

# Mental Health is Health

## EVENTS

### **Social Hour with Beach Cities Health District Care Manager, Charlotte Barnett**

Tuesday, May 2, 10 - 11 a.m.  
Monday, May 8, 2 - 3 p.m.  
Tuesday, May 16, 10 - 11 a.m.

### **Virtual Mindfulness Drop-In**

Wednesday, May 3, 4 - 4:30 p.m.

### **Mindfulness Summit at Parras Middle School**

Saturday, May 6, 9 a.m. - 12:30 p.m.

### **Virtual Happiness Chat**

Tuesday, May 9, 12:30 - 1 p.m.

### **South Bay Alzheimer's Community Forum**

Thursday, May 11, 2 - 3:30 p.m.

### **Adams PTSA Health & Wellness Festival**

Saturday, May 13, 10 a.m. - 2 p.m.

### **City of Manhattan Beach Older Adult Fair**

Friday, May 19, 8:30 a.m. - 12 p.m.

### **Mental Health First Aid Training**

Tuesday, May 23, 9 a.m. - 4 p.m.  
Friday, June 9, 9 a.m. - 4 p.m.

### **National Center Health & Fitness Week at the Center for Health & Fitness**

May 30 - June 2

### **Mental Health in the Workplace Lecture**

Wednesday, May 31, 8 - 10 a.m.

### **City of Redondo Beach National Senior Health & Fitness Day**

Wednesday, May 31, 10 a.m. - 2 p.m.

### **Mental Health & Happiness Workshop – Strategies for Older Adults**

Thursday, June 1, 12 - 12:55 p.m.



[bchd.org/mentalhealthawareness](https://bchd.org/mentalhealthawareness)



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