

# live well

WINTER 2017

*Carol Schiewe has two types of cancer, one extremely rare neurological disease and ZERO excuses to skip the gym.*

**"I'm not giving up, so bring it on."**

Schools Embrace  
Mindfulness in  
Manhattan Beach

**#SweatLocal**  
Free Fitness  
Weekends  
are back



# 2016 in Review

AT BEACH CITIES HEALTH DISTRICT (BCHD), WE USE outcomes and data as the measuring sticks for our success, especially when evaluating our more than 21 evidence-based community health programs and services currently being implemented in the Beach Cities.

Because at the end of the day (or year!), facts and data always speak for themselves – making this the perfect opportunity to present a snapshot of the key community health accomplishments realized in 2016, as well as what lies ahead.

Thanks to the concerted efforts of our staff, volunteers, community partners and elected officials, in 2016:

- The Beach Cities earned the highest well-being score in the nation, according to the Gallup-Healthways Well-Being Index. Additionally, the index showed marked declines in smoking, significant daily stress and overweight rates, and increases in healthy eating and exercise behaviors among residents.
- The Beach Cities were the largest community in the U.S. to receive Blue Zones Community Certification.
- Childhood obesity in Redondo Beach elementary schools dipped to the lowest recorded rate in more than 12 years, falling to just seven percent.
- BCHD health programming was implemented in each of the 21 public schools in the Beach Cities.
- Despite a rapidly expanding senior population, the fall rate among Beach Cities older adults dipped to just 5.3 percent, the lowest in six years.
- More than 600 BCHD volunteers logged upwards of 30,000 hours.

The U.S. Surgeon General visited the Beach Cities in 2016 to learn more about the measurable health successes being realized. At the conclusion of his visit, Vivek Murthy, M.D., M.B.A. said of the Beach Cities: “We tend to believe that America’s health problems are too big and intractable. You have proven that communities can take charge and reverse the trend.”

Looking ahead, with sustained support from our many community partners and volunteers, we intend to again take charge and address the greatest health needs facing the Beach Cities, including high rates of substance use among teens and adults and the growing demand for older adult services, among others.

To see a complete list of BCHD’s strategic health priorities for the next three years and to get involved in creating a healthy beach community, visit [www.bchd.org](http://www.bchd.org).

Here’s to an even healthier New Year.



In health,

Tom Bakaly  
Chief Executive Officer  
Beach Cities Health District

BEACH CITIES HEALTH DISTRICT IS ONE OF THE LARGEST preventive health agencies in the nation, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. It offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the entire lifespan.

## Mission

To enhance community health through partnerships, programs and services for people who live and work in Hermosa Beach, Manhattan Beach and Redondo Beach.

## Vision

A healthy beach community.

### BOARD OF DIRECTORS

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# Life

Programs for every stage of

## YOUTH

- Nutrition Education
- School Gardens
- Social-Emotional Learning
- Physical Activity
- Substance Use Prevention
- Walking School Bus
- Toddler Classes



## ADULTS

- Blue Zones Project®
- Covered California™
- Low-Cost Fitness Center
- Health Referrals for Underinsured/Uninsured
- Volunteer Opportunities



## OLDER ADULTS

- Plans for Successful Aging
- Independent Living Assistance
- Peer Counseling
- MoveWell In-Home Exercise
- Errand Assistance
- Social/Conversational Support
- Health Referrals for Underinsured/Uninsured
- Advanced Care Planning



# Free Purpose Workshop & Volunteer Expo

BEACH CITIES HEALTH DISTRICT WILL BE HOSTING A FREE purpose workshop — followed by a volunteer expo — on January 21 at 9 a.m. in the Redondo Union High School Auditorium. The workshop and the expo are specially designed for all ages – including teens, college students and those experiencing work or life transitions. Research shows that people with purpose live longer, perform better at work and live happier lives.

