

# LiveWell during COVID-19

**Wednesday, December 9  
5 – 6 p.m.**

Beach Cities Health District's Safe in the South Bay Series is bringing health experts, cities, chambers, schools and community members together around this fast-moving pandemic. The live-streamed series will cover a variety of COVID-19 topics, including testing, navigating the new normal, mental health and personal resilience.

This Safe in the South Bay Series Workshop will answer some of your most frequently asked COVID-19 questions, as well as receive an update on the latest Beach Cities COVID-19 numbers, what it means to live in the new normal and how you can support local businesses.

Register online at [bchd.org/coronavirus](https://bchd.org/coronavirus)

## PANELISTS INCLUDE:



**Zach Zawacki**  
Mira Costa High  
School Student  
12th Grade



**Maya Williams**  
Redondo Union High  
School Student  
11th Grade



**Dr. James McKinnell, MD**  
Torrance Memorial  
Medical Center  
Infectious Diseases



**Dr. Moe Gelbart, PhD**  
Executive Director,  
Thelma McMillen Center  
for Alcohol & Drug  
Treatment  
Torrance Memorial  
Medical Center

