

Please Join CalOptima for an **Educational Seminars**

657-235-6924



“Surviving the Holidays... with Healthy Lifestyle Skills”

Presenter: Tracy Bryars, CDE, RD, MPH,
Healthy Communities, Initiative Manager

Friday, November 4, 2016; 9:30 a.m. – 10:30 a.m.

English

657-235-6924



“¿Qué es la pérdida de la memoria?”

Presentadora: Milagros Chumpitaz,
Trabajadora Social, Alzheimer’s Orange County

Jueves, 10 de noviembre, 2016; 9 a.m. – 10 a.m.

Spanish

714-246-8809



"Medicare 101:

Hiểu Biết Những Phúc Lợi và Các Lựa Chọn"

Thuyết trình viên: Cô Ngô Yến Tuyết,
Chương Trình Cố Vấn Và Hỗ Trợ Bảo Hiểm Y Tế, Council on Aging Orange County

Thứ Sáu, ngày 18 tháng 11 năm 2016: 11 giờ sáng – 1:00 giờ

Vietnamese

Hosted by CalOptima with the assistance of **Supervisor Andrew Do**
at the Orange County Community Service Center

15496 Magnolia Avenue, Suite 111,
Westminster (McFadden and Magnolia)

There is no charge for this event and it is open to the public. Light refreshments will be served.
Due to Fire Safety Regulation, seating is limited to 45 for each session. Please arrive early to guarantee a seat.



CalOptima
Better. Together.