

# Castaic Wellness Programs

Join our FREE classes!

## 2024 SCHEDULE



**THURSDAY  
OCTOBER 10**

**10:00 AM - 11:30 AM**

TECHNOLOGY FOR SENIORS

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

COMMUNITY RESOURCE  
HOUR

**THURSDAY**

**OCTOBER 24**

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

COMMUNITY RESOURCE HOUR

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

ALZHEIMER'S ASSOCIATION: 10  
WARNING SIGNS



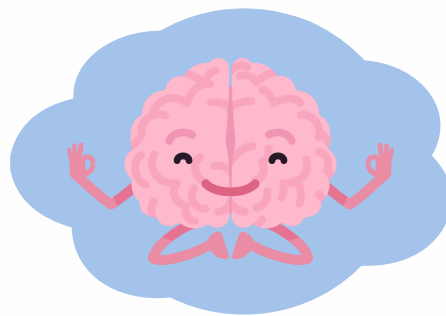
**CASTAIC SPORTS COMPLEX**

31230 CASTAIC RD

CASTAIC, CA 91384



10:00AM - 12:00 PM



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



**TUESDAY  
OCTOBER 8**

**10:00 AM - 11:30 AM**  
TECHNOLOGY FOR SENIORS  
**10:00 AM - 12:00 PM**  
COMMUNITY RESOURCE HOUR

**TUESDAY  
OCTOBER 22**

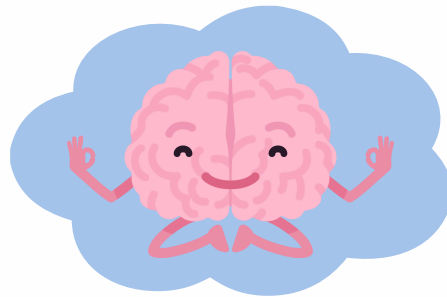
**10:00 AM - 11:00 AM**  
HEALTH TALKS WITH A NURSE:  
BREAST CANCER AWARENESS &  
SCREENING  
**10:00 AM - 12:00 PM**  
COMMUNITY RESOURCE HOUR



**CRESCENTA VALLEY PARK**  
3901 DUNSMORE AVE  
LA CRESCENTA, CA 91214



10:00 AM - 12:00 PM



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HEART-FORWARD



# Sylmar Wellness Programs

Join our FREE classes!

## 2024 SCHEDULE



**MONDAY  
OCTOBER 7**

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

COMMUNITY RESOURCE HOUR

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

TECHNOLOGY FOR SENIORS

**MONDAY**

**OCTOBER 21**

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

COMMUNITY RESOURCE HOUR

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

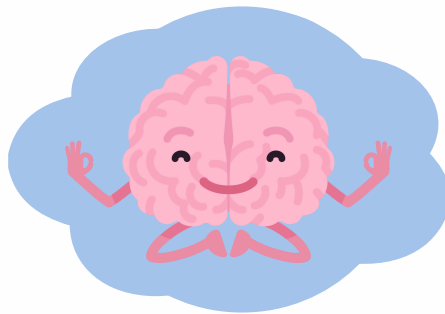
ALZHEIMER'S ASSOCIATION: 10  
WARNING SIGNS



**EL CARISO REGIONAL PARK**  
13100 HUBBARD ST.  
SYLMAR, CA 91342



10:30 AM - 12:00 PM



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