

# LIVING *the* INSPIRED LIFE

## FREE WELLNESS EVENT

**For Adults 65+ Living in the San Gabriel Valley**

**You're invited to renew, relax, and build your resilience!**

**Join us for a relaxed and creative time – paint some rocks, connect with others, and learn simple mindfulness and resilience – building tools like resourcing and grounding. It's all about taking a moment for yourself and having a little fun along the way.**

**Refreshments will be provided.**

**TUESDAY, AUG 26, 2025  
10:00AM – 12:00PM**

**Covina Community Church  
1551 E. Old Badillo St.  
Covina, CA 91724**

**Please RSVP to (626)746-4983**

**Or email [UMHPinfo@heritageclinic.org](mailto:UMHPinfo@heritageclinic.org)**

**Caregivers & Walk-ins Welcome**



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.