



Bingo prizes available!

Families in Good Health presents workshop series

Wellness & Social Connections

Dignity Health - St. Mary Medical Center and its Families in Good Health program are hosting complimentary Virtual Wellness Workshops for the 60+ seniors in our community. Workshop materials will be dropped off at your home through contactless delivery. If you have questions or would like to register, please call 562-491-9100.

November

Bingo/Loteria 11/18 3:00-4:00 p.m. (Spanish)
 11/23 3:00-4:00 p.m. (English)

December

<p>Meditation Yoga/ Stretching</p>	<p>12/1 1:30-2:30 p.m. (Spanish) 12/1 2:00-3:00p.m. (Khmer) 12/3 1:30-2:30 p.m. (Khmer) 12/7 2:00-3:00 p.m. (Khmer) 12/10 1:30-2:30 p.m. (Khmer) 12/14 2:00-3:00 p.m. (Khmer) 12/17 2:00-3:00 p.m. (Khmer) 12/22 1:30-2:30 p.m. (English) 12/28 10:30-11:30 a.m. (Span./ Eng.)</p>	<p>Arts/Crafts 12/8 1:30-2:30 p.m. (Span./Eng.) 12/22 1:30-2:30 p.m. (Spanish) Gardening 12/9 1:30-2:30 p.m. (Spanish) 12/10 1:30-2:30 p.m. (English) Winter Wellness 12/15 1:30-2:30 p.m. (English) Painting 12/3 1:30-2:30 p.m. (English) 12/17 1:30-2:30 p.m. (Spanish)</p>
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