The Health & Wellness Sub-Committee of the Del Rey Neighborhood Council is the first of its kind to have been created in all of the Neighborhood Councils in the City of Los Angeles.

Our mission is to measure what matters to improve the Quality of Life of our residents, business/property owners and stakeholders in Del Rey and to Transform our Neighborhood to THRIVE!

**UPCOMING EVENTS**

**2nd SATURDAYS OF THE MONTH**
- Walk the Talk, Del Rey Walk Group

**3rd FRIDAYS OF THE MONTH**
- Social @ Six, Del Rey Social Group

**YEAR-ROUND**
- Del Rey Wellbeing Index

---

**Walk the Talk**
What: Del Rey Walk Group
When: 2nd Saturdays of the Month @ 10:00 AM - 10:30 AM
Where: Meet at the Ballone Creek Bike Path Entrance on Centinela Blvd.

**Social @ Six**
What: Del Rey Social
When: 3rd Fridays of the Month @ 6:00 PM
Where: Del Rey Farmers Market

**Live, Work, Play [HAPPY] in Del Rey**
What: Annual Event
When: March 20th (5PM - 7PM) - 21st (11AM - 3PM), International Day of Happiness
Where: 20th @ Del Rey Farmers Market & 21st @ MOA Wellness Center

**Let’s Move! Del Rey**
What: An initiative launched by the First Lady, dedicated to solving the problem of obesity
When: Year-Round
Where: Varies (check our event calendar for more information)

**Del Rey Wellbeing Index**
What: Web-enabled wellbeing index survey for Quality of Life Assessment in Del Rey
When: Year-Round
Where: Take the survey today! (visit the website for the links to the surveys)

---

To get more involved:

Mika Kim
Mika.Kim@delreync.org
Area Director and Health & Wellness Board Chair

The Del Rey Neighborhood Council (DRNC) is an organization that is officially certified by the City of Los Angeles to increase influence with City lawmakers and departments and to improve our community.