

## HEALTH WORKSHOPS

The Parks, Recreation and Community Services Department in partnership with Youthful Joy Foundation will offer a series of health workshops for the community. **Classes will take place on Saturdays from 11am-1pm.**

OCT 7  
2023

### The Social Media Beast: Understanding and Navigating Social Media in a Healthy Way

This course will enlighten social media users and their families about the false narratives present on social media and help the ordinary person maneuver through the various facets of social media to get only the positive aspects of what they need and leave the rest behind.

SPEAKERS:



Leslye Williams, MD



Joshua Thompson



Liz McLemore

JAN 27  
2024

### Post Covid Woes: The Worsening State of Child and Adolescent Mental Health in the Post Covid 19 Era

This course aims to help parents understand and recognize the signs and symptoms of anxiety and depression in children and adolescents and focus on ways to seek help for both the person and their families.

FEB 10  
2024

### Ask A Chef-Healthy Tips for the Sweet Tooth\*

This is an interactive class which will be Chef led to give a cooking demonstration in regards to healthy ways to satisfy the sweet tooth. Class will also offer education on the medical benefits of subtle changes and substitutions to common comfort food classics.

MAR 23  
2024

### Health and Snacks: Can the 2 Co-Exist?\*

This course seeks to educate families on basic food groups, serving sizes, and hunger cues while using food as fuel for the body. Class will be taught using a team approach with a physician speaker and chef.



Youthful Joy<sup>TM</sup>  
Foundation

Rogers Park  
400 W. Beach Avenue  
Inglewood, CA 90302

Register online at: [parksrec.cityofinglewood.org](https://parksrec.cityofinglewood.org)

\*Food will possibly be served. All food allergies must be stated.



For additional information contact: Anjanette Hogan, MD at [dochogan@yf4kids.org](mailto:dochogan@yf4kids.org)