



Let's Talk Health: Women's Health and Money

Healthy Living and Mindfulness

Wednesday, March 6, 2024
12:00 pm - 12:45 pm

- Healthy Eating
- Active Living
- Mindfulness Techniques

[Click here to register.](#)



Dignity Health.
California Hospital
Medical Center

Money Matters and Financial Fitness

Wednesday, March 13, 2024
12:00 pm - 12:45 pm

- Saving Money
- Emergency Planning
- Setting Financial Goals

[Click here to register.](#)

**Let's Talk Health presentations are
brought to you by the Iris
Cantor-UCLA Women's Health
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