

MAY 2024

Free Wellness Programs



- Zev Yaroslavsky Family Center - Van Nuys
- El Cariso Regional Park - Sylmar
- Crescenta Valley Comm. Park - La Crescenta
- Castaic Sports Complex
- San Fernando Health Center



CONTACT US
 (818) 904-8953
 SPA2@ph.lacounty.gov



WEBSITE
<http://publichealth.lacounty.gov/chs/SPA2>

Join us at one of our locations above. All activities, classes, & workshops are **FREE** and open to the community!

To learn more about other classes happening at our locations, open your phone camera and scan the QR code to check out our Eventbrite!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 1		1 2	San Fernando Health Center 2 9:30 AM - 12:30 PM Free Food Distribution While supplies last!
6	7	Zev Yaroslavsky Wellness Programs - Van Nuys 8 Car Seat Workshop 10:00 AM - 12:00 PM Family Cooking Workshop 11:00 AM - 12:00 PM 	9
El Cariso Regional Wellness Programs - Sylmar 13 Rethink Your Drink 11:00 AM - 12:00 PM Community Resource Hour 10:30 AM - 12:00 PM 	Crescenta Valley Wellness Programs - La Crescenta 14 Rethink Your Drink 10:00 AM - 11:00 AM Exercise Class 11:00 AM - 12:00 PM Community Resource Hour 10:00 AM - 12:00 PM 	Zev Yaroslavsky Wellness Programs - Van Nuys 15 Family Cooking Workshop 11:00 AM - 12:00 PM 	Castaic Wellness Programs 16 Rethink Your Drink 10:30 AM - 12:00 PM Community Resource Hour 10:00 AM - 12:00 PM
El Cariso Regional Wellness Programs - Sylmar 20 Health Talks With a Nurse 11:00 AM - 12:00 PM Community Resource Hour 10:30 AM - 12:00 PM 	Crescenta Valley Wellness Programs - La Crescenta 21 Health Talks with a Nurse 10:00 AM - 11:00 AM Exercise Class 11:00 AM - 12:00 PM Community Resource Hour 10:00 AM - 12:00 PM 	Zev Yaroslavsky Wellness Programs - Van Nuys 22 Family Cooking Workshop 11:00 AM - 12:00 PM 	Castaic Wellness Programs 23 Health Talks with a Nurse 10:30 AM - 12:00 PM Community Resource Hour 10:00 AM - 12:00 PM
27	28	29	30



The Santa Clarita and San Fernando Valley Wellness Community offers a place for community members to gather, find resources, or participate in wellness activities. At our Wellness Events, there are a variety of activities such as physical activity classes, nutrition & health education, and other support resources.

All activities, classes, & workshops are **FREE** and open to the community.

FOOD & NUTRITION



Free Fresh Produce Distribution

1st Thursday | 9:30 AM - 12:30 PM
San Fernando Health Center

Join us for our monthly no-cost Food Distribution! Community Members may receive fresh produce and various health services, including CalFresh, vaccinations, and food demos!



Family Cooking Workshop

2nd, 3rd and 4th Wednesday |
11:00 AM - 12:00 PM
Zev Yaroslavsky Family Support Center -
Van Nuys

Join us on a culinary journey where every dish is a step towards a healthier, happier you. Discover budget-friendly recipes, cooking hacks, and nutritional tips that will revolutionize your family's mealtime routine!

WELLNESS ACTIVITIES



Exercise Classes

2nd and 3rd Tuesday |
10:00 AM - 11:00 AM
Crescenta Valley Comm. Park -
La Crescenta

Get out and get active with our free exercise classes! We offer workouts such as strength training, yoga, and dance classes. Join us on our path toward healthy living in communities!



Rethink Your Drink Presentation

3rd Monday | 11:00 AM - 12:00 PM
El Cariso Regional Park - Sylmar
3rd Tuesday | 11:00 AM - 12:00 PM
Crescenta Valley Comm. Park - La
Crescenta
3rd Thursday | 10:00 AM - 12:00 PM
Castaic Sports Complex

Learn how to choose water instead of sugary beverages or soda. Small changes in healthier drinks can lead to big victories for overall health. Hydrating with water and fruits instead of a sports drink can have the same great taste without the added sugar.

EDUCATIONAL ACTIVITIES



Health Talks with A Nurse

4th Monday | 11:00 AM - 12:00 PM
El Cariso Regional Park - Sylmar

4th Tuesday | 11:00 AM - 12:00 PM
Crescenta Valley Comm. Park - La
Crescenta

4th Thursday | 10:30 AM - 12:00 PM
Castaic Sports Complex

Join us for a casual and informative event where you can chat with a friendly nurse about any health questions! We will focus on managing cholesterol.



