

**Wednesday, February 7 – 11:30 a.m. - 12:30 p.m.**  
**Mommy and Me Yoga @ Rosewood Library**  
Listen to stories and learn stretching moves with your child. No experience necessary. Parent must have a fun with their child. Dress comfortably.

**Thursday, February 8 – 6:00 p.m.**  
**“Life Simple 7” Hearth Health Awareness Month Program with the American Heart Association @ Rosewood Library**  
February is Hearth Health Month so come learn 7 simple ways to keep your heart healthy from the American Heart Association.

## MARCH

**Tuesday, March 6 – 11:30 a.m. - 12:30 p.m.**  
**Mommy and Me Yoga @ Rosewood Library**  
Listen to stories and learn stretching moves with your child. No experience necessary. Parent must have a fun with their child. Dress comfortably.

**Thursday, March 8 – 11:30 a.m. - 12:30 p.m.**  
**Mommy and Me Yoga @ Rosewood Library**  
Listen to stories and learn stretching moves with your child. No experience necessary. Parent must have a fun with their child. Dress comfortably.

**Monday, March 12 – 5:00 p.m.**  
**Teen Obstacle Course @ Rosewood Library**  
Teens will complete a variety of physical obstacles courses.

**Monday, March 26 – 6:00 p.m.**  
**Container Gardening Workshop @ Bristow Library**  
No space? No problem! Come learn how to start a small container garden and you'll always have fresh vegetables available to you. You'll even receive a small vegetable plug to start your own garden (while supplies last). Programa sera en Español.

### Enjoy Brain HQ online!

BrainHQ is a suite of online brain fitness exercises designed to help adults think faster, focus better, remember more, and enjoy life. Use BrainHQ on your computer, tablet, or smartphone!

### Commerce Libraries

Bandini Library  
2269 S. Atlantic Blvd.  
323-780-1176

Bristow Library  
1466 McDonnell Ave.  
323-265-1787

Rosewood Library  
5655 Jillson St.  
323-722-6660

Veterans Library  
6134 Greenwood Ave.  
562-927-1516

### Get Social @ Your Library



For more information on these programs, please visit [www.cocpl.org](http://www.cocpl.org) or call 323-722-6660.



The poster features a blue and orange color scheme. At the top left is a white heartbeat line. At the top right is the Commerce Public Library logo. The main title "Health and Wellness Programs" is in large, bold, dark blue font, with "at Commerce Library" in a smaller, lighter blue font below it. Below the title is a grid of 12 circular icons representing various health and wellness concepts: a house with a cross, the letter 'H', a heart with a pulse line, a red cross, a nurse's head, a pill, a heart with a pulse line, a white cross on a blue background, a laboratory flask, a red circle with a slash over a cigarette, a syringe, and a document with a red cross. At the bottom right, a white text box contains the invitation: "Join us in our six month health initiative where we bring you an array of health related programs to a Commerce Library near you." The City of Commerce logo is in the bottom right corner.

# Health and Wellness Programs

at Commerce Library

Join us in our six month health initiative where we bring you an array of health related programs to a Commerce Library near you.

CITY OF COMMERCE

## OCTOBER

**Monday, October 2 – 6:30 - 7:30 p.m.**

**Health Focus Appy Hour at Rosewood Library**

Learn about different Mobil applications available to help you on your road to a healthy lifestyle.

**Thursday, October 12 – 6:00 - 7:30 p.m.**

**Container Gardening @ Rosewood Library**

No space? No problem! Come learn how to start a small container garden and you'll always have fresh vegetables available to you. You'll even receive a small vegetable plug to start your own garden (while supplies last).

**Wednesday, October 18 – 5:00 p.m.**

**Teen Obstacle Course @ Bristow Library**

Teens will complete a variety of physical obstacles courses.

**Thursday, October 19 – 6:00 - 7:00 p.m.**

**Laughter Rhythm @ Rosewood Library**

Laughter truly is the best medicine! Join us for Laughter Rhythm for a session full of laughter and energy. From stress relief, to boosting your mood, laughter can improve your day in many ways, so come laugh with us!

