

SPA 8 Regional Health Office
LA County DPH Monthly
Newsletter

March 2026

Lea este boletín en Español

**Welcome to March from the SPA 8 Regional
Health Office!**

March is National Nutrition Month

National Nutrition Month focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

It's important to learn about nutrition as it affects every aspect of our lives. From embracing whole foods to prioritizing balance and moderation, there are countless ways to treat our bodies right and nourish ourselves from the inside out.



A balanced diet rich in essential nutrients, vitamins, and minerals is essential for:

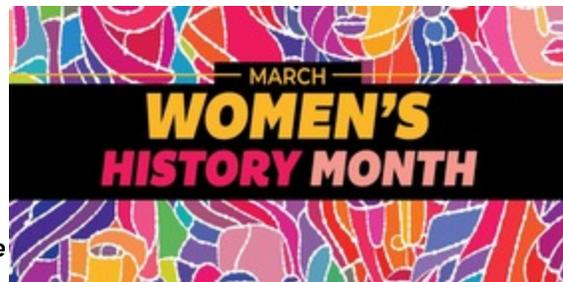
- Supporting optimal growth and development
- Maintaining a healthy weight
- Reducing the risk of chronic diseases such as heart disease, diabetes, and cancer

To learn more about nutrition information and LA County Nutrition Programs such as CalFresh, please visit: <http://publichealth.lacounty.gov/nut/>.

March Observances

Women's History Month

March is Women's History Month is a time dedicated to honoring the remarkable contributions of women throughout history. This year's theme is "**Leading the Change: Women Shaping a Sustainable Future**"



This theme honors the women who have and are reimagining and rebuilding systems to ensure long-term sustainability- environmental, economic, educational, and societal. It recognizes the powerful leadership of women in creating a future that is rooted in equity, justice, and opportunity for all. From environmental advocacy to financial reform, from community organizing to policy innovation, women are at the forefront of driving holistic change. Their leadership is not only addressing today's most urgent challenges – it is laying the foundation for a more resilient and inclusive tomorrow.

To read more about the accomplishments of women throughout history, please click here: <https://www.womenshistory.org/womens-history>.

National Sleep Awareness Month



March is National Sleep Awareness Month. We all need sleep, but many of us are not getting enough of it. Research shows that a lack of sleep regularly may have long-term health problems, including diabetes, high blood pressure, heart disease, depression, and obesity.

If you are having trouble sleeping, reach out to your doctor.

For more information on healthy sleep habits, please click here: <https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8/how-to-get-healthy-sleep-fact-sheet>.

National Doctor's Day - March 30th

March 30 marks an important occasion in the world of health care—National Doctors' Day. This annual observance serves as a moment to honor the dedication, skill and unwavering commitment of physicians in providing high-quality health care to individuals and communities worldwide.



As we celebrate doctors day, you can take a moment to thank your physician by:

- Writing a thank you note
- Giving a small gift as a token of appreciation
- Providing office treats such as coffee, or lunch
- Offering kind words

SPA 8 Resources and Upcoming Events

Free Produce distribution at Curtis Tucker Center

The Curtis Tucker Center for Wellness offers free programming every month! Visit our website to view our full schedule: <http://publichealth.lacounty.gov/chs/CTCCW.htm>



FREE PRODUCE DISTRIBUTION

No eligibility required, no paperwork,
or ID required.

Curtis Tucker Center for Community Wellness

123 W. Manchester Blvd.
Inglewood, 90301

Parking lot adjacent to the Curtis Tucker
Center for Community Wellness

Every 2nd & 4th **Thursday** of the month

10:00 AM - 12:00 PM

or until supplies last

Please bring a reusable bag



Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CalFreshHealthyLiving.org for healthy tips.



Focus On U Therapy

Stretching & Strengthen Class

Whether you're new to stretching or an experienced stretching enthusiast, this workshop is tailored for all skill levels.

Discover effective stretching techniques that will boost your flexibility, ease muscle tension, and enhance your overall physical performance.



Mar 2, 9, 16, 23

Time: 10 - 10:45am

Mar 4, 11, 18, 25

Time: 9 - 9:45am



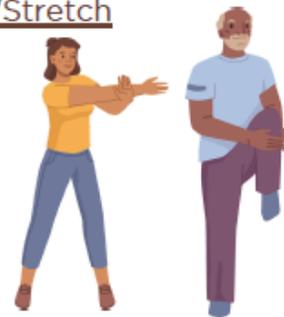
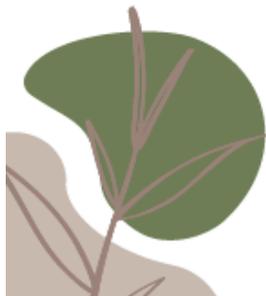
Curtis Tucker Center for Community Wellness

123 W Manchester Blvd.

Inglewood, CA 90301

Registration Link: <https://tinyurl.com/CCWStretch>

For more information, please email:
Foutherapy@yahoo.com



Come join us for FREE gardening workshops!

