

CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS  
**NORMANDALE RECREATION CENTER**

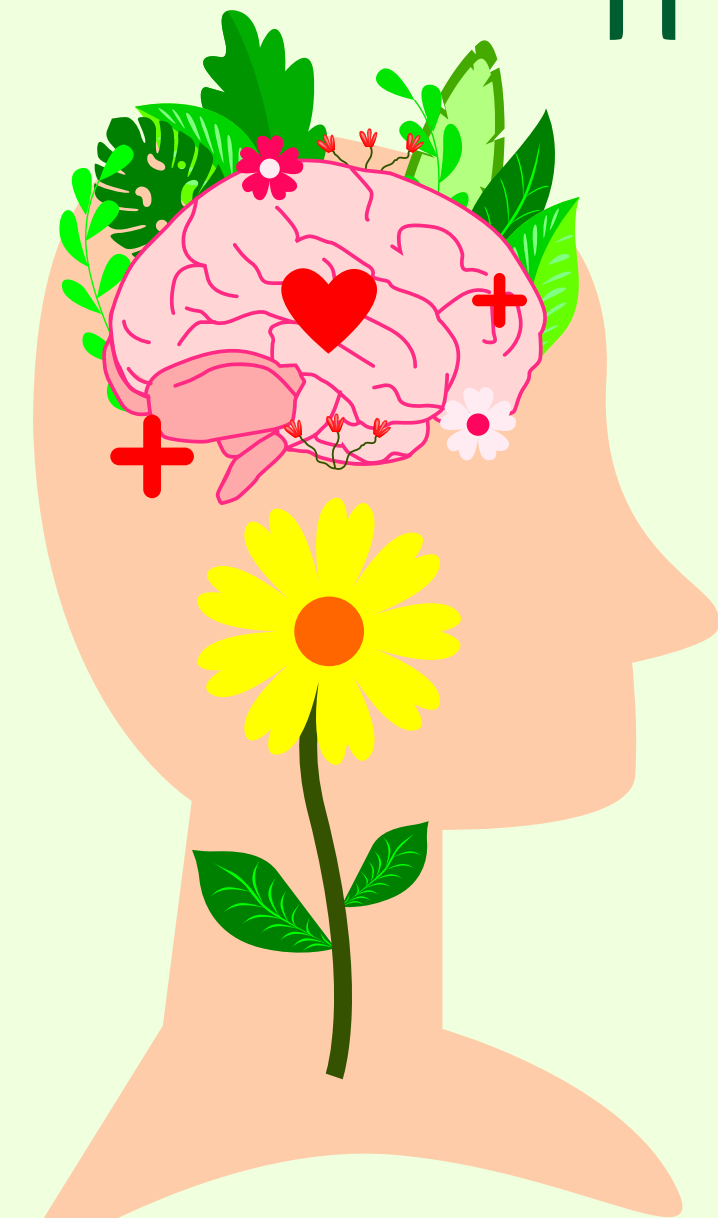


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(310) 328-3689 / normandale.recreationcenter@lacity.org  
Instagram: normandale.rec.center



# MENTAL HEALTH

**FREE CLASSES  
MUST BE 18+**



**THURSDAYS**  
**10:00AM-11:00AM**

- AUG 22
- SEP 12 & 19
- OCT 10 & 24
- NOV 14
- DEC 5 & 19

**2024**



**TAKING CARE OF YOUR MENTAL  
HEALTH FOR ADULTS**

PERSON WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.  
REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS.  
ALL INFORMATION/ACTIVITIES ARE SUBJECT TO CHANGE AND/OR CANCELLATION WITHOUT PRIOR NOTICE.  
REFUNDS GRANTED WILL ASSESS A 15% ADMINISTRATIVE FEE.  
NO REFUNDS WILL BE ISSUE UNLESS A PROGRAM IS CANCELLED BY THE FACILITY.  
NO REFUNDS OR CREDIT ISSUED ON MISSED DAYS.

