

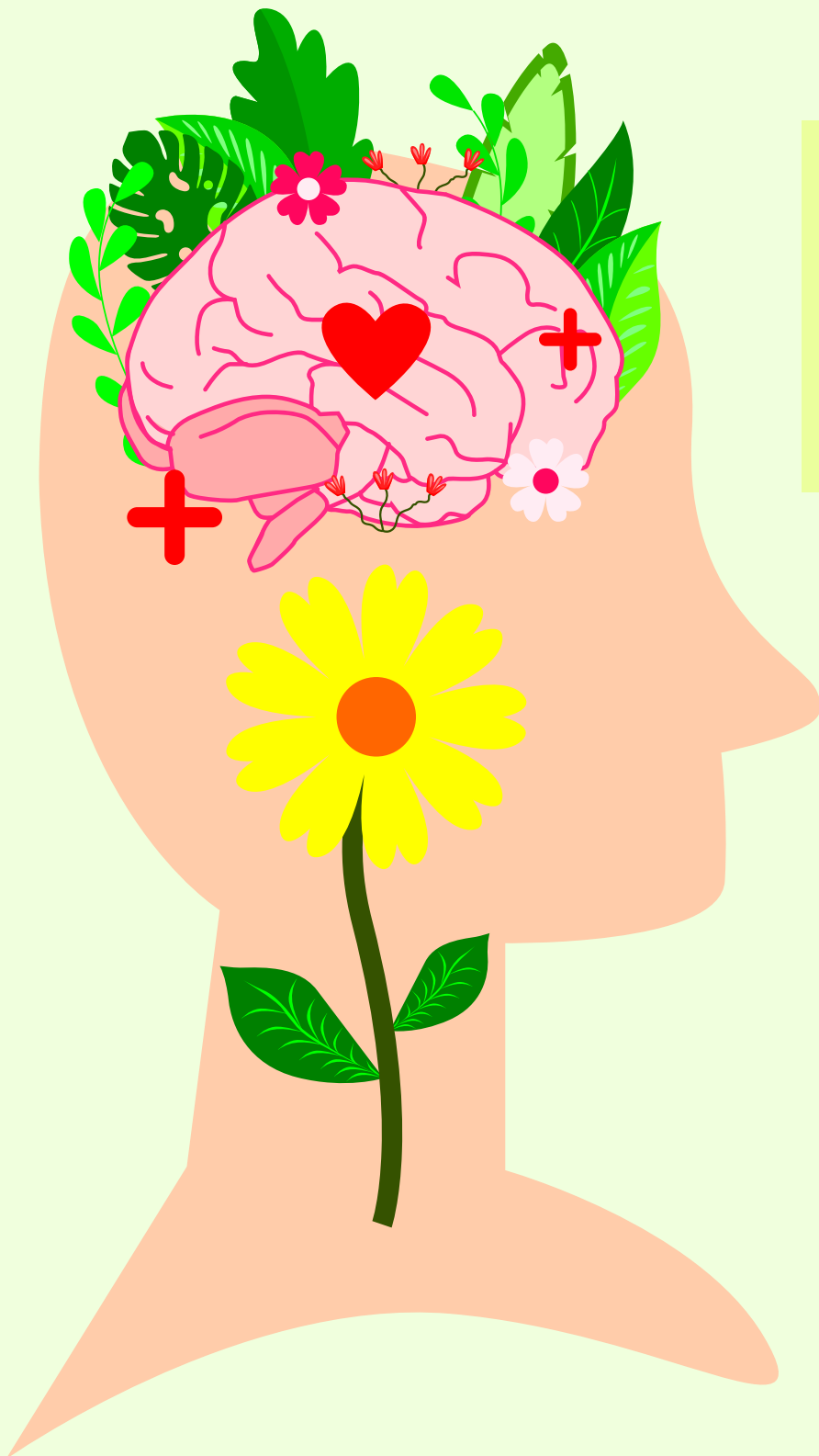
CITY OF LOS ANGELES
DEPARTMENT OF RECREATION & PARKS
MID-VALLEY SENIOR CITIZEN CENTER

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MENTAL HEALTH WELLNESS SERIES

APRIL/ MAY 2024 TOPICS



MS. DE ALBA WILL BE DOING MENTAL HEALTH WORKSHOPS ONCE A MONTH. EVERY FOURTH TUESDAY OF THE MONTH DURING LUNCH 11:30AM-12:30PM. THE WORKSHOP WILL BE IN ENGLISH AND SPANISH.



TUESDAY, APRIL 23RD- GOOD SLEEP FOR EMOTIONAL WELLBEING FOR OLDER ADULTS

GETTING A GOOD NIGHT'S SLEEP IS KEY FOR EMOTIONAL WELL-BEING. THIS TOPIC WE'LL BE LEARNING THE IMPORTANCE OF SLEEP AND GET HELPFUL TIPS ON HEALTHY SLEEP HABITS.



TUESDAY, 28TH- HOARDING

LEARN TO IDENTIFY THE DIFFERENCES BETWEEN COLLECTING, CLUTTERING AND HOARDING, AND THE NEED FOR TREATMENT FOR THOSE WHO MIGHT HAVE A SIGNIFICANT PROBLEM.

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE.

PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.