



# CITY OF LOS ALAMITOS

## PRESS RELEASE

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*For Immediate Release*

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Recreation and Community Services – (562) 430-1073 x 500*

### **Los Alamitos is Prepared for High Temperatures With Designated Cooling Center**

(Los Alamitos, CA) - In response to increased temperatures, the City of Los Alamitos Community Center located at 10911 Oak Street has been designated as a Cooling Center by the Orange County Office on Aging. During high temperatures, various local facilities are open as public cooling centers to provide safe, air-conditioned facilities where you can relax from the heat and avoid running your own cooling devices at home. The Los Alamitos Community Center offers an air-conditioned facility during the business hours of 7:30 a.m. to 5:30 p.m. Monday through Thursday and 7:30 a.m. to 4:00 p.m. on Fridays.

Excessive heat increases the risk of health problems from heat exhaustion and heat stroke and people with health conditions, including the elderly and children, are encouraged to take advantage of cooling centers in order to reduce health hazards and minimize the risk of a medical emergency.

The Los Alamitos Community Center offers a variety of classes and programs for the community to enjoy in addition to providing a cool atmosphere for patrons to beat the heat. Visit [www.cityoflosalamitos.org](http://www.cityoflosalamitos.org) for more information or call (562) 430-1073.

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