Car Seat Safety Workshop

2nd Wednesday | 10:00 AM - 12:00 PM
Zev Yaroslavsky Family Support Center -
Van Nuys

Learn vital car seat safety from a Certified Technician, covering California laws. Get hands-on guidance for proper installation and usage of various seats.



OTHER EVENTS



African American Infant & Maternal Mortality (AAIMM)

Join our initiative as we work toward reducing African American Infant Maternal Mortality. For additional information, please contact: Aqueelah Russell at arussell@ph.lacounty.gov

CHECK OUT OUR EVENTBRITE

for more information and to sign up for events!

SCAN ME! >>>



Presentation Requests

What is Speakers' Bureau?

The Speakers' Bureau is a helpful service from the Los Angeles County Department of Public Health (DPH). It connects communities with trained DPH staff who give presentations on different health topics. These talks are for everyone, like community groups, students, faith-based groups, health professionals, county workers, and parents. Here's what the Speakers' Bureau can do:

Speaking Requests:

- We can talk at community meetings, conferences, health fairs, and professional meetings.

Emergency Response:

- When there are health problems like COVID-19 or others, the Speakers' Bureau helps with talks to groups who want to learn more.

For more information on presentation topics and how to make a request, scan the QR code!

LINK TO SPEAKERS' BUREAU

SCAN ME!



Wellness Programming

Addresses

Zev Yaroslavsky Family Support Center

7555 Van Nuys Blvd, Van Nuys, CA 91405

El Cariso Regional Park

13100 Hubbard St, Sylmar, CA 91342

Castaic Sports Complex

31320 N Castaic Rd, Castaic, CA 91384

Crescenta Valley Community Park

3901 Dunsmore Ave, La Crescenta-Montrose, CA 91214

San Fernando Health Center

1212 Pico St, San Fernando, CA 91340

HOW TO ATTEND EVENTS & WORKSHOPS

1

CHOOSE YOUR EVENT

2

RSVP OR WALK IN

Get your tickets on Eventbrite or walk in on the day of the event.

3

SEE YOU THERE!

Save the date, tell your friends and family, and we'll see you there!



La Comunidad de Bienestar del Valle de Santa Clarita y San Fernando ofrece un lugar para que los miembros de la comunidad se reúnan, encuentren recursos o participen en actividades de bienestar. En nuestros eventos, hay una variedad de actividades como clases de actividad física, recursos de nutrición y salud, y otros recursos de apoyo.



Taller de cocina para la familia

El segundo y cuarto miércoles del mes |
10:00 AM - 11:30 AM

Zev Yaroslavsky Centro Familiar

¿Preocupado por cocinar comidas saludables y económicas para su familia? ¡Ven y aprende sobre recetas deliciosas que apoyarán la salud de tu familia!



Taller sobre asientos de seguridad

cada segundo miércoles |
10:00 AM - 12:00 PM

Programación de Bienestar de Zev Yaroslavsky

Aprenda la seguridad vital de los asientos para el automóvil con un técnico certificado que cubra las leyes de California. Obtenga orientación práctica para la instalación y el uso adecuados de varios asientos.



Frutas y verduras frescas sin costo

Cada primer miércoles del mes | 9:30 AM - 12:30 PM

San Fernando Centro de Salud

¡Únase a nosotros para nuestra distribución de alimentos mensual sin costo! ¡Los miembros de la comunidad pueden recibir productos frescos y diversos.

Y además, servicios de salud como: CalFresh, vacunas y demostraciones de alimentos!



Conversaciones de salud con una enfermera

4to lunes | 11:00 AM - 12:00 PM

Parque Regional El Cariso - Sylmar

4to martes | 11:00 AM - 12:00 PM

Comunicaciones de Crescenta Valley.

Parque - La Crescenta

4to jueves | 10:30 AM - 12:00 PM

Complejo Deportivo Castaico

Acompáñenos en un acto informal e informativo en el que podrá tomar una taza de café, informarse sobre temas de salud y charlar con una amable enfermera sobre cualquier cuestión relacionada con la salud.

