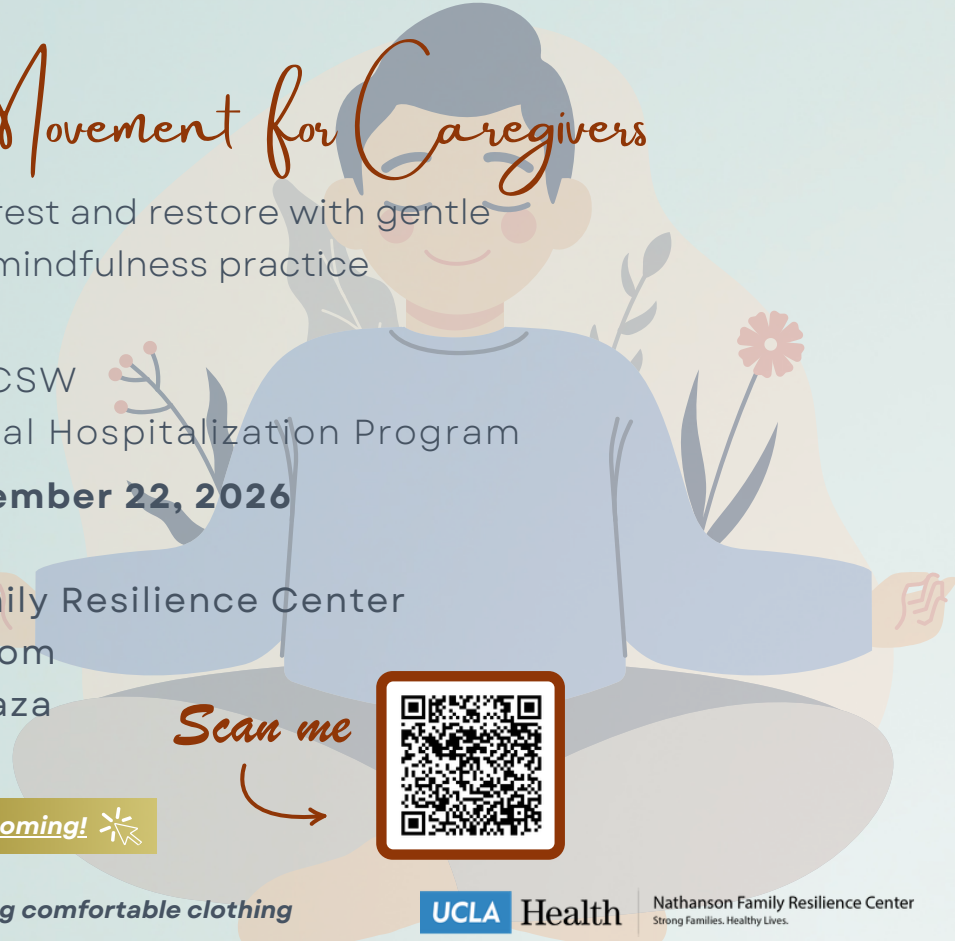


Mindful Movement for Caregivers

A stylized illustration of a person with short blue hair, wearing a light blue long-sleeved shirt, sitting in a meditative pose with hands resting on their knees in a mudra. The person has a serene expression with closed eyes and a slight smile. They are surrounded by soft, pastel-colored floral and leafy branches. The background is a light, airy blue.

Take a break to rest and restore with gentle movement and mindfulness practice

Presented by:

Leah Platkin, LCSW

ABC Child Partial Hospitalization Program

Tuesday, September 22, 2026

11:30 AM

Nathanson Family Resilience Center

Conference Room

300 Medical Plaza

Suite 1500

Let us know if you're coming! ✨

Drop-ins welcome

We recommend wearing comfortable clothing

Scan me



UCLA Health

Nathanson Family Resilience Center
Strong Families. Healthy Lives.