



▶▶ Yoga for Beginners

Fridays, June 10 – August 5, 2022

9:00 – 9:30 AM

Olive View Community Mental Health Urgent Care Center

14659 Olive View Dr., Sylmar, CA 91342

Join us in de-stressing through yoga, where you'll learn how to stretch, meditate, and elevate your body. No mats or special clothing needed. Just bring yourself!

For more information, please email us at:

lbarrera@dmh.lacounty.gov or lalex@dmh.lacounty.gov.



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