Discover the joys of gardening and get hands-on experience in sustainable gardening practices with our dedicated and knowledgeable instructors!



Curtis Tucker Center for Community Wellness
123 W Manchester Blvd, Inglewood, CA 90301

WORKSHOPS	TOPIC & METHOD	DATE(S)	TIME
Companion Plants in the garden	Gardening (In-Person)	March 6th.	3:30 PM - 4:30 PM
How to grow from the grocery store	Gardening (In-Person)	March 13th	2:00 PM - 3:00 PM
Transitioning your garden from winter to spring	Gardening (In-Person)	March 17th	1:30 PM - 2:30 PM
Get your soil right	Gardening (In-Person)	March 24th	4:00PM- 5:00PM
An Introduction to Composting	Gardening (In-Person)	March 25th	10:30AM-11:30AM
Vinyasa yoga	Yoga (In-Person)	March 12, 19, 26	3:00PM-4:00PM

Funded by USDA SNAP, an equal opportunity provider and employer. For healthy tips, visit www.CalFreshHealthyLiving.org.



REGISTER TODAY!



**Scan the QR Code or go to <https://forms.gle/fj2CHsgJghPGqtsxS6> and fill out the form to register.*

For More Information : Nina Ames | (213) 574-5921 | names@ccharities.org

JOIN OUR MONTHLY WORKSHOPS
Virtual Presentations
March 2026 Schedule

Wednesday
March 11, 2026
10:00 AM - 11:00 AM
How to Talk About SUD
Presenter: Renee Razo



Tuesday
March 17, 2026
1:00 PM - 2:00 PM
**Connection Between
SUD and Mental Health**
Presenter: Steven Cagle

Tuesday
March 24, 2026
1:00 PM - 2:00 PM
Naloxone
Presenter: Barbara LaBon

[Join Here](#)

Tuesday
March 31, 2026
1:00 PM - 2:00 PM
Harm Reduction
Presenter: Krystal Mousseau

OUR SERVICES



**Substance Use
Disorder
Screening**



Presentations



**Referral for
Prevention
and
Treatment**

Contact us for more information: Diana Iskander



diskander@ph.lacounty.gov



(626) 429-4332



COUNTY OF LOS ANGELES
Public Health

Community Reinvestment Grants (CalCRG) Program

Systems Navigators provide clients with information (flyers, phone numbers, websites, etc.), warm-handoffs to Community Based Organizations (CBOs), service coordination (application assistance, appointment scheduling, etc.), and follow up services. Systems Navigation Services are available throughout Los Angeles County, in all 8 Service Planning Areas (SPAs).

The SPA 7 Systems Navigator hosts office hours every Thursday from 3-7PM at the Whittier Wellness Community (WWC). If you are interested, please visit the WWC at **7643 S Painter Ave, Whittier, 90602**.



SYSTEMS NAVIGATION SERVICES

Need Resource Assistance?

WE ARE HERE TO HELP

 FOOD	 HOUSING	 HEALTHCARE	 EMOTIONAL HEALTH	 CHILDCARE
 FINANCIAL ASSISTANCE	 DOMESTIC VIOLENCE	 SUBSTANCE USE & RECOVERY	 LEGAL AID	 ELDER CARE
 EDUCATION	 EMPLOYMENT	 TRANSPORTATION	 UTILITIES	 AND MORE

FOR MORE INFORMATION CONTACT:

SCAN ME 

CHRIS HAYES
SYSTEMS NAVIGATOR
(323) 597-6053

 DPH-NAVIGATOR@PH.LACOUNTY.GOV

California Community Reinvestment Grants Program (CalCRG) is funded by Governor's Office of Business and Economic Development (GO-BIZ)



Free Outdoor Wi-Fi at Select LA County Libraries

The Los Angeles County Library is now offering free Wi-Fi at the parking lots of participating libraries. Visit one of our participating library locations and use your device to get connected for email, school, work, and more!



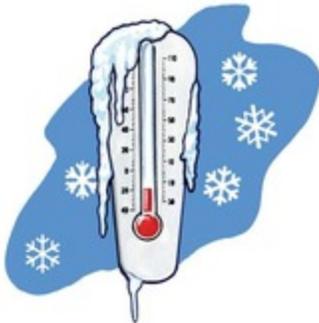
You do not need to have a library card to connect to the WiFi. Click this link for participating locations: <http://tinyurl.com/2s47amy>.

Free CPR Classes

The Critical Care Training Center is offering CPR classes. If you're interested in earning a CPR certification, please click this link to find the classes closest to you: <http://tinyurl.com/mrxpj9t5>. All classes are free and are in both English and Spanish.



Cold Weather Safety Tips and Information



With temperatures dropping this season, here are some tips to protect yourself and those around you:

- Wear layers and have blankets available to add additional warmth
- Check on and help family members, friends, and neighbors with limited mobility and limited access to heat
- Bring pets indoors and do not leave them outside overnight
- Avoid using candles, use flashlights instead
- Have a plan for back-up power if you or someone is dependent on electricity for medical devices

Winter Shelters Open Until March 31



The Los Angeles Homeless Services Authority (LAHSA) Winter Shelter Program will continue throughout L.A. County until March 31, 2026.