**Wednesday, October 25 – 4:00 - 6:00 p.m.**

**Fitivitiy @ Bandini Library**

Come have fun with this game that moves you! Team up and challenge your friends, family or staff.

## NOVEMBER

**Wednesday, November 8 – 4:00 - 6:00 p.m.**

**Fitivitiy @ Rosewood Library**

Come have fun with this game that moves you! Team up and challenge your friends, family or staff.

**Thursday, November 9 – 5:30 - 7:30 p.m.**

**Tasty Tea @ Rosewood Library**

Come, hear and learn about teas from Herbs of Mexico an herb expert! El programa será bilingüe.

**Monday, November 13 – 6 p.m.**

**Healthy Smoothies @ Rosewood Library**

Learn how to make healthy smoothies and how to read food labels. Learn from Todo Verde founder, Jocelyn Ramirez, a vegan cook, yoga instructor, and advocate for healthy food access in her community.

Limited to 25 people. El programa será bilingüe.

**Wednesday, November 15 – 4:00 - 6:00 p.m.**

**Fitivitiy @ Veterans Library**

Come have fun with this game that moves you! Team up and challenge your friends, family or staff.

## DECEMBER

**Wednesday, December 6 - 4:00 - 6:00 p.m.**

**Fitivitiy @ Bristow Library**

Come have fun with this game that moves you! Team up and challenge your friends, family or staff.

**Monday, December 11 – 6:30 - 7:30 p.m.**

**Brain Games @ Bandini Library**

Enjoy an evening of Sudoku, coloring sheets and other games to exercise your mind.

**Tuesday, December 12 – 6:30 - 7:30 p.m.**

**Brain Games @ Veterans Library**

Enjoy an evening of Sudoku, coloring sheets and other games to exercise your mind.

**Monday, December 18 – 6:30 - 7:30 p.m.**

**Brain Games @ Rosewood Library**

Enjoy an evening of Sudoku, coloring sheets and other games to exercise your mind.

**Tuesday, December 19 – 6:30 - 7:30 p.m.**

**Brain Games @ Bristow Library**

Enjoy an evening of Sudoku, coloring sheets and other games to exercise your mind.

*“The first wealth is health.”*

**Ralph Waldo Emerson**

## JANUARY

**Tuesday, January 9 - 6:30 - 7:30 p.m.**

**@ Rosewood Library**

**Tuesday, January 16 - 6:30 - 7:30 p.m.**

**@ Bandini Library**

**Tuesday, January 23 - 6:30 - 7:30 p.m.**

**@ Bristow Library**

**Tuesday, January 30 - 6:30 - 7:30 p.m.**

**@ Veterans Library**

**Food Smart Workshops**

A total of six workshops are a great way for kids, adults and seniors to develop the cooking skills and acquire the nutrition information that empower them to eat more fresh, whole foods and to live healthier lives. A different topic will be discussed each week. Certificate of completion will be given to all that attend all six workshops. Sign-up at any Commerce Library. El programa será bilingüe.

## FEBRUARY

**Monday, February 5 – 5:00 p.m.**

**“Life Simple 7” Hearth Health Awareness Month Program with the American Heart Association in Spanish @ Bandini Library**

February is Hearth Health Month so come learn 7 simple ways to keep your heart healthy from the American Heart Association.

**Tuesday, February 6 - 6:30 - 7:30 p.m.**

**@ Rosewood Library**

**Tuesday, February 13 - 6:30 - 7:30 p.m.**

**@ Bandini Library**

**Food Smart Workshops**

A total of six workshops are a great way for kids, adults and seniors to develop the cooking skills and acquire the nutrition information that empower them to eat more fresh, whole foods and to live healthier lives. A different topic will be discussed each week. Certificate of completion will be given to all that attend all six workshops. Sign-up at any Commerce Library. El programa será bilingüe.