Direcciones de Programación de Bienestar

Zev Yaroslavsky Centro Familiar

7555 Van Nuys Blvd, Van Nuys, CA 91405

Parque Regional El Cariso

13100 Hubbard St, Sylmar, CA 91342

Castaic Sports Complex

31320 N Castaic Rd, Castaic, CA 91384

Parque Comunitario Crescenta Valley

3901 Dunsmore Ave, La Crescenta-Montrose, CA 91214

San Fernando Centro de Salud

1212 Pico St, San Fernando, CA 91340

CÓMO ASISTIR A EVENTOS Y TALLERES

1

ELIJA SU EVENTO DE PREFERENCIA

2

CONFIRME SU ASISTENCIA O VISITE SIN CITA PREVIA

Consiga sus entradas en Eventbrite o sin cita previa el día del evento.

3

¡NOS VEMOS ALLÍ!

Reserve la fecha, cuénteselo a sus amigos y familiares y ¡nos vemos allí!



Van Nuys: Family Cooking Workshops

Join our FREE classes!

2024 SCHEDULE



DATES

- May 8
- May 15
- May 22

ROOM LOCATION

Red and Pine



**ZEV YAROSLAVSKY FAMILY
SUPPORT CENTER**

7555 VAN NUYS BLVD
VAN NUYS, CA 91405



WEDNESDAYS

11:00 AM - 12:00 PM



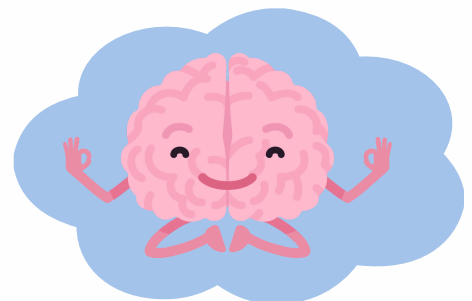
PRESENTERS

STEPHANIE RODRIGUEZ

RODRIGSD@AH.ORG

JENNIE YEPEZ

YEPEZJ@AH.ORG



Join us to learn about *healthy cooking, nutrition, and mindfulness.*

Food Taste Test and Nutrition Education: *FREE* recipe book and healthy food samples.

Rethink Your Drink: Discover healthy and refreshing drink options

For more information,
classes and resources,
scan the QR code!



CONTACT US



(818) 904-8953 | SPA2@ph.lacounty.gov

<http://publichealth.lacounty.gov/chs/SPA2>



Castaic Wellness Programs

Join our FREE classes!

2024 SCHEDULE



THURSDAY

MAY 16

10:00 AM - 12:00 PM

COMMUNITY RESOURCE
HOUR

10:30 AM - 12:00 PM

RETHINK YOUR DRINK

THURSDAY

MAY 23

10:00 AM - 12:00 PM

COMMUNITY RESOURCE
HOUR

10:30 AM - 12:00 PM

HEALTH TALKS WITH A NURSE



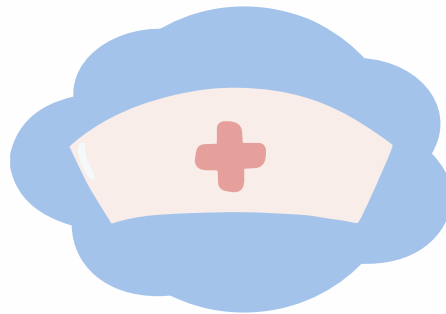
CASTAIC SPORTS COMPLEX

31230 CASTAIC RD

CASTAIC, CA 91384



10:00AM - 12:00 PM



For more information,
classes and resources,
scan the QR code!



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<http://publichealth.lacounty.gov/chs/SPA2>



La Crescenta Wellness Programs

Join our FREE classes!

2024 SCHEDULE



TUESDAY

MAY 14

10:00 AM - 11:00 AM

RETHINK YOUR DRINK

11:00 AM - 12:00 PM

EXERCISE CLASS

10:00 AM - 12:00 PM

COMMUNITY RESOURCE HOUR

TUESDAY

MAY 21

10:00 AM - 11:00 AM

HEALTH TALKS WITH A NURSE

11:00 AM - 12:00 PM

EXERCISE CLASS

10:00 AM - 12:00 PM

COMMUNITY RESOURCE HOUR



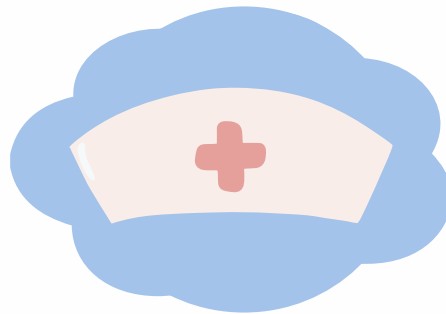
CRESCENTA VALLEY PARK

3901 DUNSMORE AVE

LA CRESCENTA, CA 91214



10:00 AM - 12:00 PM



For more information,
classes and resources,
scan the QR code!



