

# West LA Wellness Community

## Calendar September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
September 1	September 2	September 3	September 4	September 5
<b>Labor Day – Holiday</b> <b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>9am:</b> LAC DPH – Presents <b>"Fentanyl and Responding to Overdose"</b> <a href="#">Microsoft Teams</a> <b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light			
September 8	September 9	September 10	September 11	September 12
<b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>9am:</b> LAC DPH – Presents <b>"The Basics of Children and Weight"</b> <a href="#">Microsoft Teams</a> <b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light			
September 15	September 16	September 17	September 18	September 19
<b>9am:</b> LAC DPH – Presents	<b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light	<b>2pm:</b> LAC DPH – Presents <b>"Fentanyl and Responding to Overdose"</b> <a href="#">Microsoft Teams</a>		
September 22	September 23	September 24	September 25	September 26
<b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light		<b>2pm:</b> LAC DPH – Presents <b>"The Basics of Children and Weight"</b> <a href="#">Microsoft Teams</a>	
September 29	September 30	October 1	October 2	October 3
<b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light			





## 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](mailto:LRenteria@ph.lacounty.gov), 323-236-4155) or Steven Cagle ([SCagle@ph.lacounty.gov](mailto:SCagle@ph.lacounty.gov), 323-233-6307)

**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](mailto:WestLAWellness@ph.lacounty.gov)

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