

October 2022 calendar

Free Classes' dates, times, and Locations

Castaic Sports Complex
31230 N. Castaid Rd., Cataic, CA 91384

October
13

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

October
27

- **10am to 11am** - Physical Activity Class: Chair Yoga
- **11am to 12pm** - Oral Health

El Cariso Park
13100 Hubbard St., Sylmar, CA 91342

October
17

- **9:30am to 10:30am** - Physical Activity Class: Chair Yoga
- **10:30am to 11:30am** - Nutrition Education: Managing Stress

October
31

- **9:30am to 10:30am** - Physical activity class: Chair Yoga
- **10:30am to 11:30am** - Oral Health

For more information or if you have questions:



Call: (818) 904-8953 or



Email: spa2@ph.lacounty.gov



NORTH HOLLYWOOD
WELLNESS
COMMUNITY

LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose

To download our flyers, please visit our website at:

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

October 2022 calendar

No-Cost Food Distribution

Mid-Valley Health Center and
Zev Yaroslavsky Family Resource Center
7555 Van Nuys, Van Nuys, CA 91405

October • 9:30am to 12:30pm or until
supplies lasts

06



For more information or if
you have questions:

 Call: (818) 904-8953 or

 Email: spa2@ph.lacounty.gov

 **NORTH HOLLYWOOD
WELLNESS
COMMUNITY**

LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose

To download our flyers, please
visit our website at:

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