



## Los Angeles County Department of Mental Health is hosting “Take Action” events near you!

Come and enjoy:

- Free food, music & giveaways
- Free community resources
- Meditation, yoga & other wellness activities

Wednesday, May 7, 2025, 11 am - 3 pm

Service Area 1  
Antelope Valley College  
(Lancaster Campus)  
3041 West Avenue K, Lancaster

IN PARTNERSHIP WITH:



WELLNESS • RECOVERY • RESILIENCE

For ADA inquiries, please contact:  
[takeactionevents@calmhsa.org](mailto:takeactionevents@calmhsa.org)

Check out all events at [www.takeactionla.com](http://www.takeactionla.com)