

# Wellbeing Leaders

Spring 2026! ★

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**Ivan Nuñez** - *Paint, Plants & Potluck*

**Rebecca Bijur** - *Plant Bingo*

**Kathleen Benjamin** - *Breaking Bread: Our Side of Town*

**Leyla Arellano** - *Floreciendo Run Club: Movimiento para Sanar el Corazon*

**Suchi Branfman** - *Freedom Time: Dancing, Community, Self-Care, Justice*

**Beti Duran** - *Taller de Arreglos Florales*



HUMAN  
RELATIONS  
COUNCIL

SANTA MONICA BAY AREA

# COMMUNITY WELLBEING PROGRAM

## MAY EVENTS



### BREAKING BREAD: STORIES OF FOOD + FAMILY

Community voices gather to explore how breads across cultures carry stories of ancestry, memory, resilience, and belonging, from cornbread, croissants, and baguettes, to flatbreads and Mexican breads. Includes a tasting of the breads.

1350 7th Street, Santa Monica, CA 90401

11:00am – 1:00pm



### PAINT, PLANTS & POTLUCK

Connect with neighbors and make new friends during a potluck at the Urban Food Farm in Santa Monica. Bring a cultural dish to share and discuss. The gathering will also feature activities for all ages, including painting & plant potting. To enter, call: (424)330-5382

1933 20th Street, Santa Monica, CA 90404

1:00pm – 3:00pm

## JUNE EVENTS



### PLANT BINGO

Join in an afternoon of bingo with a twist...all the prizes are plants! Registration is required.

To Register, email: [19thstreetpopup@gmail.com](mailto:19thstreetpopup@gmail.com)

2018 19th Street, Santa Monica, CA 90404

3:00pm – 5:00pm



### FLORECIENDO RUN CLUB

Each meet up begins with a 3-mile run OR a 2-mile walk through Santa Monica.

First meet up: Finish with a guided breath work activity.

Second meet up: Finish with mindfulness & “paint a plant pot” activity.

TBD in Santa Monica

7:45am