The purpose workshop will be facilitated by Kathleen Terry, a well-known local expert who has successfully helped thousands of Beach Cities residents discover how to align their individual gifts, talents and interests to create purpose in daily life. Attendees will learn the research behind the power of purpose; participate in a series of activities designed to facilitate self-exploration; and walk away with the ability to articulate their values, passions and gifts.

Following Kathleen's presentation, attendees will be invited to explore a volunteer expo that features a diverse menu of opportunities to give back to the community through local organizations like Beach Cities Health District and Redondo Beach Unified School District.

For more information or to register, visit [bchd.org/purpose](http://bchd.org/purpose).



# Healthy Reasons to Volunteer in the New Year

by Zoe Summer, BCHD volunteer and author

**AS YOU WRITE YOUR NEW YEAR'S RESOLUTION LIST,** consider adding a healthy dose of volunteerism in your life. Research shows that those who give back to their community and make positive differences in people's lives reap a variety of health and wellness benefits, ranging from decreased daily stress to an increased life expectancy.

Here are just some of the ways volunteering gives back to volunteers:

**A sense of purpose.** Volunteerism is good for the heart — both figuratively and literally — and is linked to providing people with an enriched sense of purpose in life, according to Harvard University.

"We know that stress, depression and anger all have negative effects on the body, especially with regard to the risk of cardiovascular disease," says Eric S. Kim, research fellow at the Harvard T.H. Chan School of Public Health. "The opposite emotions and mindsets — satisfaction and optimism — are closely linked to but not necessarily synonymous with a sense of purpose."

Beach Cities Health District will be hosting a free Purpose Workshop and Volunteer Expo on January 21 in the Redondo Union High School Auditorium. Visit [bchd.org/purpose](http://bchd.org/purpose) to learn more.

**Stress reduction.** Researchers at Carnegie Mellon University found volunteering to be helpful with respect to stress

reduction, and highlighted the strong relationship between lower stress levels and key health outcomes. Other advantages outlined in the report include increased feelings of well-being and the uplifting emotion commonly referred to as "the helper's high," which contributes to improved well-being and happiness.

**Increased longevity.** Students from the University of Exeter, a public research university in England, analyzed data from 40 published papers and discovered evidence suggesting that volunteers have a 20 percent lower risk of death than non-volunteers.

Additionally, a national survey of 3,351 adults conducted by United Health Group found that 76 percent of people who volunteered in the past 12 months reported feeling healthier as a result.

**Social Connectedness.** Volunteering can help you build friendly alliances within your community and widen your social circle, as well as drive positive feelings like camaraderie and connection, which both improve overall well-being.

**Want to get involved?** There are a wide variety of meaningful opportunities available through BCHD. Visit [bchd.org/volunteer](http://bchd.org/volunteer) or call (310) 374-3426 to learn more.



**REDONDO BEACH SUPER BOWL SUNDAY**  
**10k / 5k**  
 2017  
 FEBRUARY 5, 2017  
 REGISTER ONLINE AT [REDONDO10K.COM](http://REDONDO10K.COM)

## RACES:

- 10K RUN
- 5K RUN/WALK
- BABY BUGGY 10K
- KIDS RUN



A Beach Cities Health District Program

## 2017 RB 10K/5K ENTRY FEE:

### 5K

UNTIL JAN. 8, 2017 .....	\$30
STARTING JAN. 9, 2017 .....	\$35
DURING RACE WEEKEND EXPO (FEB. 4 & 5) .....	\$40

### 10K & BABY BUGGY 10K

UNTIL JAN. 8TH, 2017 .....	\$35
STARTING JAN. 9, 2017 .....	\$40
DURING RACE WEEKEND EXPO (FEB. 4 & 5) .....	\$45

### KIDS PRICING — \$10

DURING RACE WEEKEND EXPO (FEB. 4 & 5) 2017 .....	\$15
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# 'Joie de Vivre'

## Carol Schiewe's Unshakable Love of Life

by Eric Garner, BCHD Senior Communications Specialist

**CAROL SCHIEWE REFUSES TO LET ANYTHING STRIP AWAY** her joy for life. And by anything the 57-year-old member of BCHD's Center for Health & Fitness (CHF) means *anything*.

