



▶▶ 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: Wednesday September 24, 2025

Time: 1:00pm-2:00pm

Place: Whittier Wellness Community
7643 S. Painter Ave.
Whittier, CA 90606



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