

**East Los Angeles Occupational Center
and
Los Angeles Department of Mental Health**

PRESENTS:

HEALTH, WELLNESS, AND WHOLENESS WORKSHOP

**DECEMBER 9TH:
9:00 am - 10:00 am**

Learn:

What is Health and Wellness?

**How to be a well rounded
person**

**Find new ways to prioritize
your mental health and
well-being**

**Location:
AW 22**



Book Now!

Only Limited
Seats Available!



For More Info Contact::

AGR0953@LAUSD.NET