

# A Local's Guide to Downtown Los Angeles

Presented by Dignity Health



## A message from our president

Welcome to the neighborhood! I hope this resource helps you settle into your new home in Downtown LA. Unpacking all of your belongings and memories is a huge transition, but we at Dignity Health want to make this move a little easier. California Hospital Medical Center has been on the frontlines of health care in Los Angeles for over 130 years, continuously growing and developing into exactly the hospital that Los Angeles needs. Thank you for joining our community, and we are here any time you need us.



A stylized, handwritten signature in grey ink.


Alina Moran, MPA, FACHE, FAB  
President, Dignity Health - California Hospital Medical Center

# Here's what we can do for you.

Let's take a look at a few of our specialties.



## Emergency services

Quality of care matters—especially when operating one of the region's only full-service emergency rooms. [Our Emergency Room](#) at California Hospital Medical Center has been recognized as having “zero deficiencies” since opening, being one of few hospitals nationwide to receive this distinction.

 1401 S Grand Avenue,  
Los Angeles, CA 90015  (213) 461-0019



## Heart care

When it comes to matters of the heart, California Hospital Medical Center is here for you every step of the way. At our [Los Angeles Center for Heart Health](#), we provide comprehensive cardiovascular care, including heart health education, heart disease prevention, diagnostic services, surgery, and rehabilitation.

 1401 S Grand Avenue,  
Los Angeles, CA 90015  (888) 378-9113



## Women's health

One of the most important relationships a woman can have is with her doctor. With a compassionate team of board-certified, nationally recognized doctors, nurses, and staff, the [Los Angeles Center for Women's Health](#) is known for providing high-quality, respectful, patient-centered care in a calm, comfortable environment.

 1513 S Grand Avenue, Suite  
400, Los Angeles, CA 90015  (213) 742-6400

## DTLA Surgery Center

The patient experience at the [DTLA Surgery Center](#) includes state-of-the-art medical care with advanced technology and a surgical team that is dedicated to providing you with personalized outpatient care. Patient safety is our highest priority and is essential for a healthy recovery.

 1400 South Grand Avenue,  
Suite 700, Los Angeles, 90015  (213) 866-1900

## We offer these healthy resources—and more—close by.

Truly good health results from education, nutrition, and people working together to invest in their communities. There are so many ways that we support our patients once they return home, through mental health resources, home visits, educational classes, nutrition seminars, and after-school programs.



Healthy living  
classes

[You can find classes like Diabetes Empowerment Education Program, Heart H.E.L.P., and more](#) offered in both Spanish and English throughout the community.



Stress, diet, and  
exercise resources

From nutrition tips to a daily de-stress calendar, [you can find ample resources to give you the tools you need](#) to practice wellness at home.



Hope Street  
Margolis Family  
Center (HSMFC)

[HSMFC](#) was established in 1992 in collaboration with UCLA as a community benefit program of California Hospital Medical Center. Original program funding was provided by a research and demonstration grant from the federal Head Start Bureau as a national effort to develop more effective ways to support young children and families.

## Around the town



## Guide to outside

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### Griffith Park

Known as the best place to see the Hollywood sign, Griffith park has miles of hiking trails that start next to the Griffith Observatory. You can even find “Brunson Cave” in this area, a 50-foot-long tunnel featured in numerous films.

**1** 4730 Crystal Springs Dr,  
Los Angeles, CA 90027



### LA Live and the Crypto.com Arena

LA Live is your go-to destination for all things entertainment in DTLA — from sports and music venues to restaurants and nightclubs. The Crypto.com Arena hosts events for everyone of all ages, being the home of the LA Lakers, LA Clippers, LA Kings, as well as many musical artists on tour.

**2** 1111 S. Figueroa Street,  
Los Angeles, CA 90015

## Good eats

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### Grand Central Market

With multiple food vendors to choose from, [Grand Central Market](#) is the place to be when you aren't quite sure what you're in the mood for. You can't go wrong with any of your options, from tasty tacos and delicious bbq to fresh fruits and savory sandwiches.

**3** 317 S Broadway,  
Los Angeles, CA 90013



### Olvera Street

Known as the “birthplace of Los Angeles,” [Olvera Street](#) is a block-long market with street vendors, cafes, and restaurants that preserve and present the customs and trades of early California.

**4** 125 Paseo De La Plaza,  
Los Angeles, CA 90012

## Family fun

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### Natural History Museum of Los Angeles County

Home to one of the world's most extensive and valuable collections of natural and cultural history, the [NHMLA](#) is the place to gather the family and learn more about the nature all around us.

**5** 900 W Exposition Blvd,  
Los Angeles, CA 90007



### Historic Core

This part of Downtown Los Angeles has fun for all ages—the “[world's shortest railway](#)” for the kiddos, [The Last Bookstore](#) for those looking to teleport into a new world, the [old LA Times building](#) for any history buffs, or [The Orpheum Theatre](#) for anyone looking to rock out.

**6** 550 S Broadway,  
Los Angeles, CA 90013




## Emergency resources

### NotifyLA

Register to receive emergency alert notifications for Los Angeles county.

 [Click here](#)

### Non-emergency police response

 1-877-ASK-LAPD  
or 1-(877) 275-5273

 [Click here](#)

### Animal services

 (888) 452-7381

 [Click here](#)

# Welcome home!

We want to be among the first to welcome you to Downtown Los Angeles. Visit [DignityHealth.org/CaliforniaHospital](https://DignityHealth.org/CaliforniaHospital) to stay up to date on local health and wellness resources.

