



## ▶▶ Veteran Peer Access Network Presents: Let's Bingo: A Mental Wealth & Wellness Experience (for Veterans & Military Families)

**Thursdays, November 2 & December 7, 2023  
2 – 4 PM**

**Behavioral Health Center, MLK Campus**

12021 Wilmington Ave., Building 18, Los Angeles, CA 90059

Indulge in a fun-filled afternoon of bingo, laughter, and mental wellness activities. Our event aims to promote your well-being in a relaxed and enjoyable environment. Whether you're a bingo enthusiast or simply looking for a unique experience, this event is perfect for you. Win prizes while connecting with like-minded individuals. Engage in various mental wellness activities designed to boost your overall well-being, from mindfulness exercises and self-care practices to stress-relief techniques. Join us and meet new people while prioritizing your well-being.



**Register now via [Eventbrite](https://www.eventbrite.com).** For more information, please contact Simone Bent at [sbent@dmh.lacounty.gov](mailto:sbent@dmh.lacounty.gov) or call 213-507-1193.



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