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## 'Healthy Lunch, Healthy City' Helps Beverly Hills Become A Prepared City at Mayor's Healthy Lunch and Learn

By Victoria Talbot

The Municipal Gallery was standing room only Wednesday as guests listened raptly to advice on preparedness by Pamela Mottice Muller, the City's Director of Emergency Management, and the Health and Safety Commission.

Well over 100 people filled the gallery for a light lunch and some straight talk on what to do in the event a disaster and how to help and get help in the community.

"I believe that a healthy city is a prepared city," said Mayor Lili Bosse.

The event is a feature of Mayor Bosse's Healthy City initiative. Each month the City addresses a new topic of interest to the general public featuring healthy living.

Attendees learned about the community's preparedness and response plans for emer-

gencies. The City has a plan for catastrophic events; knowing what that it is and how to respond can be a key ingredient to survival in such an event.

To discover more about the City's preparedness, please visit Disaster Planning for Residents at [www.beverlyhills.org](http://www.beverlyhills.org).

The next Beverly Hills Healthy City event will feature "healthy holidays," on Wednesday, November 19, just in time for the Thanksgiving holiday season kick-off. Cedars-Sinai speakers will join Beverly Hills' own Barbara Lindner of the Greystone Demonstration Garden. The event will address managing stress, healthy eating and being happy for the holidays and will be at the Municipal Gallery at City Hall from 5-6 p.m. For more information call (310) 285-2537.