



# MAXIMIZE GRATITUDE WORKSHOP

**Wednesday, November 30**  
**from 5:30 – 7:00 p.m.**

**Beach Cities Room at Beach Cities Health District,  
514 N. Prospect Ave., Lower Level, Redondo Beach CA 90277**

**Free, pre-registration is requested.**

Join Beach Cities Health District for an in-person workshop to Maximize Gratitude, one of four themes in Beach Cities Health District's [Mental Health & Happiness Series](#). Learn how to boost your well-being through evidence-based practices to build resilience, feel more connected and be happier. During this workshop, participants will learn about the key benefits of gratitude, experience accessible tools to foster more positive social connections, and build a personal practice to express appreciation and savor kindness. Facilitated by Tiana Rideout-Rosales, BCHD Well-Being Programs Supervisor.

To register, visit [bchd.org/series](https://bchd.org/series) or click here:

<https://app.smartsheet.com/b/form/56151974cf814fd398950f1c03615fa9>

Questions? Please contact Jackie Uy, [jackie.uy@bchd.org](mailto:jackie.uy@bchd.org)  
or [310-374-3426](tel:310-374-3426).

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

