



Mental Health Awareness Month

WORKSHOPS AT THE LOPEZ ADOBE

Saturday ~ May 20, 2023

5:00 – 8:00pm

Dust off your best 80's & 90's outfit and join us for an evening of **FREE** mental health activities at the Adobe!

1100 PICO ST., SAN FERNANDO, CA

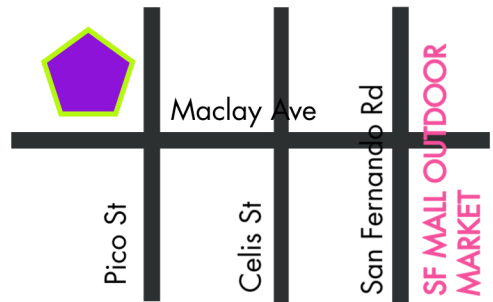
JUST A FEW BLOCKS AWAY ON MACLAY & PICO ST

5-8pm Self-guided tours of the Lopez Adobe

6:00pm Beginner friendly Yoga Demonstration

6:45pm Learn about Reiki, Lava Stones & Essential Oils

(Participants will receive a free lava stone bracelet and pouch, while supplies last)



Check out the Rummage Sale for some retail therapy!

