

December 2023 and January 2024

Community Health Education Classes

Heart H.E.L.P.

- Heart disease education for people with high blood pressure, high lipids, heart disease and stroke.
- The two-hour class meets once a week for five weeks.
- Learn about reducing risk factors for heart disease, nutrition & exercise, and weight management.

| Day/s | Time | Language | Location |
|--|-------------|-----------------|---|
| <u>Wednesdays</u> November 8, 15, 29, December 6, 13, 2023 | 8:30 a.m. | Spanish | Edison Middle School 6500 Hooper Ave. Los Angeles, CA 90001 |
| <u>Mondays</u> November 27, December 4, 11, 2023 | 8:30 a.m. | Spanish | Florence Ave. Elementary 7211 Bell Ave. Los Angeles, CA 90001 |
| <u>Tuesdays</u> November 21, 28, December 5, 11, 2023 | 10:00 a.m. | English | California Hospital 320 W. 15th St. Los Angeles, CA 90015 Leavey Hall, room 410 |
| <u>Tuesdays</u> January 16, 23, 30, February 6, 2024 | 8:30 a.m. | Spanish | John Liechty Middle School 650 S. Union Ave. Los Angeles, CA 90017 |
| <u>Wednesdays</u> January 17, 24, 31, February 14, 2024 | 8:30 a.m. | Spanish | Aurora Ave. Elementary 1050 E. 52nd Pl. Los Angeles, CA 90011 |
| <u>Thursdays</u> January 18, 25, 2024 | 8:30 a.m. | Spanish | Thomas Jefferson High School 1319 E. 41st St. |

Feb. 1, 8, 15, 2024

Los Angeles, CA 90011

Fridays
Jan. 19, 26, 2024
Feb. 2, 9, 16, 2024

8:30 a.m.

Spanish

Linda Esperanza Marquez
6361 Cottage St.
Huntington Park, CA 90255

Let's Talk Health

- A series of Zoom presentations that educate the community on a variety of health topics.
- Held on the third Wednesday of the month from 12:00 p.m. – 12:45 p.m.

| Date | Time | Language | Topic |
|-------------------|-------------------------|----------|--------------------------------------|
| December 20, 2023 | 12:00 p.m. – 12:45 p.m. | English | Mindful Eating |
| January 27, 2024 | 12:00 p.m. – 12:45 p.m. | English | Resolve to be Ready: Vaccinations |

Mind Matters

- Mind Matters practical, hands-on lessons explore the effects of adversity and stress along with the healing process.
- One hour lessons
- Learn about self-soothing, managing stress effectively, asking for help and developing empathy and intuition.

| Date | Time | Topic / Language | Location |
|--------------------------------------|------------|---|---|
| <u>Tuesday</u> December 5, 2023 | 8:30 a.m. | Empathy and Support System Spanish | Middleton St. Elementary 6537 Malabar St. Huntington Park, CA 90255 |
| <u>Wednesday</u> December 6, 2023 | 10:30 a.m. | Self-Soothing Spanish | Click here to register. |
| <u>Friday</u> December 8, 2023 | 8:30 a.m. | Discover Emotions and Thoughts Spanish | Dolores Huerta Elementary 4125 W 105th St, Lennox, CA 90304 |
| <u>Tuesday</u> December 12, 2023 | 8:30 a.m. | Introduction to Trauma Spanish | Middletown St. Elementary 6537 Malabar St. Huntington Park, CA 90255 |

Friday
January 19, 2024

8:30 a.m.

Empathy and Support
System
Spanish

Dolores Huerta Elementary
4125 W. 105 St.
Lennox, CA 90304

Fridays
January 26, 2024
The last Friday of every
month until December
13, 2024

1:30 p.m.

Mind Matters
(12 modules)

**Hope Street Margolis
Family Center**
1600 S. Hope St.
Los Angeles, CA 90015

For more information or to register, please email us at CHMC.CommunityHealth@Commonspirit.org