

New Year, New You!

Join us for in-person and Zoom health and mental health sessions to help you kick off a happy and healthy new year.

2024 In-person Sessions

[Registration is required, please click here.](#) For more information, please email us at CHMC.CommunityHealth@CommonSpirit.org.

Health Screenings (blood glucose and Body Mass Index) at California
January 3 | 8:00 - 9:00 am

Morning Stretches for for Wellness

January 3 | 8:00 - 8:30 am

Health Screening and Morning Stretches at California Hospital Medical Center, Keck Hall 1401 S. Grand Ave., Los Angeles, CA 90015

2024 Zoom Sessions

Click here to register: <https://bit.ly/48q6TkR>

Mind Matters

January 10 | 12:00 - 12:30 pm

The Mindful Eating Journey

January 17 | 12:00 - 12:30 pm

The ABCs of Heart Health

January 24 | 12:00 - 12:30 pm

The Gift of Gratitude

January 31 | 12:00 - 12:30 pm

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