A malignant tumor in her breast that was larger than any her doctors had ever seen didn't dampen it. A second cancer diagnosis just a year later, this time in her thyroid, couldn't shake it. And being blindsided in early 2016 with news that she was just the 271st person in the world to be diagnosed with a rare degenerative brain disorder that threatens to leave her immobile, deaf and incontinent, well, that actually made her laugh.

"When they said I had superficial siderosis, I smiled and said 'okay, well, check that one off the list,'" laughs Carol, a loving mother, wife and former registered dietitian for trauma and cancer units. "My reaction may seem odd to some, but there's not much that can get me down at this

point because I stopped taking myself so seriously a long time ago. I live in the moment and take the time to appreciate the life happening around me. This allows me to find joy in little things, like going to concerts with my daughter. My challenges are honestly just a blip on the radar."

Carol applies this positive, can-do attitude to every aspect of her life, including fitness. Back in 2010, the year of her second cancer diagnosis, she joined the Center for Health & Fitness — a low-cost community gym operated by Beach Cities Health District in Redondo Beach — and began taking a slew of exercise classes, doing cardio and working with a personal trainer five to six days a week to keep her weight down and offset the negative effects of cancer treatments.

In the six years since, despite enduring an unimaginable number of surgeries, treatments, tests and doctor appointments, she still hasn't deviated from her exercise routine.





*Carol and Derick Malit completing circuit drills during one of their three weekly personal training sessions at the Center for Health & Fitness. With Derick's help, Carol has successfully dropped more than 30 pounds in the past year.*

In fact, she's lost 30 pounds, packed on lean muscle and reports to be "in the best physical health of my adult life."

We sat down with Carol to hear more about her inspirational journey as well as to discover what fuels her insatiable resolve to keep fighting, laughing and living with contagious joy.

*Wow, where do we start? What was it like ...*

"Being diagnosed with cancer twice in two years, and then finding out about my brain disorder?"

*Yeah, how do you even begin to process that?*

"The first cancer diagnosis was surreal. I was so used to being on the other end of that conversation from my time as a registered dietitian in cancer wards, that it really hit me hard to hear the news. But I did cancer by acceptance, meaning I didn't go to any support groups or seek counseling. I just followed my doctor's instructions, took the treatment and kept moving forward. Kept checking off the boxes and following the plan. That approach worked for me. One step, one day at a time. It's like that song 99 bottles of beer on the wall, 'you take one down, pass it around' ... I put my head down and just keep going. It's gotten to the point where I keep getting dealt strange hands, but I'm not giving up. So bring it on."

*You have such a good attitude, but what motivates you to keep fighting?*

"I have this incredible kid, an amazing young woman who is 21 years old. Emma is brilliant, she listens to me and we can have conversations that most mothers and daughters don't. If I didn't have her, this might have been a different story. Because when I don't want to take my medicine or do treatments, I'd remind myself that I'm doing this for my daughter. I want to see her grow up, graduate college and start a life. Without that motivation, yeah, I may not be able to keep going."

*Is that the key to persevering when you have cancer — focusing on what or who you're living for?*

"Yes, but I also think you have to find the humor. Find the humor, humanity and the beauty, or whatever aspect of the situation that you consider to be positive in your life. It's difficult to explain, but with my third diagnosis — the rare brain disorder — I really had to find a static focus and hone in on what keeps me going, which is laughing, my daughter and living with joy."

*How did you receive the news that you became only the 271st person in the world diagnosed with superficial siderosis?*

"When my doctor said that I have a degenerative brain disorder that only 271 people on earth have, I looked



back at him and said 'okay' and then just laughed at the absurdity of it all – I mean who knows what that all means anyway?"

