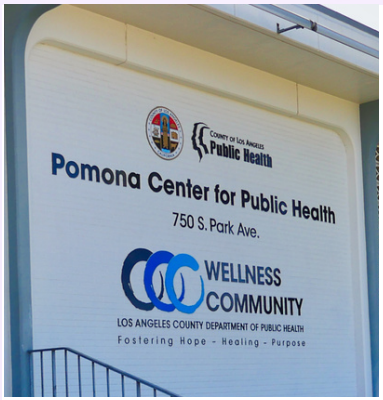
POMONA WELLNESS COMMUNITY
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose

MARCH 2024 EVENTS & PROGRAMS

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	**Learn more and register for FREE!** • Website: publichealth.lacounty.gov/chs/pwc.htm • Email: pomonawc@ph.lacounty.gov • Phone: **909-802-2650** **For Tri-City programs, call or email to register:** • Phone: **888-593-4448** • Email: **wellness@tricitymhs.org**		**1** **Anxiety Relief** 11AM **Senior Calm** 2PM	**2**
5 **Plàtica Entre Amigos** 1PM **Recognize and Respond to Opioid Overdose** (virtual) 2PM **Youth Peace of Mind** 4PM	**6** **Color Me Calm** 11AM **Senior Social** 2PM **What it Means to be at Risk for Substance Use Disorders** (virtual) 3PM	**7** **Anger Management** 11AM **Adolescente y vapeo** (virtual) 3PM **Latin Dance Fitness** 5PM	**8** **Anxiety Relief** 11AM **Senior Calm** 2PM	**9**

750 S. Park Ave. Pomona, CA 91766
Visit us online for details

How to use this QR code
Open your camera app. Hold your device so that the QR code shows in your camera. Tap the notification to open the link.

MENTAL HEALTH

- Mental health screening
- Link to mental health services

For all Tri-City programs, please call or email to register:
888-593-4448
wellness@tricitymhs.org

SUBSTANCE USE

- Substance use disorder screenings
- Referrals for substance use prevention and treatment services
- Substance abuse presentations

HEALTH & WELLNESS

- Fresh produce giveaways
- Health education workshops
- Wellness activities
- Youth programs

*Note: Groups/workshops are conducted in-person unless noted as online (virtual)."
*Atención: Los grupos / talleres están en persona a menos que diga "(en línea)". Usted debe registrarse para poder participar.

SEE MORE ON THE OTHER SIDE

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MARCH 2024 EVENTS & PROGRAMS

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 **Colorectal Cancer Awareness** (virtual or in-person) 11AM EVENT **Coffee Hour** **Hora de Cafecito** 1-3PM Pomona Public Library **Art of Me** (for Youth) 4-5:30PM	**13** **Nutrition Class** 11AM EVENT **Fresh Produce Giveaway & Nutrition Info** (Walk-up only) 12PM-2PM	**14** **Anger Management** 11AM **Grupo Madres/Padres Familia Unida** 6PM	**15** **Anxiety Relief** 11AM **Senior Calm** 2PM	**16**
19 **Plàtica Entre Amigos** 1PM **Art of Me** (for Youth) 4-5:30PM	**20** **Duelo y Perdida** (virtual) 12PM **Senior Social** 2PM **R&B Yoga / Meditation** 4-5:30PM	**21** **Anger Management** 11AM **Latin Dance Fitness** 5PM	**22** **Anxiety Relief** 11AM **Senior Calm** 2PM	**23**
26 EVENT **Coffee Hour** **Hora de Cafecito** **Hands Only CPR** 1-3PM **Pomona CAP meeting** 3-5PM **Art of Me** (for Youth) 4-5:30PM	**27** **Senior Social** 2PM **Reconosca y Responda a un Sobredosis con Naloxona** (virtual) 3PM **R&B Yoga / Meditation** 4-5:30PM	**28** **Anger Management** 11AM **How to Talk to Your Loved Ones about Drugs and Alcohol** (virtual) 3PM **Kids Zone** 4PM	**29** **Anxiety Relief** 11AM **Grief & Loss** (virtual) 12PM **Senior Calm** 2PM	**30**

LEARN MORE AND REGISTER FOR FREE EVENTS & PROGRAMS:
WEB: **PUBLICHEALTH.LACOUNTY.GOV/CHS/PWC.HTM** EMAIL: **POMONAWC@PH.LACOUNTY.GOV** PHONE: **909-802-2650**

County of Los Angeles Public Health
3/4/2024