

# "Spring" into Parks After Dark



CHECK OUT THE SCHEDULE OF EVENTS AT YOUR LOCAL PARK. FREE ACTIVITIES FOR THE WHOLE FAMILY!  
THURSDAYS AND SATURDAYS IN MARCH AND APRIL

DATE	TIME	PARK	ACTIVITIES
March 27	6-9 PM	Amelia Mayberry	<ul style="list-style-type: none"> <li>• Healthy beverage demonstration</li> </ul>
April 12	6-9 PM	Saybrook	<ul style="list-style-type: none"> <li>• Healthy beverage demonstration</li> </ul>
April 17	6-9 PM	Athens	<ul style="list-style-type: none"> <li>• Healthy beverage demonstration</li> </ul>
April 17	6-9 PM	Belvedere	<ul style="list-style-type: none"> <li>• Healthy beverage demonstration</li> </ul>
April 17	6-9 PM	City Terrace	<ul style="list-style-type: none"> <li>• Healthy beverage demonstration</li> <li>• Free produce</li> </ul>
April 17	6-9 PM	Colonel Leon H. Washington	<ul style="list-style-type: none"> <li>• Healthy beverage demonstration</li> <li>• Free produce</li> <li>• Recipe demonstration</li> </ul>
April 17	6-9 PM	Helen Keller	<ul style="list-style-type: none"> <li>• Recipe demonstration</li> <li>• Free produce</li> </ul>
April 17	6-9 PM	Mary M. Bethune	<ul style="list-style-type: none"> <li>• Free produce</li> </ul>
April 19	6-9 PM	Mary M. Bethune	<ul style="list-style-type: none"> <li>• Nutrition and physical activity class</li> <li>• Recipe demonstration</li> <li>• Healthy beverage demonstration</li> </ul>
April 19	6-9 PM	Athens	<ul style="list-style-type: none"> <li>• Healthy beverage demonstration</li> </ul>
April 19	6-9 PM	Eugene A. Obregon	<ul style="list-style-type: none"> <li>• Healthy beverage demonstration</li> </ul>
April 19	6-9 PM	Franklin D. Roosevelt	<ul style="list-style-type: none"> <li>• Healthy beverage demonstration</li> </ul>
April 24	6-9 PM	Mona	<ul style="list-style-type: none"> <li>• Recipe demonstration</li> <li>• Free produce</li> </ul>
April 24	6-9 PM	East Rancho Dominguez	<ul style="list-style-type: none"> <li>• Healthy beverage demonstration</li> <li>• Free produce</li> </ul>
April 26	6-9 PM	East Rancho Dominguez	<ul style="list-style-type: none"> <li>• Free produce</li> </ul>
April 26	6-9 PM	Mona	<ul style="list-style-type: none"> <li>• Healthy beverage demonstration</li> </ul>

To learn more, visit [bit.ly/cfhlpadspring25](http://bit.ly/cfhlpadspring25)



Funded by USDA SNAP, an equal opportunity provider.  
Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.



**PARKS AFTER DARK**  
COUNTY OF LOS ANGELES DEPARTMENT OF PARKS & RECREATION

