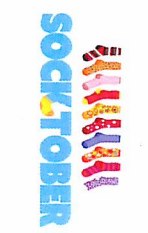


OCTOBER

2019



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|---|--|
| | | 1 Pay for a stranger's coffee. Int'l Coffee Day | 2 Make a fall music playlist. | 3 Take a 10 minute walk outside. | 4 Smile in the mirror for 30 seconds. World Smile Day | 5 Encourage a teacher with a kind note. World Teachers day |
| 6 What makes you happy? Whatever it is, DO IT today. | 7 Write a list of 5 things you grateful for & why. | 8 Do a 2 minute spontaneous dance Right Now! | 9 Try out a new Yoga Pose. | 10 Reflect on the day and be sure to get 8 hours of sleep. World Mental Health Day | 11 Practice a 5 minute breathing exercise. | 12 Do something fun. |
| 13 Name three things you love about Yourself. Write them down. | 14 Treat yourself to some pumpkin spice Flavored treats. Nat'l Dessert Day | 15 Decorate your office space with positive sticky notes. | 16 Write a kind note to your boss. Nat'l Boss's Day | 17 Sing your favorite Disney song. Try Let it go- Elisa | 18 Have a dance party at your desk. Invite Lakeah (she's still waiting) | 19 Plan a night out with your friends. |
| 20 Visit with someone you love. | 21 Dress up fancy today. Look in the mirror and say "I look amazing". | 22 Write in your gratitude journal. | 23 Practice a 5 minute breathing exercise. | 24 Take a selfie and share it with your best friend. | 25 Cultivate your creativity with art. (use crayons) Nat'l Art Day | 26 Go visit your local pumpkin patch. Nat'l Pumpkin Day |
| 27 Paint positive messages on pumpkins. | 28 Try a new type of chocolate. Nat'l Chocolate Day | 29 Donate new socks to a "Socktober" drive. Nat'l Internet Day | 30 Create a self-care checklist for next month. National Checklist Day | 31 Watch your favorite Halloween movie. Halloween | | |





County of Los Angeles Department of Parks and Recreation
South County Community Services Agency



South County Community Services Agency
Presents: **Young Men's Conference**
November 2, 2019
9:00 am – 1:00 pm
Expo Center

INFORMATIONAL VENDOR BOOTH APPLICATION

REGISTRATION FORM MUST BE RETURNED NO LATER THAN October 4th, 2019 TO: Craig Newman, Recreation Services Supervisor, cnewman@parks.lacounty.gov

(Please print or type)

Agency Name _____

Address _____ City/State/Zip _____

Contact Person _____ Phone No. _____

Alternate Contact Person _____ Phone No. _____

Fax Number _____ Email _____

Please describe the type of service(s) will provide _____

I agree to provide a gift item/ participant bag that will be raffled off to participants Yes _____ No _____

(E.g. Health care, Employment, Volunteer, Program information, Sponsor, Etc.)

PLEASE NOTE THAT ALL BOOTHS ARE INFORMATIONAL ONLY, THERE WILL BE NO SELLING OF ANY KIND.

****We will be providing a table and 2 chairs***

Will you need a canopy? Yes _____ No _____

Will you need additional tables?* Yes _____ No _____

Will you need additional chairs?* Yes _____ No _____

For additional information please contact:
Craig Newman, Recreation Services Supervisor cnewman@parks.lacounty.gov or Kevin Murray, Recreation Services Manger kmurray@parks.lacounty.gov