POMONA WELLNESS COMMUNITY
750 S. PARK AVE., POMONA, CA 91766

FREE BASIC TECH TRAINING

FRIDAYS 1:00PM - 3:30PM
JANUARY 10
JANUARY 24

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

WALK-IN OR REGISTER: **TINYURL.COM/PWCCOMPUTER**

FREE NUTRITION CLASS

2ND WEDNESDAY OF THE MONTH
9:00AM - 10:00AM

Next Class: January 8th

WALK-IN OR REGISTER: **BIT.LY/PWCNUTRITION**

HANDS ONLY CPR

Come learn a new skill and save a life!

📅 **Saturday, January 11th**
10:00AM - 11:00AM - English
11:00AM - 12:00PM - Espanol

WALK-IN OR REGISTER: **TINYURL.COM/PWCHOCPR**

Responding to Overdose

You CAN save lives!

📅 **Saturday, January 25th**
10:00AM - 11:00AM - English
11:00AM - 12:00PM - Espanol

WALK-IN OR REGISTER: **TINYURL.COM/PWCOVERDOSE**

To find out more:
909-802-2650
pomonawc@ph.lacounty.gov

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

COUNTY OF LOS ANGELES
Public Health