



▶▶ Health, Wellness and Wholeness

Discover how staying emotionally & physically fit can keep you healthy and give you a positive attitude. Learn how establishing social networks and social support can benefit you, your friends, your family and the community in which you live.

Date: Friday, February 13

Time: 1:30 P.M.

Place: Whittier Wellness Center



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.