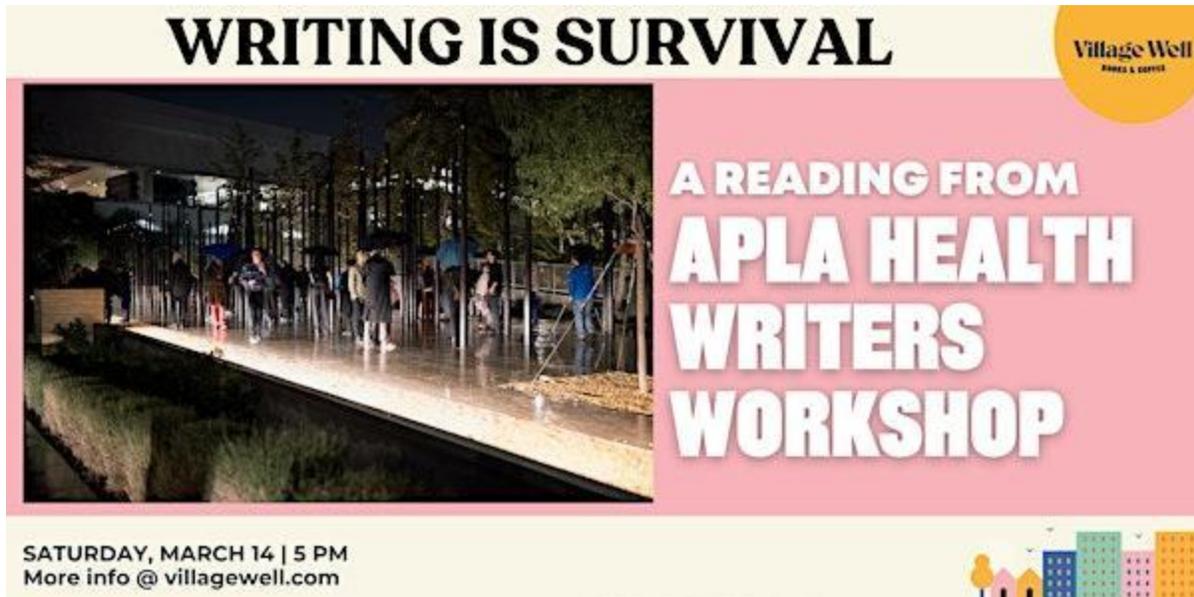

Writing Is Survival: An APLA Health Writers Workshop Reading



When:

Saturday March 14, 2026 · 5:00pm to 6:30pm PST

Where:

Village Well Books & Coffee

9900 Culver Boulevard

#1b Culver City, CA 90232

Reserve a Spot:

<https://www.eventbrite.com/e/writing-is-survival-an-apla-health-writers-workshop-reading-tickets-1983477114443?aff=ebdssbdestsearch>

About:

Join the APLA Health Writers Workshop for an evening of poetry and personal narrative centering older adults living with HIV, whose voices continue to shape our cultural memory and our present moment. Spanning decades of experience—from the early years of the epidemic to today’s shifting political landscape—these writers reflect on survival, friendship, stigma, love, aging, and the complicated gift of time.



Scan Me!

Los Angeles Job Fair



Meet Live and In-person and Interview with Local and Nationally Known Employers at The Los Angeles Job Fair & Career Fair

When:

Thursday, March 17 · 9:30am - 12:30pm PST

Where:

Hyatt, Los Angeles Airport

6225 W Century Blvd

Los Angeles, CA 90045

Reserve a Spot:

<https://www.eventbrite.com/e/los-angeles-career-fair-tickets-203182663817?aff=ebdssbdestsearch>

About:

Are you looking for a New Career in Los Angeles? Now you can Meet & Conduct Face-to-Face Interviews with Local and Nationally Known Employers at The Los Angeles Job Fair - LIVE and In-person Career Fair (All Positions).



Scan Me!

Yoga in WeHo at Men's Health Foundation



When:

Tuesday March 24, 2026 · 6:00pm to 8:00pm PST

Where:

8284 Santa Monica Boulevard

West Hollywood, CA 90046

Reserve a Spot:

<https://www.eventbrite.com/e/yoga-in-weho-at-mens-health-foundation-tickets-1983995283300?aff=ebdssbdestsearch>

About:

Get your zen on with a yoga session in WeHo, hosted by Men's Health Foundation - time to stretch, breathe, and relax!

Unwind and reset at Efren's Group Yoga in WeHo, hosted by Men's Health Foundation. Enjoy a guided flow focused on healing, mindfulness, and self-care.

Doors open at 6 p.m. Yoga begins promptly at 6:30 p.m. Come early to mingle, build community, and learn about MHF services.



