

FRIDAY's in May

9:30AM to 10:30AM

stay healthy



Each Friday in May, please join Independence at Home's Community Education Program via ZOOM to learn new ways you can stay happy and healthy! The first 25 Manhattan Beach senior residents who attend all four programs will receive a health fair goodie bag! Use the following ZOOM link to attend all four programs: <https://citymb-info.zoom.us/j/99041893681>

Date	Topic	Description
May 7	Maintain Your Brain	You may have heard the phrase, use it or lose it. You use your muscles to keep your body strong. The same is also true for your brain. When you use your brain you keep your mind sharp. At this program learn what you can do to keep your brain active and healthy.
May 14	Getting a Good Night Sleep Without Medication	All adults need between 7 and 9 hours of good sleep each night. But sometimes sleeplessness takes hold and could cost you precious hours of sleep. Many of us don't want to take pills for it either. This program will teach you some good sleep habits you can do to get a good night's sleep - without medications!
May 21	COVID-19 Information	Get the latest COVID-19 information.
May 28	The Healthy Grieving: How to Live After Loss	As we age we tend to have more losses in life. Grief is a natural response to a loss. We grieve for our losses but how you grieve is unique to you. Learn about how to express your grief in healthy ways and how to live after loss.