**Q But it's a very serious disorder, right? How do you laugh in that situation?**

**A** "Well, what are you going to do? Yeah, it's serious, but it's not going to stop me in my tracks. I guess I've always had a very sick sense of humor, which helps. But as I've aged, I've become this different person who doesn't take me too seriously. It took time to learn that life isn't all about me and it's so dynamic that I have to evolve and just go with things. And that's what I'm doing."

**Q What role has exercise played in your recovery, either physically or mentally? Is it an escape?**

**A** "Honestly, I love the accepting atmosphere and people at the Center for Health & Fitness, but I hate working out, because I sweat like a pig and it's really difficult for me. But I know that it's what I have to do to give myself a fighting chance. So, again, I put my head down and keep going. Exercise isn't really an escape for me — music is my escape per say; I absolutely love music — but I know that keeping my body in as good of condition as I can gives me a better chance to survive surgeries, treatment and to keep living with a good quality of life. For example, I was walking around the halls of Cedar Sinai completely unassisted the morning after my spinal surgery; and I was back working out at CHF within 12 days of the operation. That wouldn't have happened if I didn't make myself exercise."

**Q Can you describe your current exercise routine?**

**A** "I go to the Center for Health & Fitness five to six days a week to take group exercise classes. I do Pilates, yoga, spinning — I love Manuela's spinning class, she's amazing. I also do at least an hour of cardio and, of course, meet with my trainer at least two to three times per week. Like I said, exercise doesn't come easily to me, but it's something that I know I need to do for my health. So I do it."

**Q How do you motivate yourself to keep coming back to the gym in the midst of so much adversity?**

**A** "I don't allow myself to wallow in my sorrow. I don't have time for that. It's just mind over matter: 'I don't mind, and it doesn't matter.' I also have a great personal trainer, Derick Malit, the man with the 100-watt smile, and a gym full of supporters and friends. So I keep coming to the Center for Health & Fitness, keep sweating and keep living."

**Q What's the current status of your cancer and superficial siderosis?**

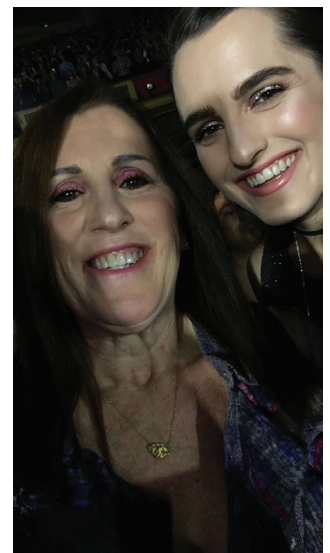
**A** "I don't get a pass on my breast cancer until I reach ten years, because of the size of the tumor. So it's active. I just had a genetic test done and two markers lit up, which likely means breast cancer and colon cancer. So I have to be vigilant because I will likely still develop something because of my family history and the scope of my tumor. It would be amazing if I dodge the bullet, but not likely. And there's also a good chance I will start seeing symptoms like loss of hearing, possible loss of mobility and bowel control from my siderosis 15 to 20 years down the road. But that remains to be seen, so I'm not worrying about that stuff. Remember, I just keep smiling and moving forward."

**Q So how do you plan to live out the remainder of your life, however long it may be?**

**A** "With joie de vivre."

**Q What does that mean?**

**A** "That's French for joy of living. I cannot allow cancer or anything else to define who I am. I have cancer, but cancer doesn't have me. I have superficial siderosis, but it doesn't have me. I'm not going to let it have me. So right now I'm going to keep laughing; I'm going to keep singing like a crazy person in my car; I'm going to keep going to concerts with my daughter; and I'm just going to keep loving life." 🌸



Carol with her daughter, Emma, at a recent concert.





