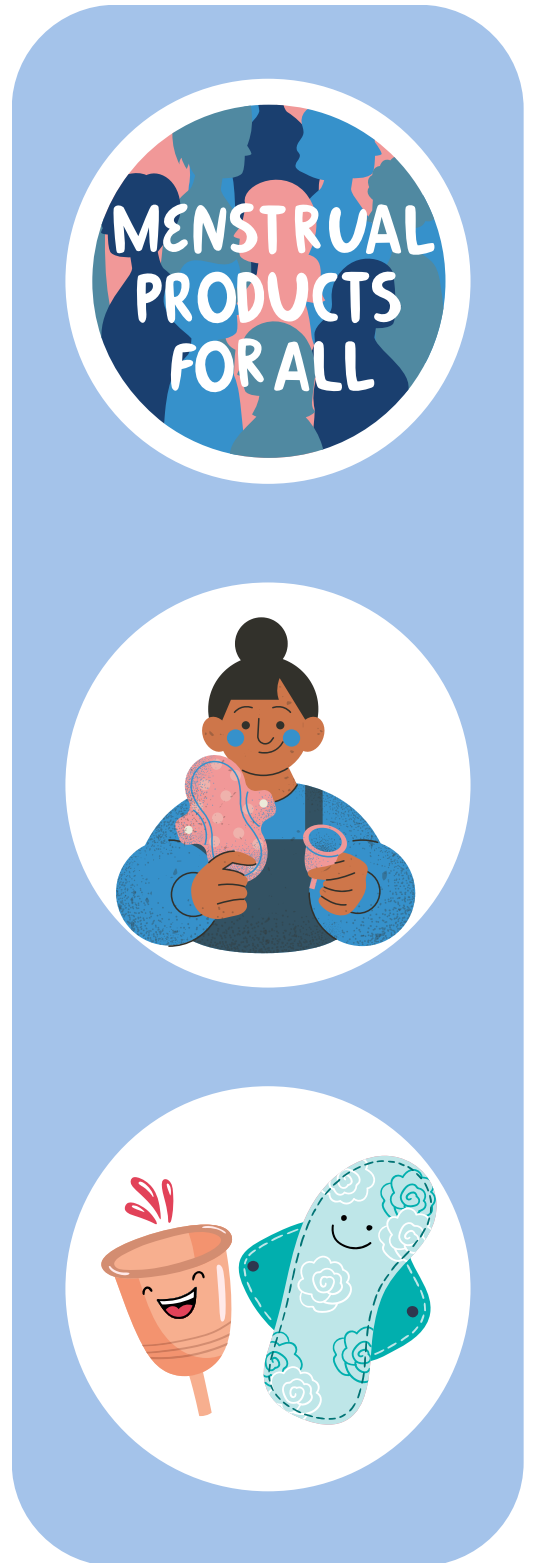
3 PM - 4 PM

JUEVES 19 DE DICIEMBRE

3 PM - 4 PM

BIENVENIDOS SIN CITA

Ofreciendo tampones, toallas sanitarias, copas menstruales y recursos informativos. Participa en nuestro sorteo gratuito de artículos esenciales para el cuidado menstrual.



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<https://tinyurl.com/z5tfxyv5>

Community Walking Club

Join us for the Community Walking Club where we stroll around the neighborhood, chat, and start your health journey!



AV Wellness Community

335-B East Avenue K6
Lancaster, CA 93535



FREE!

Please bring water, comfortable shoes, sunscreen and a hat.



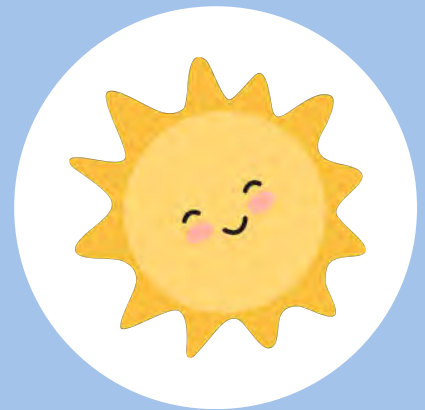
2024 DATES

WEDNESDAY, September 11 & 25
8AM - 9AM

WEDNESDAY, October 9 & 23
9AM - 10AM

WEDNESDAY, November 13 & 27
9AM - 10AM

WEDNESDAY, December 11
9AM - 10AM



WALK-INS WELCOME
REGISTER IN ADVANCE >>>



ATTEND 3 CLASSES,
GET A FREE GIFT CARD!



