



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

Women's **WELLNESS DAY**

March 28, 2026 | 10am-2pm

We're celebrating International Women's Month!
 Come together for a day of wellness while we celebrate YOU! Join us for a series of workshops, informational booths, and get your self-care on as we celebrate the strength, resilience and passion of women around the world.

At Westchester Senior Center
 8740 Lincoln Blvd

Day at a glance:

- Wellness and Self-Care
- Career and Relationships
- Women's Health
- Networking / Vendor Fair
- Light Physical Fun!

Treat Yo' Self!

Ages 18+
 \$Free



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 @WESTCHESTERRECCENTER

RSVP HERE



If you are a person with a disability and require accommodation to participate in a City of Los Angeles Department of Recreation and Parks program, service, or activity, requests may be made by calling the facility 310-649-3317, or 711 for CA Relay, ten days in advance of the event. We will do our best to fulfill requests with less than ten business Days.