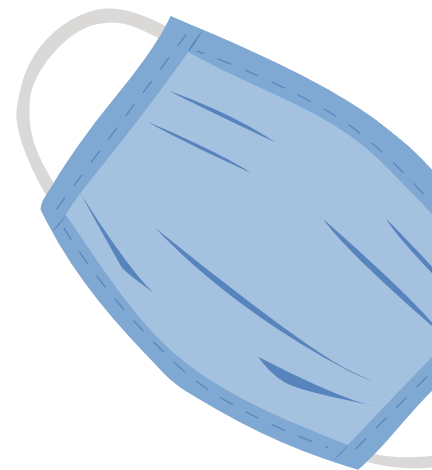


COVID-19 AND OUR EMOTIONAL WELLBEING



Tuesday, February 15, 2022
2:00 P.M.
Norwalk Senior Center

Staff from the Department of Mental Health Promotores will present on emotional wellbeing during COVID-19. Seniors will learn about prevention of anxiety, depression, and how to protect their mental health. Staff will provide educational information about mental and emotional health. Seniors will also learn different methods to help reduce stress.



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



14040 SAN ANTONIO DR. NORWALK, CA 90650 | (562) 929-5580
FOR MORE INFORMATION, PLEASE CALL THE NORWALK SENIOR CENTER.