



## **Beach Cities Health District Celebrates Active Aging Week October 6-10, 2025**

*Free Workshops and Lectures to Help Adults Stay Healthy and Engaged*

REDONDO BEACH, Calif. (September 29, 2025) – Beach Cities Health District (BCHD) is proud to announce Active Aging Week 2025, scheduled for October 6 - 10. The event will feature a series of free workshops and lectures designed to help older adults, caregivers, and community members take action toward maintaining and improving health.

Active Aging Week encourages older adults to stay active physically, mentally, and socially – key components of healthy aging. By offering no-cost, high-quality programming, BCHD aims to increase access to wellness resources and help residents build habits that support long-term health.

Throughout the week, BCHD will host a wide array of events offering opportunities in physical movement, mindfulness, social connection, and wellness education, including everything from yoga and strength training to lectures and workshops on ways to keep your mind and body healthy and strong as you age. All events will take place at the Center for Health & Fitness, located at 514 N. Prospect Avenue, 2nd Floor, in Redondo Beach.

“Active Aging Week is a chance for our community to celebrate the many ways we can stay vibrant as we age,” said BCHD CEO Tom Bakaly “We’re excited to offer programming that supports physical wellness, mental clarity, and connection – all fundamental to quality of life at any age. Whether you are already working toward active aging or interested in getting started, these events offer supportive environments to learn, move, and connect, so please come join us.”

Residents of the Beach Cities and surrounding South Bay communities are invited to attend, but advance registration is required for all events.

- Most workshops and lectures are free. (Note: some special events may have a fee.)
- Location: Center for Health & Fitness, 514 N. Prospect Avenue, 2nd Floor, Redondo Beach.
- For full schedule, times, and sign-up details, visit BCHD’s Active Aging Week page: <https://bchd.org/center-for-health-fitness/members/active-aging-week/>

### **About Beach Cities Health District**

Beach Cities Health District (BCHD), named the 2021 “Healthcare District of the Year” by the Association of California Healthcare Districts, is focused on preventive health and serves the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Established in 1955 as a public agency, it offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the lifespan. BCHD also operates allcove Beach Cities, a youth mental health center for ages 12-25, AdventurePlex, a health and fitness facility where kids play their way to good health, and the Center for Health & Fitness, a comprehensive fitness center that is one of just two Medical Fitness Association-certified facilities in California. Visit [www.bchd.org](http://www.bchd.org) or call (310) 374-3426 for more information.

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