

2025-26 LiveWell Kids

Volunteer Trainings

All trainings will be held virtually. The link will be sent to you by your LiveWell Kids Lead Volunteer the week before the training. For your convenience, trainings will be recorded.

TRAINING #1: LESSONS 1 & 2

Tuesday, October 7, 2025

Lesson 1: 9:00 – 9:30am (Q&A: 9:30-9:45am)

Lesson 2: 9:45 – 10:15am (Q&A: 10:15-10:30am)

TRAINING #2: LESSONS 3 & 4

Tuesday, January 20, 2026

Lesson 3: 9:00 – 9:30am (Q&A: 9:30-9:45am)

Lesson 4: 9:45 – 10:15am (Q&A: 10:15-10:30am)

TRAINING #3: LESSONS 5 & 6

Tuesday, April 14, 2026

Lesson 5: 9:00 – 9:30am (Q&A: 9:30-9:45am)

Lesson 6: 9:45 – 10:15am (Q&A: 10:15-10:30am)

An optional in-person Q&A session will be held at 10:00 AM the following morning after each training in *The LiveWell Kids Demonstration Garden* — provided there's enough interest and participants sign up ahead of time:

The LiveWell Kids Demonstration Garden
Beach Cities Health District
514 N. Prospect Ave., Redondo Beach



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Lesson Delivery Dates

LiveWell Kids lessons need to be delivered within the lesson delivery time frame listed below.
Success of the garden relies on planting and harvesting during the given time frame.

*****Please check in with your school's front office for any volunteer screening requirements***

For questions, please contact Mishell Balzer (Mishell.Balzer@bchd.org)

Lesson 1	
Training: October 7, 2025	Lesson Delivery: October 9 – 22, 2025
Lesson 2	
Training: October 7, 2025	Lesson Delivery: November 10 – 21, 2025
Lesson 3	
Training: January 20, 2026	Lesson Delivery: January 22 – February 4, 2026
Lesson 4	
Training: January 20, 2026	Lesson Delivery: March 16 - 27, 2026
Lesson 5	
Training: April 14, 2026	Lesson Delivery: April 16 – 29, 2026
Lesson 6	
Training: April 14, 2026	Lesson Delivery: May 18 – 29, 2026