Visit [Winter Shelter \(lahsa.org\)](http://lahsa.org) to learn how to access and obtain a list of shelters -or- call **1-800-548-6047** for more information.

Community Public Health Teams

Community Public Health Teams (CPHT) is a project that brings together community-based organizations, health care partners, and Public Health staff. These teams work at the household level, conducting home visits to gather health needs and connect people to care and also works at the community level, inviting people to participate in creating community action plans.

5 CORE STRATEGIES
Each CPHT implements five core strategies:

-  **Visit each household** annually to conduct household assessments
-  **Ensure households are connected** to health care and social services
-  **Analyze data** on health, mental health, and social determinants of health
-  **Convene community** and develop community action plans
-  **Mobilize partners** to advance health equity and improve conditions

This is a new approach to public health and health care in LA County. Public Health is investing public health infrastructure dollars to implement this pilot project for five years, beginning August 2023. The goal is to build long-term relationships with households, empower communities to define the health priorities that matter to them, and demonstrate that this new way of engagement can support better health outcomes.

To learn more about the CPHT project and find a CPHT near you use the link: <http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.

DPH SPA 8 Resources

Los Angeles County Public Health InfoLine



**LOS ANGELES COUNTY
PUBLIC HEALTH INFOLINE
1-833-540-0473**

8 AM - 8 PM / 7 Days a Week

Real People. Reliable Information.



The Los Angeles County Public Health InfoLine's goal is to expand the scope of resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and a vital line of communication in case of future public health emergencies. All calls from the community are answered by health education assistants. Here are some of the topics the InfoLine can cover:

- COVID-19
- Mpox
- Insurance/Coverage
- Domestic Violence
- HIV & STDs/STIs
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

Los Angeles County Public Health Immigrant Support Services



Recent federal actions targeting immigrant communities, who are the heartbeat of Los Angeles, have created deep fear for many across Los Angeles County. These events have upended daily life for individuals and families, who are often left without needed resources and services. The Department of Public Health remains committed to supporting all residents, regardless of immigration status. If you are interested in attending education workshops and events, or learning more about what resource are available, please visit our website: http://publichealth.lacounty.gov/immigration_support/.

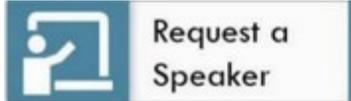
Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations with a mission to collaborate to improve access to the medically recommended immunizations for adults and adolescents, especially among groups at highest risk for vaccine preventable diseases in Los Angeles County.



If you are interested in getting vaccinated, looking for vaccination records, or reading up on the latest ICLAC news, please visit this website: <https://immunizelac.org/>

Need a Presentation on the Chronic Disease, Hands Only CPR, or other Health Topic?



The Los Angeles County Department of Public Health offers an array of presentations, including COVID-19, COVID-19 vaccines, and Monkeypox. If you would like to schedule a presentation for your organization, click this link: [SPA 8 Presentation Request](#)

Office of Violence Prevention - GVRO's (Gun Violence Restraining Orders)



A Gun Violence Restraining Order, or GVRO, is a law that was approved by the State of California in 2016. The GVRO allows family members, household members, some employers, colleagues, teachers, and law enforcement to take action to prevent a person who poses a significant risk of harming themselves or others from having or purchasing a gun, ammunition, or magazine for a specified length of time, between 21 days and five years. To find out more on who can request one, and how to request one, please click this link: <http://tinyurl.com/y3hfb575>.

Useful Links and Resources

[iPrevail Online Mental Health Resource](#)

[COVID-19 Vaccination Distribution Dashboard](#)

[COVID-19 Vaccine Information](#)

[COVID-19 Vaccination Records](#)

[COVID-19 Surveillance Dashboard](#)

[COVID-19 Testing](#)

For more information on COVID-19, please [visit our website County's COVID-19](#)

[Free Tax Preparation Services](#)

[Free Snack Program](#)

[Get Ahead LA Financial Resources](#)

[Headspace: Free Mindfulness App](#)

[LA County America's Job Center of California](#)

[LA Tenant Protections Resolution](#)

[LA County's Office of Immigrant Affairs](#)

[LA County's Office of Emergency Preparedness and Response Program](#)

[LA County Youth Suicide Prevention Project](#)

[LA Department of Water & Power Bill Credit](#)

[LA Public Health Podcast](#)

[Laptop and Hotspot Loans from LA County Libraries](#)

[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741)

[Metro LIFE Program](#)

[National Suicide Prevention Lifeline](#)

[Request a Mobile Vaccination Team](#)

[Report a violation](#) (888) 700-9995, Monday – Friday from 8:00AM to 5:00PM

[SoCalGas Assistance Fund](#)

[Southern California Edison Assistance](#)

For additional resources, please dial 2-1-1

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