# #SweatLocal with Free Fitness Weekends

BEGINNING FEBRUARY 10, THE PUBLIC WILL ONCE AGAIN have the opportunity to take workout classes at many of the top studios and gyms in the Beach Cities — without having to sweat the cost! — as part of monthly “Free Fitness Weekends” organized by Beach Cities Health District (BCHD). The kick-off weekend is slated for February 10–12 at studios in Hermosa Beach, Manhattan Beach and Redondo Beach.

More than 25 gyms and fitness studios have already joined the community health initiative, which asks each business to provide at least one free workout class per month. Offerings range from standard favorites like Pilates and yoga to more adventurous options like standup paddle boarding and trampolining. Children’s classes are also included on the schedule, which is posted at [bchd.org/freefitness](http://bchd.org/freefitness).

According to BCHD CEO Tom Bakaly, the goal of the community-focused initiative is to get more people exercising by removing barriers like cost and highlighting opportunities to #SweatLocal.

“It’s well-known that physical activity is one of the keys to leading a healthy life, but alarmingly only one in three adults and one in four children currently get the recommended daily amount,” said Bakaly. “We created Free Fitness Weekends to help make fitness more accessible and to hopefully connect people with workout opportunities they enjoy and want to stick with long-term. So far the response from residents has been overwhelmingly positive, and we want to especially thank the studios that have stepped up to support community health.”

One such local business is Poise Fitness in Hermosa Beach. The popular studio is owned by Justin Roth, who was one of the first to join the initiative two years ago.

“I decided to become a Free Fitness Weekends partner to give back to my community,” said Roth. “And what better way to give back than by helping introduce people to health and fitness in a fun, exciting atmosphere? This is a great opportunity to make fitness more accessible while also showcasing the dynamic classes Poise has to offer. It’s a win-win.”

Free Fitness Weekends will take place February 10–12, March 10–12 and April 7–9. There is no cost to participate, however, registration for certain classes is required. To see the complete schedule, including class times, dates and descriptions, visit [bchd.org/freefitness](http://bchd.org/freefitness).



*Poise Fitness in Hermosa Beach offers a variety of heart-pounding class opportunities, ranging from its signature cardio workout shown above to power yoga.*



# Free Monthly Mindfulness Workshops

All members of the public are encouraged to attend monthly mindfulness drop-in sessions at Beach Cities Health District (BCHD) on the first Wednesday of each month at 5:30 p.m. The 30-minute sessions are free and are facilitated by BCHD's trained mindfulness instructors. No prior experience with meditation or mindfulness is required. Learn more at [bchd.org/mindfulness](http://bchd.org/mindfulness).

## What is Mindfulness?

According to UCLA's Mindful Awareness Research Center, mindfulness involves paying attention in the here and now with a quality of openness, curiosity and kindness. Being mindful is about paying attention to your present moment experience, including thoughts, feelings, sensations, sounds, etc. This practice teaches participants to meet the experience of the moment just as it is, without adding extra criticism or judgment. Initially, you may not feel its impact or understand its benefits. However, with time and practice, many find that through mindfulness they gain more clarity in their life and better handle stressors at home and in the workplace.

## Benefits of Mindfulness

According to the American Psychological Association, a selection of the empirically supported benefits of mindfulness includes:

- **Stress reduction.** Evidence shows that mindful meditation increases positive affect and decreases anxiety and negative affect.
- **Improvements in working memory.** Studies have found that mindfulness practices increase a person's ability to focus attention and suppress distractions.
- **Better cognitive flexibility.** Another line of research suggests that in addition to helping people become less reactive, mindfulness meditation may also give them greater cognitive flexibility and help develop the skill of self-observation.

