



**Islamic**  
CENTER OF SOUTH BAY-L.A.

*In the name of Allah, Most  
Gracious, Most Merciful*



South Asian Network

# MENTAL HEALTH & WELLNESS *for Muslims*

JOIN THE ISLAMIC CENTER OF SOUTH BAY, IN  
COLLABORATION WITH THE SOUTH ASIAN NETWORK, FOR  
A CONVERSATION ON MENTAL WELLBEING



**FRIDAY  
FEBRUARY  
23, 2024**



**DINNER WILL BE SERVED!**



**7:00PM – 9:00PM**



**25816 WALNUT ST, LOMITA, CA  
90717, UNITED STATES**