



▶▶ American Indian Counseling Center (AICC) &
Service Area 7 Peer Resource Center (PRC)

Walk for Wellness

Every third Tuesday of the month 8 – 9 AM

3rd Tuesdays

2024 dates: 2/20, 3/9, 4/16,
5/21, 6/18, 7/16, 8/20

Veteran's Park

3452 Walnut St.
Huntington Park, CA 90255
Meet in front of Walnut St.

The City of Huntington Park, the American Indian Counseling Center, and the Service Area 7 Peer Resource Center invite you to join our Walk for Wellness event which provides a space to create a healthy routine and build a healthy support network. Join us virtually or in-person at either session to share in the benefits of exercise one step at a time. Snacks and water will be provided. Please dress comfortably. Participation is voluntary.

Join virtually on [Microsoft Teams Meeting](#) or call 323.776.6996,
Conference ID: 493 888 434#, or scan QR code to the right.



For questions, please contact us at:
SA7PRC@dmh.lacounty.gov or call 323.705.5992.



HEART-FORWARD



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





▶▶ American Indian Counseling Center (AICC) y Centro de Recursos para Pares del Área de Servicio 7 (PRC)

Camina por el bienestar

Cada tercer Martes del mes 8 – 9 AM

Fechas 2024: 2/20, 3/9, 4/16, 5/21,
6/18, 7/16, 8/20

Veteran's Park

3452 Walnut St.

Huntington Park, CA 90255

Reúnase frente a Walnut St.

La Ciudad de Huntington Park, el American Indian Counseling Center y el Centro de Recursos para Pares del Área de Servicio 7 lo invitan a unirse a nuestro evento, Camina por el bienestar, que proporciona un espacio para crear una rutina saludable y construir una red de apoyo saludable. Únase a nosotros virtualmente o en persona en cualquiera de las sesiones para compartir los beneficios del ejercicio paso a paso. Se proporcionarán bocadillos y agua. Por favor, vístase cómodamente. La participación es voluntaria.

Únase **virtualmente** a Microsoft [Teams Meeting](#) o llame al 323.776.6996, ID de conferencia: 493 888 434#, o escanee el código QR a la derecha.



Si tiene alguna pregunta, comuníquese con nosotros al:
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