## 3 Ways to Practice Mindfulness at Home and Work

- 1. Mindful Movement:** Every thirty minutes of sitting, do four minutes of movement. Stretch, walk, do some neck rolls. Notice how your body feels before and after you move.
- 2. Mindful Eating:** Eat a snack mindfully. Notice the sight, touch, smell, taste, sound and thoughts and feelings you are experiencing while you are eating.
- 3. Daily Five-Minute Breath Meditations:** Sit comfortably in a place where you are unlikely to be disturbed. Pay attention to your breath as it moves in and out of the body (focusing at the nose, chest or at the abdomen) for five minutes. Remember, you are not trying to achieve any particular state ... you are practicing being present.

# AdventurePlex's 'Toddler Town' by the Numbers

AdventurePlex staff will have their party hats on come **Saturday, January 14**, when they celebrate the one-year anniversary of "Toddler Town" with discounted admission, free class demos, crafts, games and much more.

AdventurePlex's newest healthy play zone features an interactive toddler-sized farm, market and beach home — each specially crafted by Beach Cities Health District to help introduce kids five and younger to the organic farm-to-table nutrition cycle through imaginative play.

**Here's a by-the-numbers look at Toddler Town's inaugural year.**

**15,774** pint-sized visitors learned farm-to-table nutrition concepts through imaginative play.

**2,083** toddlers participated in classes ranging from Parent-Tot Yoga and Stroller Fitness to Toddler Movement and Toddler Gardening.



A Beach Cities Health District Program

**AdventurePlex.org**  
1701 Marine Ave.  
Manhattan Beach

## Explore Toddler Town:

- Drop-in Play
- Parent & Me Classes
- Private Birthday Parties

## Join us for an Open House

Saturday, Jan. 14, 9 a.m. to 1 p.m.  
Free Admission (must register for a class demo)

# 'MindUP' in Manhattan

## Pennekamp Elementary's Unique Approach to Mental Health

by Eric Garner, BCHD Senior Communications Specialist

### EVERY MORNING AT PENNEKAMP ELEMENTARY SCHOOL

in Manhattan Beach begins the same way. Before the first class bell sounds, nearly 600 students, teachers and parents gather together in organized groups on the blacktop for a full minute of complete and utter silence.

Not a giggle, scoff or even a whisper disrupts the quiet, as the hundreds in attendance — primarily energetic elementary schoolers — pause in concert to mindfully set their personal intentions for the day.

When the minute draws to a close and eyes slowly begin to reopen, Principal Toni Brown emerges from the center of the crowd to personally thank the group for starting their day off with a "mindful minute," before quickly dismissing the students and teachers to their classrooms in a remarkably calm and orderly fashion.

"We call it our 'morning moment' or 'mindful minute,' we're still working out the name," laughs Brown, who is in her third year at Pennekamp. "But it's a really great way for our student body to come to a complete stop and gather their thoughts and intentions for the day ahead. I run a community-oriented campus, so it's also an opportunity to connect parents and staff and create a true sense of community."

The unorthodox morning activity began last year as the brainchild of Brown and her leadership team. Their idea stemmed from Pennekamp's recent integration of an evidence-based program called "MindUP," which uses neuroscience, mindful awareness, positive psychology and social-emotional learning to teach students healthy ways to manage their emotions.

The nationally-recognized program, developed by the Hawn Foundation, was implemented two years ago in each of the five public elementary schools in Manhattan Beach Unified School District (MBUSD), where officials have voiced growing concern in recent years about the high levels of stress reported by its high-achieving students. MBUSD is ranked near the top 10 percent of all school districts in the state by the California Department of Education, but is challenged by higher-than-average substance use rates, especially among middle and high school students.

Directed locally by Beach Cities Health District (BCHD), in partnership with the Hermosa Beach, Manhattan Beach and Redondo Beach school districts, MindUP's research-driven curriculum blends mindful awareness practices with the science behind how the brain functions and reacts to stimuli like stress, anger and anxiety — emotions that research shows to be increasingly prevalent among young

people today — to help students become emotionally articulate and grow socially.