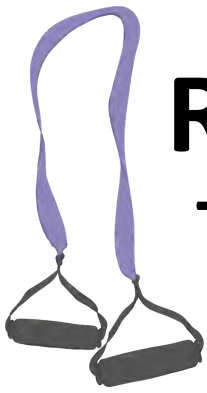
SCAN
ME!



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RESISTANCE TRAINING*



AV Wellness Community

335-B East Avenue K6
Lancaster, CA 93535



FREE!

Supplies provided. Snacks and drink provided.



Wednesday, August: 7, 14, 21 & 28

4:30pm-5:00pm

Wednesday, September: 4, 11, 18, 25

4:30pm-5:00pm

Wednesday, October: 9, 16, 23, 30

4:30pm-5:00pm

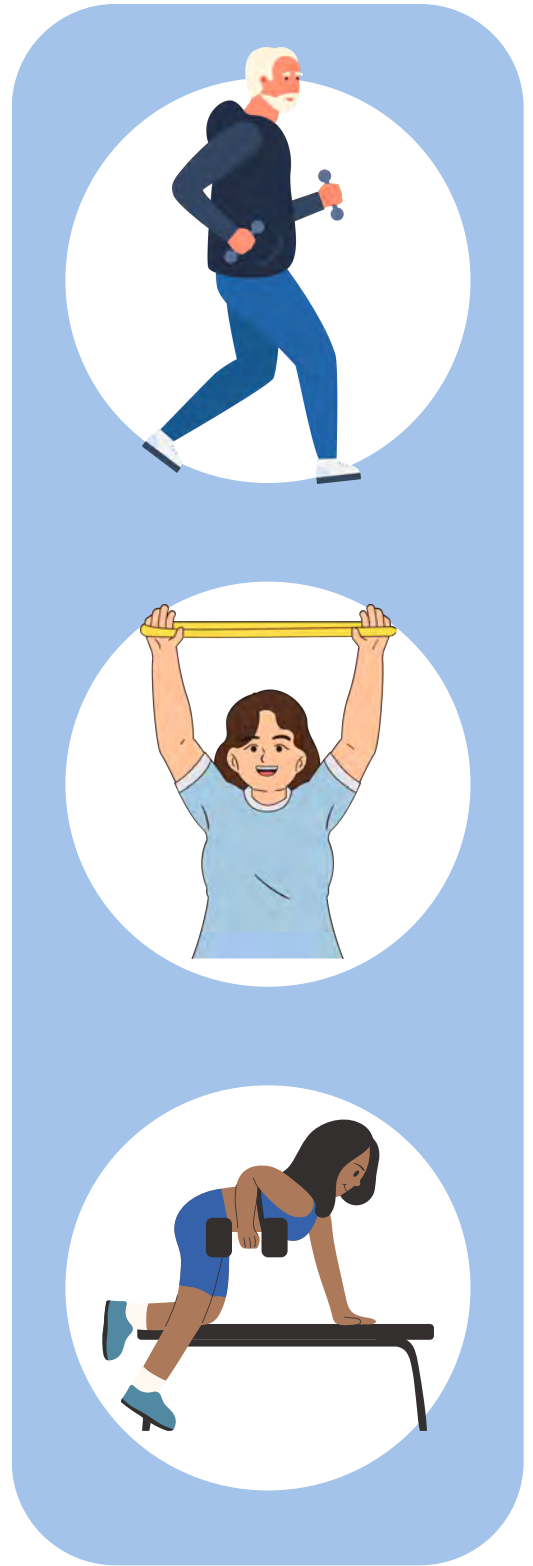
Wednesday, November: 6, 13, 20

4:30pm-5:00pm

Wednesday, December: 4, 11, 18

4:30pm-5:00pm

Join us to start or continue your exercise journey!
These workouts will be geared to help increase your strength. Great for all ages, especially seniors.



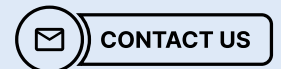
WALK-INS WELCOME

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ATTEND 3 CLASSES,
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SCAN ME!



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*Participation in fitness classes and exercises involves inherent risks and dangers, including the risk of personal injury or health-related issues. You assume full responsibility for these risks and agree to participate at your own risk.



Cancer Prevention Workshops

Join us for Cancer Prevention Workshops to learn about common types of cancers, their symptoms, screening guidelines, and prevention tips for both men and women.

VIRTUAL



Zoom

Meeting ID: 960 2381 2359
Password: 554117



2024 Dates

- Prostate Cancer

THURSDAY • September 12 • 5pm-6pm

- Breast Cancer

THURSDAY • October 10 • 5pm-6pm

- Lung Cancer

THURSDAY • November 7 • 3pm-4pm



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SCAN ME



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