



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

Serenity for Seniors

MEDITATIONS AND VISUALIZATIONS



VISUALIZATIONS FOR YOUR HEALTH,
HAPPINESS, AND WELLBEING. JOIN BARBARA
(LCSW) TO EXPERIENCE THE BENEFITS OF
MEDITATION AND VISUALIZATION.
WHAT IS VISUALIZATION YOU MAY ASK?
JUST COME AND SEE!!!

\$FREE

MONDAYS 4-5PM / DATES: 11/04 - 12/30

**REGISTER NOW - ONLINE AT LAPARKS.ORG,
IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317**

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR 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.



WESTCHESTER.SCCLA