

Thriving Thursday Virtual Classes



First Thursday of the month. Join us for a dose of wellness!

Time: 12:30-1pm

Teams link below to join the classes

- **June 11 – Emotional First Aid for Caregivers** with guest speaker David Baez, Behavior Health Department
- **July 9 – Healthy Communication: At Work & At Home:** Learn practical, easy-to-use communication skills that support clarity, respect, and stronger relationships in both professional and personal settings.
- **August 6 – Creative Rest for Overworked Brains:** Explore simple, restorative practices that help busy minds reset, recharge, and reduce mental fatigue without adding more tasks to the day.
- **September 10 – The Sugar Shift: Blood Sugar Balance Made Simple:** Break down how everyday food choices affect blood sugar, en-

[Click to join the meeting now](#)

Meeting ID: 268 415 224 437 16

Passcode: oL3xS7T4

Dial in by phone

+1 213-533-9530,,182861390# United States,
Los Angeles

