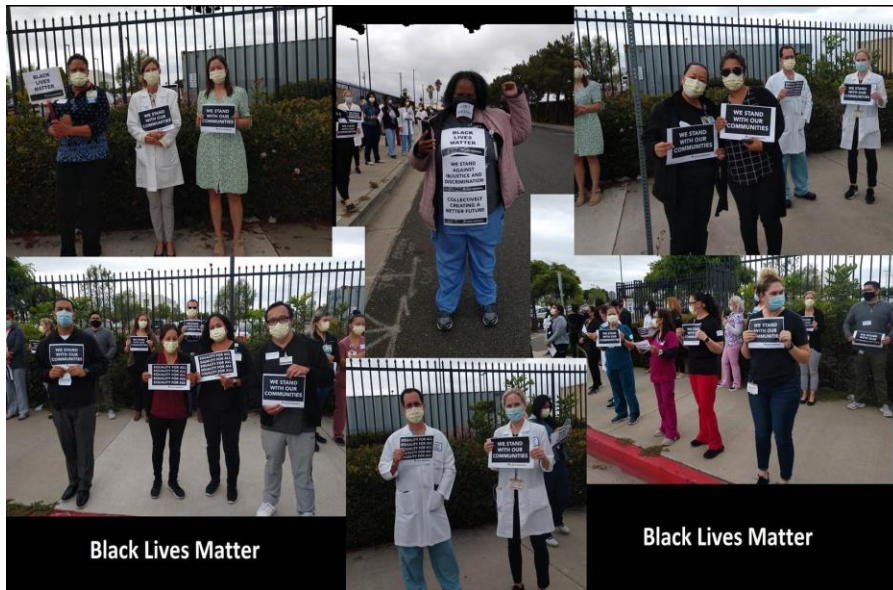


# MeFIT News: How to Stay Healthy, Positive, & Productive.

## Moments of Solidarity Across SoCal



During these challenging times, our organization has stood united with the world in the fight against injustice. We paused, kneeled, and stood in silence for 8 minutes and 46 seconds at our medical centers. These moments of solidarity were to acknowledge George Floyd's horrific experience. These moments were meant to honor George and other victims who have died due to racial injustice and discrimination. These events should serve as a reminder to all that we must continue to Thrive in Solidarity for peace and equality.

**“Be somebody who makes everybody feel like somebody!”**  
-Courtney Shields

## Express Yourself with EAP

EAP is offering weekly drop in calls for managers, MDs, and staff.

- Coping strategies to deal with uncertainty, anxiety, and stress.
- Strengthening social support networks in times of social distancing.
- Using mindfulness, kindness, and gratitude as an antidote to anxiety and burnout.
- Simple things to build resilience at work & much more!

CALLS ARE EVERY WEEK	Monday 12:30-1:30pm	Wednesday 3:30-4:30pm	Friday 8:30-9:30am
SCAL Location	Number	Code	
Los Angeles, Regional Offices, Burbank	213-533-9530	150 440 033#	
South Bay, Baldwin Park	213 533-9530	585 715 72#	
Woodland Hills, Panorama City, Antelope Valley	213-533-9530	981 691 113#	
West Los Angeles, Belflower/Downey	213-533-9530	835 839 932#	
Irvine, Anaheim	213 533 9530	443 460 053#	
San Diego	213-533-9530	961 320 527#	
Riverside, Fontana, Ontario	213-533-9530	126 212 423#	
Bakersfield	213-533-9530	788 569 04#	

### Mindfulness Exercises

Set your positive intentions for the day with this meditation. Calm App is free for 1 yr. for KP members.

[meditation by Calm](#)

[Yoga by Adrienne for Anxiety and Stress Relief](#)

### Family Night Activity Ideas

Enjoy a movie on terminal way! Ontario Airport is hosting a special outdoor movie event. Visit [Movie on Terminal Way Event](#) for more information.

Pack outdoor picnic foods & your fave movie snacks.

### Healthy Eating Corner

Summer picnics are fun, easy, affordable, and can be an awesome activity.

Host a themed picnic in your own back yard. Check out your local beach and parks for their picnic areas. Be mindful of social distancing guidelines.

Check out these delicious recipes for your picnic.

[Healthy Picnic Recipes](#)

Don't feel like cooking or food prepping? Order some healthy options from your local restaurant for easy curbside takeout.

### Featured Pet of the Month



Jaxon Williams

Paw-rent: Linda Williams,

MITI UBT Regional Operations

# Father's Day SPECIAL

Father's Day is June 21, 2020.

It is time to celebrate all the dads in our lives. Plant dads, Dog dads, Grandpas, and Human dads. Treat them to something unique this year. Check out the info below for some gift ideas.

Race Car Driving Experience:

[Your Race LA](#)

Variety of gift subscription ideas:

[13 awesome Father's Day gift ideas](#)

Gifts for Dog Dads or GrandPaws:

[dog dad gifts](#)

Gifts for Fitness Lovers:

[Lululemon Apparel](#)

Gifts for New Dads:

[Gifts for New Dads](#)

Spa Treatments for Dads:

[The Treatment Skin Boutique in Claremont](#)

### Father's Day Activity Ideas

A great activity recommendation is to sign up for a virtual run! Dash with Dad is happening this month. Check out this link for more information, [Dash with Dad](#)

"Take Dad Out" event in Claremont, Ca on June 13, 2020. This event includes in a classic car show display. Patio dining and curbside delivery encouraged. Please remember to practice social distancing 😊

Visit [@claremontvillage](#) on Instagram for more information.

Have a favorite healthy recipe you want to share?

Want your pet featured in an issue?

Do you have event recommendations?

Email us

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