



LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

MEDIA RELEASE
FOR IMMEDIATE RELEASE
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Contact:

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LA COUNTY MENTAL HEALTH SPARKS THE CONVERSATION WITH A DAY OF WELLBEING

WHAT: The Los Angeles County Department of Mental Health and WNBA team LA Sparks will celebrate mental health awareness with a day of wellbeing at the Staples Center on Sunday, June 24, 2018.

A ticket provides the holder a unique opportunity to:

- Practice yoga and meditation on the basketball court
- Listen to our professional athlete panel discuss the importance of taking care of physical and mental health
- Entrance to the Staples Center to watch Championship WNBA team LA Sparks battle the New York Liberty
- Win the “Spark the Conversation” giveaway

Before the game, participants will have the opportunity to engage in an interactive mosaic wall, get info on physical and mental wellness and will be encouraged to interact and share resources.

WHERE: Staples Center
1111 S. Figueroa St.,
Los Angeles, CA 90015

WHEN: Sunday, June 24, 2018
8:30 AM to 9:30 AM - Stop, Breath and Think Meditation
9:45 AM to 10:45 AM – Koya Webb Yoga Experience
11:00 AM to 12:30 PM - Mental Health and Wellness Discussion panel

For tickets and event registration, e-mail or call Patrick Richardson, prichardson@la-sparks.com, 323-431-3223, or Daniel McDonagh, Dmcdonagh@la-sparks.com, 323-431-3111.

About the Los Angeles County Department of Mental Health

Los Angeles County Department of Mental Health is the largest county-operated mental health department in the United States, directly operating 75 program sites and more than 100 co-located sites. Each year, it contracts with approximately 1,000 agencies and individual practitioners to provide a spectrum of mental health services to more than 250,000 residents of all ages. The Department's mission – enriching lives through partnership to strengthen our community's capacity to support recovery and resiliency – is accomplished by working with stakeholders and community partners to provide clinically competent, culturally sensitive and linguistically appropriate mental health services to clients in the least restrictive manner possible. For more information, visit <http://dmh.lacounty.gov>

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