"We as parents and teachers sometimes say to kids, 'settle down.' Well, what does that mean?" asks BCHD Director of Lifespan Services Kerianne Lawson, who oversees the program for BCHD. "We have to teach our kids to be conversant in how they are feeling. MindUP provides a framework for kids to clearly express themselves and channel stress, anxiety or anger in a healthy manner."

Since first implementing the program in select Beach Cities schools six years ago, a significant number of principals and administrators have reported fewer incidences of bullying, disciplinary office visits and emotional outbursts on campuses where MindUP has taken hold.

"It helps students self-regulate and clear their minds rather than acting out," says Lawson. "The result is better decision-making."

BCHD provides local teachers with the required training to administer the in-class lessons, which include daily breathing exercises, meditation and interactive lessons on the brain. Each teacher is encouraged to tailor the lessons to fit their personal teaching style and classroom culture.

This flexible approach empowered staffers at Pennekamp to create color-coded "emotional thermometers," which students use to physically point out their feelings during routine "emotional check-ins." If students



*Pennekamp Elementary's "mindful minute" brings together the student body, teachers and parents for a collective moment of reflection each morning on campus.*





*First graders at Pennekamp pause for a moment of mindful breathing and meditation exercises after returning from the playground.*

report to be feeling in the orange or red range of the thermometer – signaling high levels of stress, worry or frustration – there is a designated space in every classroom where they can go to calm their minds.

In Michelle Syverson's first grade class at Pennekamp, students practice a combination of yoga and MindUP breathing techniques each day after returning from the playground or gym class. "We use a website called GoNoodle.com to guide us through few beginner poses after an active situation like lunch or recess. It helps my students reach a level of calm before its time to re-focus and learn."

Principal Brown reports that the curriculum also teaches a "shared language" related to how the brain works when difficult emotions are bubbling up – allowing her students and teachers to communicate more effectively about sensitive situations or feelings.

"When issues do arise, I'm seeing students stop and take a minute to mindfully breathe and calm their minds, because that's what they are being instructed to do in class," says Brown. "It's become a common language on campus, and I can see the growth."

However, it's not just students benefitting from MindUP. Teachers like Syverson – a 21-year veteran of the Manhattan Beach Unified School District who started teaching at Pennekamp seven years ago – say there has been a

noticeable shift in the approach to dealing with behavioral issues and emotions on campus. The majority of teachers at Pennekamp are now leading mindful meditation after students return from lunch to quell the post-play wiggles and allowing for intermittent "brain breaks" during the school day to reduce stress and anxiety.

"When students are escalating, we have a better understanding of what is triggering the behavior, so we can help the student understand the situation and self-regulate," Syverson says. "I'm in my 23rd year of teaching and my approach has evolved in the last two years, because being able to get to a common, calm place with students really helps in a learning environment."

The response from parents regarding the program has also been very positive, especially among those who participate in the mindful morning exercise during drop-offs, according to Principal Brown. "I have moms and dads regularly come up to me and say 'that was the first opportunity I've had all week to really slow down and take a moment to reflect and relax my mind.' Practicing mindfulness is a really nice way for all of us – students, teachers and parents – to start our days on a meaningful, positive note."

To learn more about the MindUP program in the Beach Cities, visit [bchd.org/mindup](http://bchd.org/mindup).





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**PAID**  
Beach Cities  
Health District

\*\*\*\*\*ECRWSEDDM\*\*\*\*  
POSTAL CUSTOMER

I work out,  
so I don't need  
help out.

— Hope Witkowsky, 76, CHF member



## OPEN HOUSE

**Jan. 7, 9am–1pm**

Join Jan. 7 and receive  
a FREE month plus a  
**\$100 credit!**\*

\*Credit cannot be used towards monthly dues. Credit must be used toward Center for Health and Fitness services: Yoga, Pilates, Massage, Personal Training, Small Group Training and Nutrition services.



*A Beach Cities Health District Program*

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