

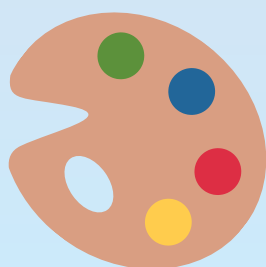
LOS ANGELES COUNTY DEPARTMENT OF PARKS AND RECREATION PRESENTS

PARKS AT SUNSET

GREEN SPACES, PHYSICAL ACTIVITY AND SOCIAL CONNECTIONS PLAY A POWERFUL ROLE IN HEALTH, FITNESS AND OVERALL WELLBEING. EVEN THE SIMPLE ACT OF TAKING IN A SUNSET CAN HAVE A POSITIVE IMPACT ON OUR MENTAL HEALTH.

COME FUEL YOUR SOUL BY ATTENDING A FREE DROP-IN ACTIVITY DURING SUNSET AT AN LA COUNTY PARK NEAR YOU. PARKS AT SUNSET FEATURES A VARIETY OF FAMILY-FRIENDLY EXPERIENCES – FROM MEDITATION AND YOGA TO DANCE JAMS AND CANVAS PAINTING. PICK AN EVENING IN MAY AND ENJOY THE HEALING BENEFITS OF BEING PART OF AN OUTDOOR ACTIVITY WITH FRIENDS, FAMILY OR ON YOUR OWN WHILE TAKING IN A BREATHTAKING SUNSET. VISIT [PARKS.LACOUNTY.GOV](https://parks.lacounty.gov) TO LEARN MORE ABOUT ACTIVITIES AND PROGRAMS TO DEVELOP YOUR SELF-CARE PLAN TODAY!

MORE INFO: [WHYWERISE.LA](https://whywerise.la)



NORTH AGENCY

Wednesday, May 11, 2022

Loma Alta Park (Altadena) / 6PM - 8PM

Thursday, May 19, 2022

Charles Farnsworth Park (Altadena) / 6PM - 8PM

Jackie Robinson Park (Littlerock) / 6PM - 8PM

Val Verde Park (Castaic) / 6:30PM - 8PM

Tuesday, May 24, 2022

Stephen Sorensen Park (Palmdale) / 6:30PM - 8PM

Wednesday, May 25, 2022

Castaic Sports Complex (Castaic) / 6PM - 8PM

Dr. Richard H. Rioux Park (Stevenson Ranch) / 6:30PM - 8PM

Dexter Park (Sylmar) / 6PM - 8PM

Pearblossom Park (Pearblossom) / 6:30PM - 8PM

Thursday, May 26, 2022

Crescenta Valley Park (La Crescenta) / 6PM - 8PM

El Cariso Park (Sylmar) / 6:30PM - 8PM

George Lane Park (Lancaster) / 6:30PM - 8PM

EAST AGENCY

6:00 PM - 8:00 PM

Tuesday, May 10, 2022

City Terrace Park (Los Angeles)

Thursday, May 12, 2022

Basset Park (La Puente)

Charter Oak Park (Covina)

Rowland Heights Park (Rowland Heights)

Sunshine Park (La Puente)

Wednesday, May 18, 2022

Allen J. Martin Park (La Puente)

Thursday, May 19, 2022

Arcadia Park (Arcadia)

Belvedere Park (Los Angeles)

Carolyn Rosas Park (Rowland Heights)

Manzanita Park (Hacienda Heights)

Eugene Obregon Park (Los Angeles)

Rimgrove Park (La Puente)

EAST AGENCY

6:00 PM - 8:00 PM

Tuesday, May 24, 2022

Pamela Park (Duarte)

Pathfinder Park (Rowland Heights)

William Steinmetz Park (Hacienda Heights)

Wednesday, May 25, 2022

Saybrook Park (Los Angeles)

Thursday, May 26, 2022

Dalton Park (Azusa)

Hacienda Heights Community & Rec Center
(Hacienda Heights)

Ruben Salazar Park (Los Angeles)

San Angelo Park (La Puente)

Valleydale Park (Azusa)

Walnut Nature Park (Huntington Park)

SOUTH AGENCY

6:00 PM - 8:00 PM

Thursday, May 5, 2022

Mayberry Park (Whittier)

Wednesday, May 11, 2022

Amigo Park (Whittier)

Helen Keller Park (Los Angeles)

Thursday, May 12, 2022

Adventure Park (Whittier)

Del Aire Park (Hawthorne)

Tuesday, May 17, 2022

Alondra Park (Lawndale)

Jesse Owens Park (Los Angeles)

Thursday, May 19, 2022

Col. Leon H. Washington Park (Los Angeles)

Earvin Magic Johnson Park (Los Angeles)

Enterprise Park (Los Angeles)

Mona Park (Compton)

Sorensen Park (Whittier)

Ted Watkins Park (Los Angeles)

Victoria Park (Carson)

SOUTH AGENCY

6:00 PM – 8:00 PM

Tuesday, May 24, 2022

Bodger Park (Hawthorne)

Wednesday, May 25, 2022

Franklin D. Roosevelt Park (Los Angeles)

George Washington Carver Park (Los Angeles)

Ladera Park (Los Angeles)

Thursday, May 26, 2022

Athens Park (Los Angeles)

Bethune Park (Los Angeles)

Roy Campanella Park (Compton)

Don Knabe Park (Cerritos)

East Rancho Dominguez Park (Compton)

Lennox Park (Inglewood)