



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER
8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG



Institute of Neuro Innovation @
UCLA presents:



Brain Health & Activities Fair

CONTACT US :

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Empowering Wellness and Preventing Cognitive Decline

Date: February 24, 2025

Time: 9:00 AM - 12:00 PM

Join us to discover how to protect your brain and body health! This community event features:

- Guest Speaker Presentation: Learn about neurodegenerative diseases, their risks, symptoms, and prevention strategies with Dr. Sayegh.
- Health Screenings: Check your blood pressure and more with our volunteers.
- Interactive Booths: Explore hands-on activities like brain games, neurotech demos, and creativity stations.
- Healthy Snacks: Enjoy refreshments that promote brain and body wellness.

Don't miss this engaging and educational event designed to empower you with tools for better health.



WESTCHESTER.SCCLA



Women's WELLNESS DAY

March 08, 2025

Happy International Women's Day!
Come together for a day of wellness while we
celebrate YOU! Join us for a series of workshops,
informational booths, and get your self-care on as we
celebrate the strength, resilience and passion of
women around the world.

At Westchester Senior Center
8740 Lincoln Blvd
11am-2pm

Topics discussed:

- Wellness and Self-Care
- Career and Relationships
- Women's Health
- Networking

Treat Yo' Self!

Ages 18+
\$Free
*Space is
limited



Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.



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