CONTACT US



(818) 904-8953 | SPA2@ph.lacounty.gov
<http://publichealth.lacounty.gov/chs/SPA2>



Sylmar Wellness Programs

Join our FREE classes!

2024 SCHEDULE



**MONDAY
MAY 13**

10:30 AM - 12:00 PM

COMMUNITY RESOURCE HOUR

11:00 AM - 12:00 PM

RETHINK YOUR DRINK

**MONDAY
MAY 20**

10:30 AM - 12:00 PM

COMMUNITY RESOURCE HOUR

11:00 AM - 12:00 PM

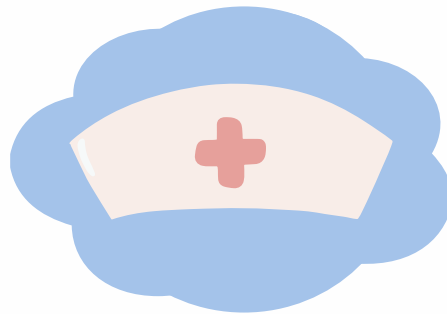
HEALTH TALKS WITH A NURSE



EL CARISO REGIONAL PARK
13100 HUBBARD ST.
SYLMAR, CA 91342



10:30 AM - 12:00 PM



For more information,
classes and resources,
scan the QR code!



CONTACT US



(818) 904-8953 | SPA2@ph.lacounty.gov
<http://publichealth.lacounty.gov/chs/SPA2>





NO-COST FRESH PRODUCE DISTRIBUTION EVENTS

San Fernando Valley

2024 Dates

WALK-UP EVENTS – PLEASE BRING YOUR OWN REUSABLE BAG

(A CART IS RECOMMENDED FOR EASIER TRANSPORT)

LOCATION

SAN FERNANDO HEALTH CENTER
1212 PICO ST.
SAN FERNANDO, CA 91340

LOCATION

ZEV YAROSLAVSKY FAMILY SUPPORT CENTER
7555 VAN NUYS BLVD.
VAN NUYS, CA 91405

THURSDAYS, 9:30AM - 12:00PM

(UNTIL SUPPLIES LAST)

JANUARY 4

MARCH 7

MAY 2

JULY 11

SEPTEMBER 5

THURSDAYS, 9:30AM - 12:00PM

(UNTIL SUPPLIES LAST)

FEBRUARY 1

APRIL 4

JUNE 6

AUGUST 1

Additional Food Resources

WIC

for Moms, Babies and Kids
under 5 Call 1-888-WIC-
WORKS or call 2-1-1

Cal Fresh

for Individuals or Families
Call 1-866-613-3777 or visit
GetCalFresh.org

Call 2-1-1 for walk-up food distribution sites

For more information,
classes and resources,
scan the QR code!



CONTACT US!



(818) 904-8953



SPA2@ph.lacounty.gov



[http://publichealth.lacounty.gov
/chs/SPA2/index](http://publichealth.lacounty.gov/chs/SPA2/index)



FRUTAS Y VERDURAS FRESCAS SIN COSTO

Valle de San Fernando

2024 Fechas

ESTOS EVENTOS SON A PIE - POR FAVOR, TRAIGA SU PROPIA BOLSA REUTILIZABLE
(SE RECOMIENDA UN CARRITO PARA FACILITAR EL TRANSPORTE)

UBICACIÓN

SAN FERNANDO HEALTH CENTER
1212 PICO ST.
SAN FERNANDO, CA 91340

UBICACIÓN

ZEV YAROSLAVSKY FAMILY SUPPORT CENTER
7515 VAN NUYS BLVD.
VAN NUYS, CA 91405

JUEVES, 9:30AM - 12:00PM
(O HASTA AGOTAR EXISTENCIAS)

ENERO 4

MARZO 7

MAYO 2

JULIO 11

SEPTIEMBRE 5

JUEVES, 9:30AM - 12:00PM
(O HASTA AGOTAR EXISTENCIAS)

FEBRERO 1

ABRIL 4

JUNIO 6

AGOSTO 1

Recursos Alimentarios Adicionales

WIC

para Mamas, Bebés y Niños
menores de 5 años llame al
1-888-WIC-WORKS o llame
2-1-1

Cal Fresh

para Individuales o Familias
Llame 1-866-613-3777 o visite
GetCalFresh.org

Llame 2-1-1 para sitios de distribución de alimentos

Para más información,
clases y recursos,
escanea el código QR!