Scan Me!

OutPro Los Angeles LGBTQ Networking



When:

Tuesday March 10 · 6:00pm – 9:00pm PST

Where:

Revolver Video Bar WeHo

8851 Santa Monica Boulevard

West Hollywood, CA 90069

Reserve a Spot:

<https://www.eventbrite.com/e/outpro-los-angeles-lgbtq-networking-tickets-1982827860507?aff=ebdssbdestsearch>

About:

Make professional connections that can advance your career. You never know who you will meet at our welcoming networking mixer.

Meaningful networking for us. Across all industries. Throughout careers.

Join us for meaningful, face-to-face networking at the iconic [Revolver](#), a West Hollywood community favorite and cultural landmark since 1984. A symbol of progress and belonging, Revolver is the perfect setting to connect.



Scan Me!



LA Public Library Card Benefits

- Explore SoCal museums and other cultural destinations
- Visit over 200 participating stat parks for free vehicle day-use entry
- Access a variety of online resources including:
 - LinkedIn Learning
 - Gale Course
 - Brainfuse
 - Mango Languages
 - Much more
- Access databases to conduct research from auto repair to legal topics
- Enjoy books, eBooks and audiobooks
- Stream music, movies and TV shows
- Laptop and Wi-Fi hotspot lending
- Free online tutoring
- Borrow board games
- Skill-building courses and career development tools
- View virtual programs, including topics such as 'Prep for Job Interviews', 'Microsoft Excel for Beginners', African American Genealogy Workshop and more

Please visit LA County Library's Website for more at

<https://lacountylibrary.org/>

or use the QR Code:



To view the Virtual Programs visit:

<https://lacountylibrary.org/vp/>

or use the QR code:



Do you want to exercise more? Here are some resources to help you start! This document includes details on various gym memberships, SilverSneakers, and other fun ways to be active in your community!

Gym memberships

Gym	Details	Website
Planet Fitness	<ul style="list-style-type: none"> • Classic membership: \$10 / month <ul style="list-style-type: none"> ◦ Startup fee: \$49 ◦ Annual fee: \$49 ◦ No commitment • Offers 1 free day pass 	Gym Memberships As Low As \$10 Planet Fitness Planet Fitness Free Trial
EVERYBODY LA	<ul style="list-style-type: none"> • Low income basic membership: \$25-30 / month <ul style="list-style-type: none"> ◦ Local Low Income members can receive an additional \$5 off their 1 month or 6 month memberships • Offers 1 free day pass 	Membership — EVERYBODY
Fitness 19	<ul style="list-style-type: none"> • Basic membership: \$14.99 / month <ul style="list-style-type: none"> ◦ Enrollment fee: \$59 ◦ Annual fee: \$49.99 ◦ Month-to-month payments, no commitment • Offers 7 day free pass 	Fitness 19 Gym Memberships Affordable Fitness Center & Health Clubs 7-Day Pass Fitness 19
YMCA	<ul style="list-style-type: none"> • Offers insurance paid memberships <ul style="list-style-type: none"> ◦ Renew Active program waives join fee and gives seniors an individual membership at no cost • Offers financial assistance for memberships <ul style="list-style-type: none"> ◦ Apply by completing the Financial Assistance Application <ul style="list-style-type: none"> ■ Offered in English and Spanish 	Insurance Paid YMCA Metro LA Financial Assistance YMCA Metro LA

SilverSneakers

What is it?

- SilverSneakers is a health and fitness program for adults 65+ that is included with many Medicare Plans!
 - SilverSneakers members have access to thousands of participating gyms and community centers, online fitness classes, prerecorded workouts, in-person exercise classes, and a supportive community!

How do I know if I am eligible?

- Check your eligibility through this link:
https://tools.silversneakers.com/Eligibility/CheckEligibility?_ga=2.222793118.422287691.1679688681-1819222715.1679688681

What health plans are partnered with SilverSneakers?

- Check which health plans are partnered through this link:
https://tools.silversneakers.com/Eligibility/HealthPlans?_ga=2.159369279.422287691.1679688681-1819222715.1679688681

Kaiser Permanente

One Pass Select Affinity

Being healthy involves new activities, exploring new food, and getting stronger. No matter where you are on your fitness journey, One Pass Select Affinity from Optum can help you reach your health goals.⁴ From strength training and swimming to yoga classes and grocery delivery, you can get what you need for whole-body health in one easy plan.

