



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

City of LA, Department of Rec & Parks, Pan  
Pacific Senior Activity Center in Partnership with  
the Department of Mental Health Invite you to a  
**Wellbeing Workshop...**

**12/19/2024**

**12:30PM**

**141 South Gardner St., LA, CA 90036**

**Holiday Blues** –This seasonal presentation discusses  
strategies to combat feelings of sadness or “the blues” during  
the winter holidays.

*Come and join us in discussing wellbeing strategies!*

**휴일 블루스(Holiday Blues)** – 이 시즌 프레젠테이션에서는  
겨울 방학 동안 슬픔이나 "블루스"의 감정에 맞서 싸우는 전략에 대해  
논의합니다.

오셔서 웰빙 전략에 대해 토론해보세요!  
12월 19일 오후 12시 30분

