

HARNESSING AI FOR COMMUNITY MEDIA:

Enhancing Production & Engagement



PASADENA MEDIA

Sharon Huang
Studio Coordinator

MAIN OBJECTIVE

What can I help with?

FORMAT

Create a voiceover script in third-person, objective, news-like voice and sentence/paragraph structure using this info starting with organization/event/topic, date, time, and place (if applicable):



Search

Reason



INFO ORGANIZATION

VOICE TYPE

ChatGPT x Stress Management Series x

chatgpt.com

YouTube PSWD Manager PM Website HR ISAAC MightyCall Jotform Canva Social Media Resources ChatGPT Perplexity AI OneTap Staff Groups

ChatGPT

What can I help with?

Create a voiceover script in third-person, objective, news-like voice and sentence/paragraph structure using this info starting with organization/event/topic, date, time, and place (if applicable):

+ Search Reason

↑

ChatGPT's Version

Stress Management Series at Pasadena Senior Center

The Pasadena Senior Center invites the community to participate in its Stress Management Series, taking place on Fridays, March 7, 14, and 28, at 10:00 a.m. This engaging and informative series is presented by Independence at Home and is designed to provide valuable tools for managing stress, improving well-being, and fostering social connections. Each session offers a unique focus to help attendees build resilience and maintain a healthy lifestyle.

The series begins on March 7 with a discussion on coping strategies, equipping participants with practical techniques to handle life's challenges. On March 14, the focus shifts to setting health goals, providing guidance on creating realistic and sustainable wellness objectives. The series concludes on March 28 with a lively and interactive session on Bollywood Laughter Yoga, a fun and energetic approach to stress relief through movement and laughter.

This free program is open to all, and reservations are suggested to secure a spot. Attendees can expect a welcoming environment that promotes learning, relaxation, and personal growth.



Edited Version

~~Stress Management Series at Pasadena Senior Center~~

The Pasadena Senior Center invites the community to participate in its Stress Management Series, taking place on Fridays, March 7th, 14th, and 28th at 10:00 AM. This engaging and informative series is presented by Independence at Home and is designed to provide **tools and strategies** for managing stress, improving well-being, and fostering social connections. Each session offers a unique focus to help attendees build resilience and maintain a healthy lifestyle.

The series begins on March 7th with a discussion on coping strategies, equipping participants with practical techniques to handle life's **daily** challenges. **Then** on March 14th, the focus shifts to setting health goals, ~~providing~~ **with** guidance on creating realistic and sustainable wellness objectives. The series concludes on March 28th with a lively and interactive session on Bollywood Laughter Yoga, a fun and energetic approach to stress relief through movement and laughter.

This free program is open to all, and reservations are **highly** suggested ~~to secure a spot~~. Attendees can expect a welcoming environment that promotes learning, relaxation, and personal growth.


ChatGPT's Version


🌿 Find Your Calm with the Pasadena Senior Center! 🌿
Join the Stress Management Series, presented by Independence at Home, and discover tools to navigate life's challenges, improve well-being, and connect with others! ✨

 Fridays at 10 AM – March 7, 14 & 28

 Pasadena Senior Center

 March 7 – Learn practical coping strategies

 March 14 – Set and achieve health goals


 March 28 – Experience Bollywood Laughter Yoga for stress relief!

This free series is open to all, but reservations are highly recommended! Don't miss out on this opportunity to relax, recharge, and build resilience. 🌸

#PasadenaSeniorCenter #StressManagement #Wellness
#LaughterYoga #HealthyLiving




Edited Version


 Check out today's #PasadenaMediaNewsUpdate:

🌿 Find Your Calm with the Pasadena Senior Center! 🌿
Join in on the Stress Management Series, presented by Independence at Home, and discover tools to navigate life's challenges, improve well-being, and connect with others! ✨

Learn practical coping strategies, set and achieve health goals, and experience Bollywood Laughter Yoga for stress relief! This free series is open to all, but reservations are highly recommended! Don't miss out on this opportunity to relax, recharge, and build resilience. 🌸

