



News Release

BCHD Seeks Volunteers for Annual Beach Cities Volunteer Day Supporting School Gardens, Student Wellness, and Education

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REDONDO BEACH, Calif. (July 30, 2025) — Beach Cities Health District (BCHD) will host its annual Beach Cities Volunteer Day on Thursday, August 14, 2025, and invites local residents, businesses and organizations to participate in a Day of Service to help prepare elementary school gardens across Hermosa Beach, Manhattan Beach and Redondo Beach for the upcoming school year.

Volunteer Day supports BCHD's LiveWell Kids program, which delivers nutrition education, farm-to-table lessons, and mindfulness practices to more than 5,000 students annually in partnership with local school districts and hundreds of parent volunteers.

The Volunteer Day event begins at 8:30 a.m. with check-in and instructions at Alta Vista Park in Redondo Beach, followed by volunteer service at assigned school garden sites from 9:30 to 11:30 a.m.

"This is more than just a day of volunteering, it's a way for our entire community to help create a healthier future for our kids," said BCHD CEO Tom Bakaly. "The support we receive for LiveWell Kids and events like Volunteer Day is inspiring and essential to the program's long-term success. Volunteer Day offers an opportunity to give back to the community and make a lasting local impact."

The LiveWell Kids program was established in 2007 in response to high childhood obesity rates in the Redondo Beach Unified School District (RUSD). Since its inception, there has been a dramatic decline in student obesity in the RUSD—from 20 percent to just 5 percent, a 75% decrease. This compares favorably to the national student obesity rate, which in 2022 was 20.2 percent, according to the National Survey of Children's Health for 2021-22.

Garden beds are maintained year-round by BCHD's "Garden Angel" volunteers and serve as living classrooms for teaching students about healthy eating, physical activity, and mindfulness.

How to Get Involved:

- Volunteer: Help prepare elementary school gardens for fall lessons in nutrition and wellness. More information is available at www.bchd.org/volunteer.

[Click Here to Register to volunteer](#)

- Sponsor: Area businesses and residents can support the growth of the LiveWell Kids program and promote wellness in your organization. To learn more, contact Cristan Mueller, Chief Health Operations & Communications Officer, at cristan.mueller@bchd.org.

Event Details:

What: Beach Cities Volunteer Day

Date: Thursday, August 14, 2025
When: Check-in: 8:30 a.m.
Service Time: 9:30–11:30 a.m. at school sites
Where: Alta Vista Park, Field 3, 715 Julia Ave, Redondo Beach, CA 90277

For more information, visit www.bchd.org/volunteer/volunteer-day or contact Alejandra Sierra, Volunteer Engagement Supervisor, at (310) 374-3426 x8160.

About Beach Cities Health District

Beach Cities Health District (BCHD) is a healthcare district focused on preventive health and serves the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Established in 1955, BCHD offers a wide range of programs, services and facilities to promote health and prevent disease. BCHD also operates allcove Beach Cities, a wellness center for young people 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 two Medical Fitness Association-certified facilities in California. For more information, visit www.bchd.org.