

**DOWNTOWN MHC WEEKLY SALAD CLUB**  
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Recently, the staff at the Los Angeles County Department of Mental Health's (LACDMH) Downtown Mental Health Center/Crisis Resolution Services and Wellness Programs started a weekly salad club with the purpose of promoting healthy eating habits and bringing staff together to enjoy a healthy lunch.

The weekly salad club members meet once a week during their lunch break and prepare their own salad from the items that each member prepared and brought to the table.

The salad club members take turns to prepare and clear the table. Additionally, the members are asked to bring a healthy recipe to share. All the recipes will be compiled in a booklet to be distributed to all the interested staff. The weekly salad club is coordinated by Syreeta Diamond, one of the clinic's ITCs.