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It's time for some self-care

AUGUST IS NATIONAL WELLNESS MONTH AND THE GREAT TRYKE GIVEAWAY

Los Angeles Trial Lawyers' Charities and Orange County Trial Lawyers' Charities are widely recognized for helping others through hands-on volunteer service and meaningful financial support.

This month, we're turning that spirit of care toward *you*.

In honor of National Wellness Month, we're sharing simple ways LATLC and OCTLC can help you make self-care a priority, build healthier routines, and support your mental, physical, and emotional well-being.

Self-care is more than drinking enough water or getting a good night's sleep. It can also mean moving your body, making time for meaningful service, practicing gratitude, and finding moments that restore your energy. Here are ways to approach wellness this month.

Get involved and get healthy

Move for a cause: Walking for 30 minutes or more can improve your mood, health, and overall wellness. On August 2, OCTLC sponsored and participated in the Children's Hospital of Orange County Walk through Disneyland, raising funds for CHOC while enjoying the Happiest Place on Earth. Later this fall, LATLC will host its 13th Annual Golf Tournament on October 12 at Mulholland Hills Country Club. It's a chance to get your steps in, enjoy the outdoors, and make a difference, all in one day. Funds raised from the tournament support LATLC programs, including Comfort & Joy and annual holiday giving in South Los Angeles. Sponsorships and foursomes are now open (<https://LATLCGOLF26.givesmart.com>).

Great Tryke Giveaway August 15

Relax through service: Activities like yoga, listening to music, and reading can help improve your mood. Repetitive, hands-on acts of service – such as filling hygiene kits – can also be calming and restorative. Join LATLC and OCTLC at the Great Tryke Giveaway on August 15, where we will present new adaptive tricycles to children with special needs. These bikes from SoCal Trykers promote independence, social interaction, mobility, strength, self-esteem, and quality of life. While the children receive final adjustments and prepare for the parade and party, volunteers will assemble toiletry kits for veterans experiencing homelessness in Southern California. US VETS will distribute these much-needed items. Sponsorships are available, including the

opportunity to “adopt” one of these wonderful tricycles. (<https://TRYKE26.givesmart.com>)

Practice gratitude and positivity: LATLC and OCTLC will once again co-host a booth (#506) at the CAALA Convention in Las Vegas. This year, we're inviting attendees to take a moment to encourage young people facing challenges by writing messages of hope, kindness, and resilience. Stop by, share a few words, and let a young person know that someone believes in them.

Keep wellness going all year: Participating in our activities is a true “win/win.” Volunteers often share that giving back through OCTLC and LATLC leaves them feeling good for the rest of the day – and beyond.

To find upcoming opportunities, visit our websites (www.LATLC.org and www.OCTLC.org) as new projects are added regularly. National Wellness Month may happen in August, but you can celebrate self-care, service, and community all year long. ♦



These adaptive tricycles make a real difference in the lives of special children.



National Wellness Month