

Mental Wellness Series for older adults. Presented by the Los Angeles County Mental Health Promoters Program.



WELLNESS • RECOVERY • RESILIENCE

STRESS MANAGEMENT

for older adults

Learn about the different kinds of stress and tips on how to deal with stress more effectively to improve your quality of life. Recommended for older adults and family members/caregivers of older adults.

ONLINE

WEDNESDAY, OCT 29, 2024
1:00PM - 2:00PM

REGISTER HERE:

[PWCOASTSTRESS.EVENTBRITE.COM](https://pwcoaststress.eventbrite.com)



For more information, contact: PomonaWC@ph.lacounty.gov or 909-802-2650



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



COUNTY OF LOS ANGELES
Public Health