



▶▶ The Mental Wellness Series: **Managing Your Stress**

Stress can be harmful to your well-being, and managing it can improve your quality of life. Join us to learn healthy ways to cope with stress.

Date: Thursday December 4

Time: 10:00am- 11:00am

Place: Whittier Wellness Community
7643 S. Painter Ave.
Whittier, CA 90602



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