



**Family and Friends
Education and Support Group**

Every Wednesday from 7:00 to 9:30 PM

Presented by

Metropolitan State Hospital

11401 South Bloomfield Avenue, Norwalk CA 90650

At the OASIS Building

At the entrance to the hospital grounds go just past the Police Kiosk (guard shack). As soon as you go over the 1st speed bump take an immediate left onto Cedar Street. Then go about one block. James Hall will be on your right-hand side. Take the next immediate right turn pass James Hall into the James Hall parking lot. If you go past the stop sign you've gone too far. The OASIS building is directly across from the front entrance to James Hall. The lights will be on!

January 1st through April 1, 2020

January 1	Happy New Year 2020 – No Meeting
January 8	Your Goals & Dreams for 2020!
January 15	How to Build a Healthy Habit
January 22	Taking Care of Yourself & Why You're # 1
January 29	WELLNESS – What Helps & What Hinders
February 5	Planning, Caring and Sharing
February 12	Heart Health for Physical & Mental Health
February 19	Let Food be Thy Medicine
February 26	Smoothie Night (bring something healthy to blend)
March 4	Planning, Caring and Sharing
March 11	Meditation for Stress Reduction & Wellbeing
March 18	Dahn Yoga for Wellness by Roxanne
March 25	How to Slow Down Cognitive Decline
April 1	Planning, Caring and Sharing

For more information please call Mark Martin at (562) 395-3969

Remember to Keep Hope Alive!