

November and December 2023

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>Fridays</u> October 13, 20, 27, and November 3, 2023	8:30 a.m.	English & Spanish	Dr. Sammy Lee Medical and Health Science Magnet School 3600 Council St. Los Angeles, CA 90004
<u>Mondays</u> October 16, 23, 30, November 6, 13, 2023	8:30 a.m.	Spanish	Dolores Huerta Elementary School 260 E. 31 st St. Los Angeles, CA 90011
<u>Tuesdays</u> October 17, 24, 31, November 7, 14, 2023	8:30 a.m.	Spanish	San Miguel Avenue Elementary School 9801 San Miguel Ave. South Gate, CA 90280
<u>Thursdays</u> October 19, 26, November 2, 9, 16, 2023	8:30 a.m.	Spanish	Margaret Bloomfield High School 7907 Santa Fe Ave. Huntington Park, CA 90255
<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>Friday</u> November 17, 2023	10:00 a.m.	English <u>Diabete s class</u>	California Hospital MC Leavey Hall, Room 410 320 W. 15 th St. Los Angeles, CA 90015

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 12:00pm – 12:45pm

Date	Time	Language	Topic
November 15, 2023	12:00 p.m. – 12:45 p.m.	English	Diabetes
December 20, 2023	12:00 p.m. – 12:45 p.m.	English	Mindful Eating

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 develop empathy and intuition.

Date	Time	Topic / Language	Location
November 1, 2023	8:30 a.m.	Help from Friends & Introduction to Trauma Spanish	Linda Esperanza Marquez HS 6361 Cottage St, Huntington Park, CA 90255
November 7, 2023	8:30 a.m.	Self Soothe Spanish	Middleton St Elementary 6537 Malabar St, Huntington Park, CA 90255
November 8, 2023	8:30 a.m.	Trauma Containment & Tapping and Efficient Sleep Spanish	Linda Esperanza Marquez HS 6361 Cottage St, Huntington Park, CA 90255
November 14, 2023	8:30 a.m.	Discover Emotions Spanish	Middleton St Elementary 6537 Malabar St, Huntington Park, CA 90255
November 15, 2023	8:30 a.m.	Self Soothe & Life of Intention Spanish	Linda Esperanza Marquez HS 6361 Cottage St, Huntington Park, CA 90255
November 29, 2023	8:30 a.m.	Asking for Help and The Ongoing Journey Spanish	Linda Esperanza Marquez HS 6361 Cottage St, 90255 Huntington Park, CA

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