CONTÁCTENOS!



(818) 904-8953



SPA2@ph.lacounty.gov



[http://publichealth.lacounty.gov
/chs/SPA2/index](http://publichealth.lacounty.gov/chs/SPA2/index)

CAR SEAT SAFETY WORKSHOP

IS YOUR CHILD IN THE CORRECT SEAT?



DATE

WEDNESDAY, MAY 8, 2024



ZEV YAROSLAVSKY FAMILY SUPPORT CENTER

7555 VAN NUYS BLVD
VAN NUYS, CA 91405

COMMUNITY ROOMS

JOSHUA TREE (JOS) AND
SEQUOIA (SEQ)



TIME

10:00 AM - 12:00 PM

ABOUT US

Led by a Certified Child Passenger Safety Technician, this free workshop covers California Car Safety laws for children. It guides parents/caregivers in selecting the right seats (infant to booster) and provides hands-on training in seat installation, belt use, and the LATCH system.

Please register by **Tuesday, May 7, 2024** by scanning the QR Code.

REGISTER NOW



CONTACT US

(818) 904-8953 | rhernandez6@ph.lacounty.gov

<http://publichealth.lacounty.gov/chs/SPA2>

TALLER SOBRE LA SEGURIDAD DE LAS SILLAS DE COCHE

¿ESTÁ SU HIJO EN EL ASIENTO CORRECTO?



FECHA

MIÉRCOLES, 8 DE
MAYO DE 2024



ZEV YAROSLAVSKY FAMILY SUPPORT CENTER

7555 VAN NUYS BLVD
VAN NUYS, CA 91405

SALAS COMUNITARIAS

JOSHUA TREE (JOS) Y
SEQUOIA (SEQ)



HORA

10:00 AM - 12:00 PM

SOBRE NOSOTROS

Dirigido por un Técnico Certificado en Seguridad del Niño Pasajero, este taller gratuito cubre las leyes de Seguridad del Automóvil de California para los niños. Se guía a los padres / cuidadores en la selección de los asientos adecuados (bebé a elevador) y proporciona formación práctica en la instalación del asiento, el uso del cinturón, y el sistema LATCH.

REGÍSTRESE AHORA

Inscríbase antes del
**martes 7 de mayo
de 2024**
escaneando el
código QR.



CONTÁCTENOS

(818) 904-8953 | rhernandez6@ph.lacounty.gov

<http://publichealth.lacounty.gov/chs/SPA2>

HEALTH TALKS WITH A NURSE



CASTAIC SPORTS COMPLEX

31230 CASTAIC RD
CASTAIC, CA 91384



THURSDAY
MAY 23, 2024

HIGH CHOLESTEROL: WHAT CAN
I DO TO REDUCE MY RISK?



10:30 AM - 11 AM

Join us for a casual and informative event where you can have a cup of coffee, learn about health topics, and chat with a friendly nurse about any health questions!



SCAN ME



For more information,
classes and resources,
scan the QR code!

CONTACT US



(818) 904-8953

SPA2@ph.lacounty.gov

<http://publichealth.lacounty.gov/chs/SPA2>

*Disclaimer: The event is for informational/educational purposes only, and is not medical advice; should you have specific questions, please contact your health care provider.



HEALTH TALKS WITH A NURSE



EL CARISO REGIONAL PARK

13100 HUBBARD ST
SYLMAR, CA 91342



MONDAY
MAY 20, 2024

HIGH CHOLESTEROL: WHAT CAN
I DO TO REDUCE MY RISK?



11 AM - 12 PM

Join us for a casual and informative event where you can have a cup of coffee, learn about health topics, and chat with a friendly nurse about any health questions!



For more information,
classes and resources,
scan the QR code!



CONTACT US



(818) 904-8953

SPA2@ph.lacounty.gov

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HEALTH TALKS WITH A NURSE



**CRESCENTA VALLEY
COMMUNITY PARK**
3901 DUNSMORE AVE
LA CRESCENTA-MONTROSE, CA
91214



THURSDAY
MAY 21, 2024

HIGH CHOLESTEROL: WHAT CAN
I DO TO REDUCE MY RISK?



11 AM - 12 PM

Join us for a casual and informative event where you can have a cup of coffee, learn about health topics, and chat with a friendly nurse about any health questions!



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scan the QR code!



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