

# Sylmar Wellness Programs

Join our FREE classes!

## 2024 SCHEDULE



### DATE

DECEMBER 16

### SCHEDULE:

**10:30 AM - 12:00 PM**

COMMUNITY RESOURCE HOUR

**11:00 AM - 12:00 PM**

HEALTH TALKS WITH A NURSE:

SEASONAL VIRAL STEW



**EL CARISO REGIONAL PARK**

13100 HUBBARD ST.

SYLMAR, CA 91342



**MONDAY**

10:30 AM - 12:00 PM



**PRESENTER**

JENNIFER SANTOS



Join us at El Cariso Regional Park for our Wellness Programming! Enjoy a "Health Talks with a Nurse" on the seasonal viruses, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valley. Plus, grab some great incentives! Don't miss out on this opportunity to learn and connect with our local resources.

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>

# La Crescenta Wellness Programs

Join our FREE classes!

## 2024 SCHEDULE



### DATE

DECEMBER 17

### SCHEDULE:

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

HEALTH TALKS WITH A NURSE:  
SEASONAL VIRAL STEW

**10:00 AM - 12:00 PM**

COMMUNITY RESOURCE HOUR



**CRESCENTA VALLEY PARK**

3901 DUNSMORE AVE

LA CRESCENTA, CA 91214



**TUESDAY**

10:00 AM - 12:00 PM



**PRESENTER**

JENNIFER SANTOS



Join us at La Crescenta Regional Park for our Wellness Programming! Enjoy a "Health Talks with a Nurse" on the seasonal viruses, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valley. Plus, grab some great incentives! Don't miss out on this opportunity to learn and connect with our local resources.

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# Castaic Wellness Programs

Join our FREE classes!

## 2024 SCHEDULE



### DATE

DECEMBER 19

### SCHEDULE:

**10:00 AM - 12:00 PM**

COMMUNITY RESOURCE HOUR

**11:00 AM - 12:00 PM**

HEALTH TALKS WITH A NURSE:

SEASONAL VIRAL STEW



**CASTAIC SPORTS COMPLEX**

31230 CASTAIC RD

CASTAIC, CA 91384



**THURSDAY**

10:00 AM - 12:00 PM



**PRESENTER**

JENNIFER SANTOS



Join us at Castaic Regional Sports Complex for our Wellness Programming! Enjoy a "Health Talks with a Nurse" on the seasonal viruses, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valley. Plus, grab some great incentives! Don't miss out on this opportunity to learn and connect with our local resources.

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



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