



City of Los Angeles  
Department of Recreation & Parks  
**MID-VALLEY SENIOR CITIZEN CENTER**  
8801 Kester Ave.  
Panorama City, CA 91402  
818-892-0892



# Mental Health Wellness Series

For Older Adults

With Hilda Magali De Alba

Ms. De Alba will be doing Mental Health workshops once a month. Every fourth Thursday of the month during Lunch.

2/22 - Depression & Anxiety

Date  
Change --  
Update

3/26 - Preserving Your Memory



**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.**