

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!



CONTACT US



(818) 904-8953 | SPA2@ph.lacounty.gov

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

La Crescenta Wellness Programs

Join our FREE classes!

2024 SCHEDULE



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



CRESCENTA VALLEY PARK

3901 DUNSMORE AVE

LA CRESCENTA, CA 91214



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.

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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 &

PREVENTION



CASTAIC SPORTS COMPLEX

31230 CASTAIC RD

CASTAIC, CA 91384



THURSDAY

10:00 AM - 12:00 PM



PRESENTER

AMBER FAYTON



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.

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