Sylmar Wellness Programs

Join our FREE classes!

2024 SCHEDULE



DATE

NOVEMBER 18

SCHEDULE:

10:30 AM - 11:30 AM
HEALTH TALKS WITH A NURSE:
DIABETES AWARENESS &
PREVENTION
10:30 AM - 12:00 PM

COMMUNITY RESOURCE HOUR



EL CARISO REGIONAL PARK

13100 HUBBARD ST. SYLMAR, CA 91342



MONDAY

10:30 AM - 12:00 PM



PRESENTER

JENNIFER SANTOS



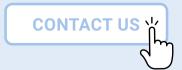




Join us at El Cariso Regional Park for our Wellness Programming! Enjoy a "Health Talks with a Nurse" on diabetes awareness and prevention, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valley. Plus, grab some great incentives! Don't miss out on this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

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





(818) 904-8953 | SPA2@ph.lacounty.gov http://publichealth.lacounty.gov/chs/SPA2







La Crescenta Wellness Programs

Join our FREE classes!

2024 SCHEDULE



CRESCENTA VALLEY PARK 3901 DUNSMORE AVE LA CRESCENTA, CA 91214



DATE

NOVEMBER 19

SCHEDULE:

10:00 AM - 11:00 AM
HEALTH TALKS WITH A NURSE:
DIABETES AWARENESS &
PREVENTION
10:00 AM - 12:00 PM
COMMUNITY RESOURCE HOUR



TUESDAY

10:00 AM - 12:00 PM



PRESENTER

AMBER FAYTON



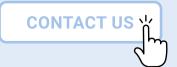




Join us at La Crescenta Regional Park for our Wellness Programming! Enjoy a "Health Talks with a Nurse" on diabetes awareness and prevention, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valley. Plus, grab some great incentives! Don't miss out on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

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





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Castaic Wellness Programs

Join our FREE classes!

2024 SCHEDULE



DATE

NOVEMBER 21

SCHEDULE:

10:00 AM - 12:00 PM
COMMUNITY RESOURCE HOUR
10:30 AM- 11:30 AM
HEALTH TALKS WITH A NURSE:
DIABETES AWARENESS &



CASTAIC SPORTS COMPLEX

31230 CASTAIC RD CASTAIC, CA 91384



THURSDAY

10:00 AM - 12:00 PM



PRESENTER

AMBER FAYTON



PREVENTION

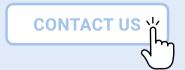




Join us at Castaic Regional Sports Complex for our Wellness Programming! Enjoy a "Health Talks with a Nurse" on diabetes awareness and prevention, followed by a Community Resource Hour highlighting workshops across San Fernando and Santa Clarita Valley. Plus, grab some great incentives! Don't miss out 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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