

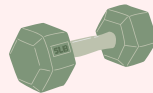


Self-Care/ Autocuidado



Learn about self-care. How to decrease the impact of stress.

Aprenda sobre el autocuidado. Cómo reducir el impacto del estrés.



Date/Fecha: 01/22/2026

Horario/Time: 10:00-11:30am

Location/Ubicación: Whittier Wellness Community
7643 S. Painter Avenue
Whittier, CA 90602





Basic Self-Defense/Defensa Personal Básica



Learn about the importance of being alert of surroundings and basic techniques to defend yourself.
Aprenda la importancia de estar alerta de nuestros alrededores y técnicas básicas para defenderse.



Date/Fecha: 01/28/2026

Time/Horario: 10:00am-11:30 AM



Location/Ubicación: Whittier Wellness Community
7643 S. Painter Avenue
Whittier, CA 90602



LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose

