



# City of El Monte

Parks, Recreation & Community Services Department  
In partnership with Los Angeles County Department of Mental Health



## What is your recipe for wellness?



**Jack Crippen**  
**Multipurpose Senior Center**  
3120 Tyler Avenue  
El Monte, CA

### Join us for a 9 session class

on informative workshops regarding  
overall health and wellness

**Starting at 10:00 am**

**\*Free to Senior Patrons**

January 7<sup>th</sup> - Intro and Overview

January 21<sup>st</sup> - Physical

February 4<sup>th</sup> - Environmental

February 18<sup>th</sup> - Occupational

March 3<sup>rd</sup> - Financial

March 17<sup>th</sup> - Spiritual

April 7<sup>th</sup> - Intellectual

April 21<sup>th</sup> - Emotional

May 5<sup>th</sup> - Social

Free Transportation is available to residents of El Monte age 50 and older or disabled individuals.  
For reservations, please call the Transportation Division at (626) 580-2217.

For more information, please call the Community & Senior Services Division at (626) 580-2210  
Open Monday - Thursday from 7:30 AM to 5:30 PM

*The Friendly City of El Monte*