



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



MEDITATION GROUP

— WITH SHARESELFHELP.ORG —

**JOIN A 10-15 MINUTE GUIDED MEDITATION WITH DISCUSSION
THAT CAN HELP REDUCE STRESS, IMPROVE SLEEP QUALITY,
AND INCREASE BETTER MOOD REGULATION**

STARTING IN NOVEMBER

MONDAYS | 9AM

MORE INFO: EMAIL: REBEKAH@SHARESELFHELP.ORG
OR CALL 323-864-8750

**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

