

West LA Wellness Community

Calendar March 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
March 3	March 4	March 5	March 6	March 7
3pm: No Limits, No Boundaries Zoom	10am: Free Food Market 1pm: Share Your Light		4pm: Family Fun Zoom	
March 10	March 11	March 12	March 13	March 14
3pm: No Limits, No Boundaries Zoom	10am: Free Food Market 1pm: Share Your Light		4pm: Family Fun Zoom	
March 17	March 18	March 19	March 20	March 21
3pm: No Limits, No Boundaries Zoom	9am: LAC DPH – Presents “Oral Health” Microsoft Teams 10am: Free Food Market 1pm: Share Your Light		4pm: Family Fun Zoom	
March 24	March 25	March 26	March 27	March 28
3pm: No Limits, No Boundaries Zoom	9am: LAC DPH – Presents “Nutrition” Microsoft Teams 10am: Free Food Market 1pm: Share Your Light		4pm: Family Fun Zoom	
March 31	April 1	April 2	April 3	April 4
3pm: No Limits, No Boundaries Zoom	10am: Free Food Market 1pm: Share Your Light		4pm: Family Fun Zoom	





About the West LA Wellness Community

The goal of the West LA Wellness Community is to offer community members a virtual place to connect, find resources, and participate in wellness activities.

The West LA Wellness Community aims to serve individuals and families with free services and linkage to resources designed to promote health, healing, and well-being. All activities are free and open to the community.

Activity Descriptions

CORE Substance Use Presentations: Substance Abuse Counselors provide educational presentations on a variety of topics. For questions or referrals, contact Luis Renteria (LRenteria@ph.lacounty.gov, 323-236-4155) or Steven Cagle (SCagle@ph.lacounty.gov, 323-233-6307)

Family Fun Zoom with Westside Infant-Family Network. Families with children 0-5 years are welcome to participate in activities like story time, crafts, and movement. **Register [here](#).**

Free Food Market at Simms Mann Health and Wellness Center: 2509 Pico Blvd, Santa Monica, CA 90405. Drive-through produce distribution through Venice Family Clinic. Open to the entire community. For more information and additional food distributions, **visit their website [here](#).**

No Limits, No Boundaries with Project Return – An empowerment group for those seeking encouraging mental health support. This course is hybrid. The physical location will be at 12901 Venice Blvd. Los Angeles, CA. 90066 and the zoom link [here](#). Please contact [Moses Ramirez](#) for questions

Share Your Light! with Project Return – A peer support group for individuals to discuss on topics related to personal experiences in overcoming life challenges. Location: : Alcott Center, 10559 Jefferson Blvd. Culver City, CA. 90230. Please contact [Moses Ramirez](#) for questions

Questions? Want to get involved? Email WestLAWellness@ph.lacounty.gov

Join our email distribution list to stay informed of updates: <https://forms.office.com/g/WWh62kbRyS>



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