

March and April 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>Tuesdays:</u> March 12, 2024	8:30 a.m.	Spanish	Walnut Park Middle School 7500 Marbrisa Ave. Walnut Park, CA 90255
<u>Tuesdays:</u> March 19, and 26, April 2, 16, 23, 30, 2024	8:30 a.m.	Spanish	Linda Esperanza Marquez HS 6361 Cottage St, Huntington Park, CA 90255
<u>Wednesday:</u> March 13, 2024	8:30 a.m.	Spanish	Logan Elementary School 1711 Montana St. Los Angeles, CA 90026
<u>Thursdays:</u> March 14, 21, 2024	8:30 a.m.	Spanish	Aurora Elementary School 1050 E. 52 nd . Pl. Los Angeles, Ca 90011
<u>Fridays:</u> March 8, 15, 22, 29, 2024	8:30 a.m.	Spanish	Diego Rivera Middle School 6100 S. Central Ave. Los Angeles, CA 90011
<u>Mondays:</u> March 11, 18, 2024 April 1 st , 15, 22, 29, 2024	10:30 a.m.	Spanish	Dr. Maya Angelou High School 300 E. 53 rd St. Los Angeles, CA 90011
<u>Wednesday:</u> March 20, 2024	9:00 a.m.	Spanish	Holy Cross Community Center 4705 S. Main St. Los Angeles, CA 90037
<u>Wednesdays:</u> April 10, 17, 24, May 8, 2024	8:30 a.m.	Spanish	Wisdom Elementary School 1125 E. 74 th St. Los Angeles, CA 90001

Fridays:
April 12, 19, 26, 2024
May 3, 10, 2024

8:15 a.m.

Spanish

Leo Politi Elementary School
2481 W. 11th St.
Los Angeles, CA 90006

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 – 12:30pm

Date	Time	Language	Topic
March 13, 2024	12:00 p.m. – 12:30 p.m.	English	Financial Fitness

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
March 8 & April 12, 2024	9:00 a.m. - 10:00 a.m.	Exercise & Life of Intention, Asking for Help & The Ongoing Journey Spanish	Dolores Huerta Elementary 4125 W 105th St, Lennox, CA 90304
March, 11, 18, April 8, 15, 2024	9:00 a.m. - 10:00 a.m.	Self Soothe & Emotions, Emotions vs. Thoughts, Empathy and Support System, Trauma & Efficient Sleep, Exercise & Life of Intention, Asking for Help and The Ongoing Journey Spanish	LA Academy Middle School 644 56th St, Los Angeles, CA 90011
March 13, 20, April 3 & 10, 2024	8:00 a.m. - 9:00 a.m.	Emotions vs. Thoughts, Empathy and Support System, Trauma & Efficient Sleep, Exercise & Life of Intention, Asking for Help and The Ongoing Journey	Loma Vista Ave Elementary 3629 E 58th St, Maywood, CA 90270

Spanish			
April 2, 2024	9:00 a.m.- 10:00 p.m.	Self Soothe & Emotions Spanish	Hundall Elementary School 331 W Olive St, Inglewood, CA 90301
March 14, 2024	9:00 a.m. - 10:00 a.m.	Self Soothe Spanish	La Tijera Elementary School 1415 La Tijera Blvd, Inglewood, CA 90302
May 8 & July 10, 2024	9:00 a.m. 11:00 a.m.	Self Soothe & Emotions, Thoughts vs. Emotions & Empathy Spanish	Holy Cross Church 407 Main St, Los Angeles, CA 90037

Emotional Wellbeing Support Group

- Explore your inner self and develop positive life coping strategies with the help of and support of your peers.
- Held on the first Wednesday of the month from 9:00am – 11:00am at California Hospital Medical Center.

Date	Time	Language	Topic
Abril 3, 2024	9:00 am – 11:00 am	Spanish	Prevención y resiliencia del abuso infantil.

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