

# Join CalOptima's 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.**

Presented in  
English

657-235-6924



## “What is Memory Loss?”

**Presenter: Milagros Chumpitaz,**  
Social Worker, Alzheimer's Orange County

**Thursday, November 10, 2016; 9 a.m. – 10 a.m.**

Presented in  
Spanish

714-246-8809



## "Medicare 101: Understanding Your Benefits and Options"

**Presenter: Tyree Yen-Tuyet Ngo,**  
HICAP Vietnamese Outreach Specialist, Council on Aging – Orange County

**Friday, November 18, 2016; 11 a.m. – 1 p.m.**

Presented in  
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.