



Long Beach
Aging Services
Collaborative
Advocacy • Education • Networking



CITY OF
LONGBEACH



WELLNESS • RECOVERY • RESILIENCE



Mental Health Fair

SATURDAY, MAY 18

9 AM - 12 PM

RESOURCES | WORKSHOPS | DEMOS

For Older Adults and Caregivers

Take Action for Your Mental Health to Promote Healthy Aging!

HOUGHTON PARK

DORIS TOPSY ELVORD COMMUNITY CENTER

6301 MYRTLE AVE., LONG BEACH

For more info: www.heartofida.org | (562) 570-3548
For ADA requests: (562) 570-1640