One Pass Select Affinity includes:

- Access to gyms and fitness locations nationwide
- Live, digital fitness classes and on-demand workouts
- Personalized workout builders to try new exercises
- Grocery and home essentials delivery to make healthy eating easy

Other ways to get active

Outdoor Fitness Zones

- Avoid gym memberships and enjoy the outdoors with outdoor fitness equipment!
- Find one closest to you through these links, or type “Outdoor fitness zones near me” in your search bar:
 - Los Angeles: [OUTDOOR FITNESS ZONES | City of Los Angeles Department of Recreation and Parks](#)
 - Long Beach: [FitnessZones](#)
 - Orange County: [Parks with Workout Equipment & Outdoor Gyms | Enjoy OC](#)

FREE Monthly Badminton Class

- 11430 Chandler Blvd. North Hollywood, CA, 91601
- https://www.laparks.org/discover-activities?activity_id=434556701

FREE Year Round Workout Class

- 5790 Compton Ave. Los Angeles, CA, 90011
- https://www.laparks.org/discover-activities?activity_id=325440604

FREE Spring Open Pickleball

- 560 North Western Ave San Pedro, CA, 90732
- https://www.laparks.org/discover-activities?activity_id=373460602

FREE Spring Adult Walking Club

- 2551 Motor Ave Los Angeles, CA, 90064
- https://www.laparks.org/discover-activities?activity_id=612440605

FREE Year Round Seniors Chair Meditation

- 5790 Compton Ave. Los Angeles, CA, 90011
- https://www.laparks.org/discover-activities?activity_id=325550601

FREE Spring Pickleball Club

- 2551 Motor Ave Los Angeles, CA, 90064
- https://www.laparks.org/discover-activities?activity_id=612440614



American Stroke Association.
A division of the American Heart Association.

let's talk about
STROKE



Prevention

let's talk about

F.A.S.T.

How to Remember Warning Signs of a Stroke



Felicia is a stroke survivor. She exercises regularly and prepares well balanced meals for herself and her family. She stays busy by working, volunteering and being involved in her kids' school activities. She considers herself a healthy person and being at risk for stroke never crossed her mind.

Anthony, Felicia's husband, often tells their children how he met their mom on a blind date and fell in love with her almost instantly. He worries about the possibility of recurrent strokes and wants to make sure they stay healthy as a family.

Sam knows about stroke. He was with his mom in the parking lot when her stroke happened. Felicia tells him it's important to be active, stay fit and eat healthy. She also says that both he and his sister now have a higher risk for stroke, due to family history and their ethnic background.

Tiana takes tennis and gymnastics classes. She dreams of persuing her love for both and becoming a great athlete. She loves to have her mom come watch her during practices and competitions.

What is F.A.S.T.?

F.A.S.T. is a simple way to remember the warning signs of a stroke. Note the time when any of the symptoms first appear. The sooner treatment is started, the better the outcomes. The sooner treatment is given after the first symptom begins, the more likely it is that the patient will recover with little or reduced disability, and it might even save your life or the life of a loved one.

Remember – stroke is an emergency!

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

Risks factors for stroke can include:

- High blood pressure
- Atrial fibrillation
- High blood cholesterol
- Diabetes
- Tobacco use and smoking
- Obesity
- Physical inactivity
- Unhealthy diet
- Fibromuscular Dysplasia (FMD)
- Patent Foramen Ovale (PFO)
- Age
- Gender
- Race and ethnicity
- Family history
- Previous stroke or transient ischemic attack (TIA)

(continued)



**American
Stroke
Association.**
A division of the
American Heart Association.

F.A.S.T.: How to Remember Warning Signs of a Stroke

What Felicia wants you to know about stroke

- **Anyone at any time can have a stroke.** Each year nearly 800,000 people in the United States experience a stroke. Stroke is the 5th leading cause of death and a leading cause of long-term disability in the U.S.
- **It CAN happen to you.** A stroke happens every 40 seconds, and approximately every four minutes someone dies from a stroke.
- **A stroke is a “brain attack.”** It occurs when the flow of blood to the brain is blocked. When this happens, brain cells die and brain damage occurs.

Other signs of stroke include sudden:

- Weakness, numbness or paralysis of the face, arm or leg, usually on one side of the body
- Trouble speaking or difficulty understanding others
- Loss of vision in one or both eyes or double vision
- Loss of balance or coordination
- Severe headache with no known cause



HOW CAN I LEARN MORE?

- 1** Call **1-888-4-STROKE** (1-888-478-7653) or visit **stroke.org** to learn more about stroke or find local support groups.
- 2** Sign up for the **Stroke Connection**, a free digital magazine for stroke survivors and caregivers, at **strokeconnection.org**.
- 3** Connect with others who have also had an experience with stroke by joining our Support Network at **stroke.org/supportnetwork**.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your health care provider.

For example:

What are my risk factors for stroke?

How can I reduce my risk for stroke?

MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to manage your condition or care for a loved one. Visit stroke.org/letstalkaboutstroke to learn more.