

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

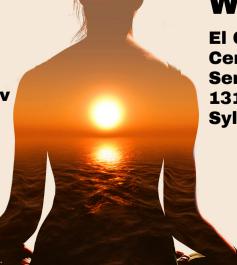
MORE INFORMATION

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

Visit our website at http://publichealth.lacount

y_gov/chs/SPA2/index.htm

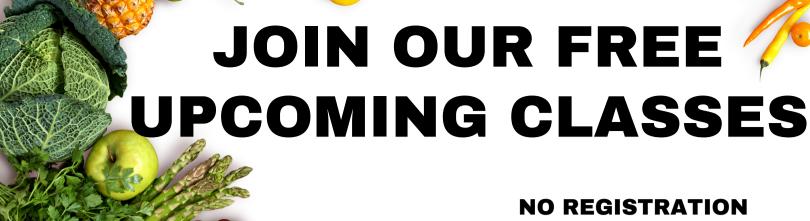
Recreation



WHERE:

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





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
- 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

SEPTEMBER 28

Wearing a face mask is strongly recommended

MORE INFORMATION

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Email: spa2@ph.lacounty.gov

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WHERE:

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

