

June Schedule

This comprehensive educational program focuses on bringing awareness to different perspectives and lifestyle considerations to help enhance the quality of life for older adults.

We will continue our Quality of Life Classes in June with the Health and Wellness element of quality of life, specifically focusing on methods to improve our mental wellness.

June 2023 - HEALTH/WELLNESS

▸ Simple Tools to Help Declutter Your Mind

Tuesday, June 6th, 2023 | 2:00-3:00 p.m.

We often measure our quality of life through how we feel physically, but it is just as important to think about how our mindset can impact our wellness too. Join this class as we guide attendees through methods and strategies that can clear stressors that occupy our minds.

▸ What is YOUR Best Practice to Rejuvenate Your Mind?

Tuesday, June 13th, 2023 | 2:00-3:00 p.m.

As individuals, we may have personal and unique ways to maintain a healthy mindset. Join this class to discuss and learn from each other about personal best practices to declutter and rejuvenate our minds.

Visit keiro.org/qol to register and for class descriptions.

For more information, contact programs@keiro.org or 213.873.5719.



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.