



ACCC
AARON COMMUNITY CULTURAL CENTER

"WE CAN;; WE WILL" "READY FORWARD"

800-527-4184 ACCCBSM@GMAIL.COM ACCCBSM.COM



ACCC
AARON COMMUNITY CULTURAL CENTER

FOOD GIVEAWAY
Stays Very Fresh Meats To Meats, Dairy, Meats, Produce, Baking, Vegetables, Etc.
Tuesday 10-11 AM
L.A. CA 1010 W 108 St Street L.A. CA. 90044
To sign up please GO TO WWW.ACCCBSM.COM
or Call 800-527-4184
Leave your Name, Cell & Email

FREE FOOD GIVE AWAY

ACCC Thrift Store
TUESDAYS
9:00 - 11:00 AM
1010 W 108 St Street L.A. CA. 90044
Home Street @ 20 Cents

SALE

Register @
WWW.ACCCBSM.COM

Thrift Store Blow Out Sale
Every Tuesdays in July
2022 9 -11AM
Down Load the App Make
\$\$ & Help ACCC
Give 5 \$ & Get 5\$



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This Free Apps Save You Money & Support Aaron Community Cultural Center

accfreeaps.com accfreeaps.info

DOWNLOAD the APP
to find the BEST PRICE locally

For Instant Savings...
Save up to 80% on Medication

Save on Gas & Eateries
<http://accfreeaps.com>

\$\$\$ on Receipt
<http://accfreeaps.info>

Prescriptions
Customer Service 1-866-797-727



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Inglewood GROCERY OUTLET
Bargain Market

INDEPENDENCE HUNGRY

FOOD DRIVE ALL OF JULY
Fight hunger in our community. All donations stay local.

GIVE \$5* GET \$5*



Homegrown Recording Live
Enchanted Dreams

Savannah Isaac, Alena, Catriona, Danny, Gage
Wilder, Mailach, Bernardi, Fray, Prander, Getz
Ben, Averi, Mina, David, Ty
Palacios, Quinn, Bloom, Ghesser, Mawls
Carl Biehn

Saturday, July 30th, 2022
Doors open: 6:30pm Show: 8pm

<https://www.eventbrite.com/e/homegrown-livestream-enchanted-dreams-tickets-380544437657>

Register Today

Health Survey

Cancer Wellness Survey, this is information only and is completely voluntary and confidential, this will benefit you moving forward with your cancer screenings & info on cancer clinical trials. Please take a few minutes, and click on the link below to complete this short form for us, thanks.

<https://www.tfaforms.com/4989536>

Questions? Ask Us:

925.588.7023 www.lazarex.org

Breath and Let Go !



<https://youtube.com/watch?v=GNAb7yMW5JU&feature=share>



What can you do to CREATE?

Cook a meal

Cook a meal you have never cooked before (Smoke Sausage & Peppers)

Draw and paint

Do some adult coloring

Exercise (Do Light Exercise if this is new) like walking (Create a strong healthy body)

Needle Point

Crochet

Organize cabinets, or closets where you live

Write your life story

Watch a how to videos

Read a how to book (Read a chapter to a friend)



<https://youtube.com/watch?v=QXUctSIBWzU&feature=share>

Self-Care Tips



Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some tips to help you get started with self-care:

- Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.





- Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.
- Focus on positivity. Identify and challenge your negative and unhelpful thoughts.
- Stay connected. Reach out to your friends or family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.



FAMILY
★ WHERE ★
LIFE BEGINS
★ AND ★
Love
≡≡≡ NEVER ENDS ≡≡≡