

Dignity Health - St. Mary Medical Center

Navigator

The Bazzeni Wellness Center Community Newsletter

October 2025

Healthy Recipe

Berry Good Banana Split

Bright berries, creamy yogurt, and crunchy toppings come together for a feel-good snack or dessert everyone will love!

Ingredients

1 small banana, peeled
½ cup low-fat vanilla yogurt
1 tablespoon low-fat granola
½ cup fresh blueberries or other fresh berries

Directions

Cut the banana in half lengthwise.
Spoon yogurt into a bowl.
Place the banana halves on both sides of the yogurt.
Top yogurt with granola and berries. Serve.

Makes: 1 serving **Serving size:** 1 cup

Preparation time: 5 minutes

Source: CalFresh Healthy Living, CDSS (2025). Berry Good Banana Split.
Available at: <https://eatfresh.org/recipe/breakfast/berry-good-banana-split/>



Healthy Lifestyle Classes & Workshops

Friday Gentle Yoga

Fri, Oct 3, 2025 9:30 AM - 10:30 AM (Weekly - Fridays)

<https://cscrb.gnosishosting.net/Events/Calendar?catfilter=2415&filtertype=and&eviid=52630>

Declutter 101

Mon, Oct 20, 2025 2:00 PM - 3:00 PM

<https://cscrb.gnosishosting.net/Events/Calendar?catfilter=2414&filtertype=and&eviid=53138>

Cocinando en Comunidad y Recursos / Cooking as a Community and Resources

Fri, Oct 10, 2025 12:15 PM - 1:30 PM (2nd Friday - monthly)

<https://cscrb.gnosishosting.net/Events/Calendar?catfilter=4668&filtertype=and&eviid=55161>

**For questions or to sign up, email Rebecca@CSCSouthbay.org,
or call (310) 376-3550 Monday–Friday, 9:00 AM – 5:00 PM.**

Breast Cancer Awareness Event

October is National Breast Cancer Awareness Month!

Finding breast cancer early is key to successful treatment. We come together to raise awareness and encourage women to talk with their doctors about screening. Join us for our upcoming event. It's a great opportunity to learn, ask questions, and get connected to local resources. Space is limited, so be sure to RSVP. Call soon to register!

When: Friday, October 24 Time: 12:00 PM - 2:00 PM

Where: Dignity Health - St. Mary Medical Center

John Parr Health Enhancement Center

2nd Floor (Parr Room)

1055 Linden Ave.

Long Beach, CA 90813

RSVP by Oct. 22 to Giovanna A. Lipow at 562.491.9187
or gia.lipow@commonspirit.org

Save The Date

Diabetes Awareness Health Talks at St. Mary Medical Center.
November 5, 2025 10:00 AM - 12 PM

RSVP by Nov. 3 to Giovanna A. Lipow at 562.491.9187
or gia.lipow@commonspirit.org



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1050 Linden Avenue
Long Beach, CA 90813

RETURN SERVICE REQUESTED

October 2025

Bazzeni Wellness Center

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If you would like to receive
this newsletter directly at
home, please contact the
**Bazzeni Wellness Center at
562.491.9811.**

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Connect with Us!

Your Health, Our Mission

For more information, visit our website at
www.dignityhealth.org/socal/locations/stmarymedical

Follow us on social media



@DignityHealthSoCal



@DignityHealthSC



@DignityHealthSouthernCalifornia



@StMaryMedicalCenter

Maternity Tours

To access our maternity tour online
experience in English or Spanish from
St. Mary Medical Center, visit our website:
**[https://www.dignityhealth.org/socal/locations/
stmarymedical/services/family-birth-center](https://www.dignityhealth.org/socal/locations/stmarymedical/services/family-birth-center)**

October Health Observances

Domestic Violence Awareness Month
www.thehotline.org

National Bullying Prevention Month
www.pacer.org/bullying/nbpm/

National ADHD Awareness Month
add.org/adhd-awareness/

World Mental Health Day (October 10)
www.who.int/campaigns/world-mental-health-day

This newsletter offers health information and is not a substitute for professional medical advice from your healthcare provider. If you have any questions regarding the content, please consult your provider. Do not delay or discontinue medical attention based on information presented in this material.