



**CITY OF LOS ANGELES  
DEPARTMENT OF RECREATION AND PARKS**



**PARKPROUDLA**

# **FREE** **WELLNESS PROGRAMS** **FOR ADULTS**

**OAKWOOD RECREATION CENTER**  
**767 California Avenue**  
**Venice, CA 90291**  
**310-452-7479**

**Wednesdays January 15 to March 4 — 8 WEEKS**



**Yoga**  
*Wednesday,*  
*9:30am-10:30am*



**Creative Writing**  
*Wednesday,*  
*10:30am-11:30am*



**Persons with disabilities are welcome to participate in our programs.  
Reasonable accommodations will be made with prior arrangements.  
Programs subject to change or cancellation.**