



PUBLIC HEALTH WEEK

Centering & Celebrating
Cultures in Health | April 3rd-7th

THURSDAY, APRIL 6

9:30am-5:00pm

Hollywood/Wilshire
Wellness Center
5205 Melrose Ave.,
LA, 90038

Hollywood/Wilshire Wellness Community Re-Launch

Celebrate the re-opening of the Wellness Community and expansion of the services offered ! There will be a FREE produce distribution, Zumba classes, food demonstrations, Hands-Only CPR training, lunch, health resources and more!

Schedule of events:

9:30am-11:30am: Free Produce Distribution

12:00pm-1:00pm: Hands Only CPR presentation and Lunch

1:00pm-2:00pm: Meditation and DMH Resources

2:00pm-3:00pm: Zumba

2:30pm-3:00pm: Cardio Soul

3:00pm-3:45pm: Low-Impact Strength Training

4:00pm-5:00pm: Healthy Eating and Active Living workshop

LA County will be hosting a series of Hands-only CPR trainings throughout Public Health Week. To access our calendar of trainings, please visit our website at ph.lacounty.gov/hearheroes

