

# Mental Health is Health

## EVENTS

### Virtual Mindfulness Drop-In

Wednesday, May 1, 4 - 4:30 p.m.

### Free Fitness: Mindful Yoga in Hermosa Beach

Mondays, May 6, 13 and 20,  
6:30 – 7:30 p.m.

### Social Hour with BCHD Care Manager, Charlotte Barnett

Tuesday, May 7, 10 - 11 a.m.  
Monday, May 13, 2 - 3 p.m.  
Tuesday, May 21, 10 - 11 a.m.

### Mindful Connections Wellness Workshops

Tuesdays, May 7, 14 and 21,  
12 - 1:30 p.m.

### Moai Social Event: Hermosa Beach Murals Walk

Saturday, May 11, 9 - 10:30 a.m.

### Virtual Families Connected Parent Chat

Tuesday, May 14, 10 - 11 a.m.

### Virtual Happiness Chat

Tuesday, May 14, 12:30 – 1 p.m.

### Moai Social Event: Wilderness Walk

Monday, May 20, 10:15 – 11:15 a.m.

### BCHD Board of Directors Meeting

Wednesday, May 22, 6:30 p.m.

### teen Mental Health First Aid Training

Wednesdays, May 29, June 5 and 12,  
4 – 5:30 p.m.

### National Senior Health & Fitness Week

Tuesday, May 28 – Friday, May 31

### Alzheimer's Disease and Dementia: Understanding the Fundamentals

Thursday, May 30, 10 – 10:55 a.m.

### Mental Health in Older Age: The Importance of Purpose and Social Connection

Friday, May 31, 10 – 10:55 a.m.



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

