



Stress & Self-Care/Estrés y Autocuidado

Learn about self-care. How to decrease the impact of stress.

Aprenda sobre el autocuidado. Cómo reducir el impacto del estrés.

Date/Fecha: 07/24/2025

Horario/Time: 9:00-10:30am

Location/Ubicación: Whittier Wellness Community
7643 S. Painter Avenue
Whittier, CA 90602



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