



JOIN OUR FREE UPCOMING CLASSES

**NO REGISTRATION
REQUIRED
DROP-INS WELCOMED**

SEPTEMBER 12

- **10am to 11am** - Physical Activity Class: Chair Yoga
- **11am to 12pm** - Nutrition Education: Reading the Nutrition Facts Label
- **10am to 12pm** - Adult Hands-Only CPR Demonstrations

SEPTEMBER 26

- **10am to 11am** - Physical activity class: Chair Yoga
- **11am to 12pm** - Nutrition Education: Food Safety
- **10am to 12pm** - Adult Hands-Only CPR Demonstrations

Wearing a face mask is strongly recommended

MORE INFORMATION

Call: (818) 904-8953
Email: spa2@ph.lacounty.gov

Visit our website at
<http://publichealth.lacounty.gov/chs/SPA2/index.htm>

WHERE:

**El Cariso Park Community
Center
Senior Room
13100 Hubbard St.
Sylmar, Ca 91342**



COUNTY OF LOS ANGELES DEPARTMENT OF
**Parks &
Recreation**



**NORTH HOLLYWOOD
WELLNESS
COMMUNITY**
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose





JOIN OUR FREE UPCOMING CLASSES

**NO REGISTRATION
REQUIRED
DROP-INS WELCOMED**

SEPTEMBER

07

- **9:30am to 10:30am** - Physical Activity
Class: Chair Yoga
- **10:30am to 11:30am** - Nutrition Education:
Food Safety
- **10am to 12pm** - Adult Hands-Only CPR
Demonstrations

SEPTEMBER

28

- **10:30am to 11:30am** - Physical activity
class: Chair Yoga
- **11:30am to 12:30pm** - Nutrition
Education: Reading the Nutrition Facts
Label
- **10am to 12pm** - Adult Hands-Only CPR
Demonstrations

**Wearing a face mask is
strongly recommended**

MORE INFORMATION

Call: (818) 904-8953
Email: spa2@ph.lacounty.gov

Visit our website at
<http://publichealth.lacounty.gov/chs/SPA2/index.htm>

WHERE:

Zev Yaroslavsky Family
Resource Center
First Floor, Sequoia Room
7555 Van Nuys Blvd.,
Van Nuys, CA 91405