 Date: Fridays - March 7th, 14th, & 28th

 Time: 10:00 AM

 Place: Pasadena Senior Center

 To learn more, visit: www.pasadenaseniorcenter.org

#PasadenaSeniorCenter #StressManagement #Wellness
#LaughterYoga #HealthyLiving



pasadena.media
Original audio

pasadena.media 🔊 Check out today's #PasadenaMediaNewsUpdate:
🌱 @descansogardens presents "Only the Oaks Remain", a special exhibition honoring the stories of more than 2,000 Japanese, German, and Italian detainees held during WWII. 🌿 In partnership with the Tuna Canyon Detention Station Coalition, this powerful display runs March 7th through the 9th, featuring historical photographs, letters, and personal accounts.

On Saturday, March 8th from 3:00 PM to 5:00 PM, hear firsthand from descendants of those imprisoned, alongside special speakers as well, followed by a guided walk through the Japanese Garden & Camellia Forest. 🍷 Exhibition included with admission.

🌐 To learn more, visit: www.descansogardens.org/event

#PasadenaMedia #OnlyTheOaksRemain #DescansoGardens #WWIIHistory #TunaCanyon #JapaneseAmericanHistory #NeverForget #PublicHistory #MuseumExhibit #CulturalHeritage

4h

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📍 🗨️ 📌

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File Resize Editing Celebration Posts (Jan.-June 2025) S + 3 3:54 Publish as Brand Template

← Magic Grab X

Design

Select objects to grab

Brush Click

Grab

Elements

Text

Brand


Uploads

Draw

Projects

Apps

Magic Media



The image shows a man with a goatee, wearing a white long-sleeved shirt and a blue apron, smiling broadly. He is holding a white sign with the word "OPEN" in large, bold, black letters. He is standing in front of a glass door or window. The window has text on it: "Always Welcome Always Fresh" in a curved font and "Our Specialty Wedding Cakes" in a straight font. The background is slightly blurred, showing what appears to be the interior of a bakery or cafe.

Original Headshot



Edited Headshot





with Guests
***Lena Kennedy &
Victoria Buxton-Pacheco***

Rise and Lead Women's Summit



ACCESS FOR ALL

Integrating Accessibility

with ANDREA JENNINGS

Social Media Captioning & Adjustment

Facebook, Instagram, LinkedIn (TikTok and YouTube if applicable):

Your voice has power—use it! 🗣️ Today is **#NationalBeHeardDay**, a reminder to speak up, share your ideas, and make an impact. Whether you're a small business owner, an artist, a storyteller, or an advocate for change, your voice deserves to be heard. 🗣️🌟

🗣️ In a world filled with noise, finding the right platform to share your message is key. Whether it's through social media, podcasts, public access TV, or community events, every story matters. Don't be afraid to take the mic, start a conversation, and make waves. The world is listening—what will you say? 🗣️

#PasadenaMedia #BeHeard #SmallBusinesses #RaiseYourVoice #SpeakUp #MakeAnImpact #YourVoiceMatters #MediaForChange #Storytelling #Empowerment #CommunityVoices #FindYourPlatform #AmplifyVoices

Twitter/X: (No more than 280 characters)

🗣️ Your voice has power—use it! It's **#NationalBeHeardDay**, a reminder to speak up, share your ideas, and make an impact. Whether you're a business owner, **#storyteller**, or advocate, your voice matters. Don't be afraid to take the mic, start a conversation, and make waves! 🗣️🌟

Threads: (No more than 500 characters)

🗣️ Your voice has power—use it! Today is **#NationalBeHeardDay**, a reminder to speak up, share your ideas, and make an impact. Whether you're a small business owner, artist, storyteller, or advocate for change, your voice matters. 🗣️🌟

🗣️ In a noisy world, finding the right platform is key—social media, podcasts, public access TV, or community events. Don't be afraid to take the mic and start a conversation!

#PasadenaMedia #BeHeard #SmallBusinesses #RaiseYourVoice #SpeakUp #MakeAnImpact