

April Class Schedule

This comprehensive educational program focuses on bringing awareness to, and promotion of lifestyle changes that enhance quality of life for older adults.

We are starting off this second cycle of Quality of Life Classes with the security element of quality of life, specifically focusing on emergency preparedness.

April 2023 - Security

Mon	Tues	Wed	Thurs	Fri
		<i>Classes occur every Tuesday at 10:30 a.m.</i>		
3	4 Emergency Preparedness	5	6	7
10	11 Making a Personal Go-Bag	12	13	14
17	18 First Aid	19	20	21
24	25 Community Conversations	26	27	28

All classes will take place at 10:30-11:30 a.m. Registration for the classes is only needed one time per month. Visit keiro.org/qol to register and for class descriptions.

For more information, contact programs@keiro.org.

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Founded in 1961, Keiro improves the quality of life for older adults and their caregivers in the Japanese American community of Los Angeles, Orange, and Ventura counties. For more information, visit keiro.org.