



January

Friday, January 30th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Topic: Dignity Health GMHHC's 100th Anniversary Celebration

Event Type: Mindfulness and Social Event

Speaker: Rev. Joshua Noh

Note: Event limited to 40 participants.



February

Thursday, February 12th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Topic: Exercise Class!

Event Type: Exercise Class

Speaker: Michelle Galanti, Exercise Physiologist

Note: Consent form required. Class limited to 40 participants.

Tuesday, February 17th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Topic: Learning More About the Heart

Event Type: Educational Lecture

Speaker: Dr. Patrick Baghdasarian

“To go” lunches will be provided for attendees that RSVP and attend the events!

RSVP to all events by doing one of the following:

1. Email gmh-communityrelations@commonspirit.org
2. Call the external Carenet Call Center at (866) 467-1918.

Surgical masks will be provided.

For any questions, please call the 50plus Program Warm Line (818) 502-4701.



Dignity Health®

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50plus Program Event Calendar

Winter & Spring 2026



March

Wednesday, March 4th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Event Type: Educational Lecture

Topic: Longevity – Nutrition For Healthy Living

Speakers: Veronica Carmona, RD

Friday, March 27th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Event Type: Educational Lecture

Topic: Mental Health Wellness

Speaker: Dr. Howard Askins



April

Tuesday, April 14th

Time: 12:00pm-1:00pm

Location: GMH Auditorium

Event Type: Social Event

Topic: Building Self-Care Kits

Note: *Event limited to 50 participants.*



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