

Week 1: May 5

Walk & Stretch
9am-10am

Week 2: May 12

Painting with Parks
11am-12pm

Week 3: May 19

The Art of
Journaling
10am-11am

Week 4: May 26

Meditation &
Breathing
9:30am-10:30am

Wellness Wednesday



at Las Palmas Park

May is Mental Health Awareness
Month

Let's raise awareness and reduce the
stigma on mental health.

Join us every Wednesday in May to
learn how to boost your mental
health.

For seniors 55+

Register today at (818) 898-7340.
Limited Spaces.

*Classes will meet at the outdoor
picnic tables.*

- All participants must wear a mask; and
- Must adhere to all social distancing regulations