



SOUTH BAY
DEMENTIA EDUCATION CONSORTIUM

THE SELF-CARE FAIR

A seminar for family caregivers
about how to live a healthier lifestyle

NOVEMBER 12, 2019 5:30 PM - 7 PM
RECEPTION: 5 PM

REDONDO BEACH MAIN LIBRARY
303 N. PACIFIC COAST HWY
REDONDO BEACH, CA 90277
RSVP: (310) 374-3426 EXT. 256





SELF-CARE IS HEALTH.

BE ABUNDANT IN HEALTH

Learn the ins and outs of self-care and healthy living from experts in our South Bay community. Join this highly interactive workshop and move from learning circles to healing circles and back again as attendees engage the following topics:

- Cultivating happiness from the inside out
- Practicing mindfulness
- Laughter as a healing art
- Eating the Mediterranean diet
- Setting goals and sticking to them

Join us for an evening of relaxation, recreation, and rejuvenation!

For inquiries call (310) 374-3426 Ext. 256 or email dhart@abc-seniors.com