

Adult Program Seminars & Just 4 Us Meeting Schedule

Sponsored by: North Los Angeles County Regional Center
Free for adults with intellectual disabilities, their families and friends.
Just 4 Us Coordinators- Mary Abitia & Paula DeAmicis

At North Los Angeles County Regional Center Conf. Room 100-
15400 Sherman Way, Van Nuys- west of Sepulveda Blvd.



Sat. 1/23/10 from 10 -12 noon- Healthy Eating, Exercise and Good Personal Care



12:30 -2 PM- Just 4 Us Potluck & Craft Meeting- we'll serve a big salad. Bring a side dish or drinks to share. We'll make Valentine crafts.



Sat. 2/20/10 from 10 -12 noon- Medical and Dental Care- Resources in the Community



12:30 - 2 PM- Just 4 Us Potluck & Craft Meeting- we'll serve sandwiches. Bring a side dish or drinks to share. We'll make St. Patrick crafts.



Sat. 3/27/10 from 10 -12 noon- Build Relationships, Friendships and Support



12:30 -2 PM- Just 4 Us Potluck & Spring Party- we'll serve a big salad & treat. Bring a side dish or drinks to share. Join us for games, fun and crafts.

Reserve your seat at least 3 days before the meeting. Contact
Kathryn Lincoln- NLACRC Community Outreach Specialist-
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