

Sylmar Wellness Programs

Join our FREE classes!

2025 SCHEDULE



DATE:

JULY 14

SCHEDULE:

10:30 AM - 12:00 PM

COMMUNITY RESOURCE TABLE

11:00 AM - 12:00 PM

DANZAEMOCION WORKSHOP



EL CARISO REGIONAL PARK

13100 HUBBARD ST.

SYLMAR, CA 91342



MONDAY

10:30 AM - 12:00 PM



Join us at El Cariso Regional Park for our Wellness Programming!

Enjoy a “DanzaEmocion” workshop, followed by a Community Resource Table highlighting workshops across San Fernando and Santa Clarita Valleys. Plus, grab some great incentives!

Don't miss out on this opportunity to learn and connect with our local resources.

WALK-INS WELCOME!

REGISTER IN ADVANCE
BY SCANNING THE
QR CODE



SCAN
ME!



CONTACT US



(818) 904-8953

SPA2@ph.lacounty.gov

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

La Crescenta Wellness Programs

Join our FREE classes!

2025 SCHEDULE



DATE:

JULY 15

SCHEDULE:

10:00 AM - 12:00 PM

COMMUNITY RESOURCE TABLE

11:00 AM - 12:00 PM

DANZAEMOCION WORKSHOP



CRESCENTA VALLEY PARK

3901 DUNSMORE AVE

LA CRESCENTA, CA 91214



TUESDAY

10:00 AM - 12:00 PM



Join us at La Crescenta Regional Park for our Wellness Programming! Enjoy a "DanzaEmocion" workshop, followed by a Community Resource Table highlighting workshops across San Fernando and Santa Clarita Valleys. Plus, grab some great incentives! Don't miss out on this opportunity to learn and connect with our local resources.

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Val Verde Wellness Programs

Join our FREE classes!

2025 SCHEDULE



DATE:

JULY 17

SCHEDULE:

10:00 AM - 12:00 PM

COMMUNITY RESOURCE TABLE

11:00 AM - 12:00 PM

DANZAEMOCION WORKSHOP



VAL VERDE PARK

30300 ARLINGTON ST.,
CASTAIC, CA 91384



THURSDAY

10:00 AM - 12:00 PM



Join us at Val Verde Park for our Wellness Programming! Enjoy a “DanzaEmocion” workshop, followed by a Community Resource Table highlighting workshops across San Fernando and Santa Clarita Valleys. Plus, grab some great incentives! Don’t miss out on this opportunity to learn and connect with our local resources.

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