

YOU ARE INVITED TO JOIN THE Congress of California Seniors and the Long Beach Senior Center SENIOR SUMMIT

STAY INFORMED....STAY PREPARED
THURSDAY, SEPTEMBER 13, 2018

1150 E. Fourth Street, Long Beach, CA - Auditorium
8:45-9:30 a.m. Registration • 9:30 a.m. to 2 p.m. Program

**In these challenging times, we want our seniors
to be "Informed and Involved" with senior issues ...**

- Message from The Honorable Robert Garcia, Mayor, Long Beach
 - U.S. Postal Inspector- Mail Fraud, Stay Safe
 - SCE - Clean Energy in Future, How It Impacts YOU
 - Congress of CA Seniors- A Script for Better Health
- Long Beach Library Services- New Veterans Resource Center
 - Water Replenishment District- How Safe is Your Water?
- Heart of Ida- Fall Prevention, Tips to Stay Healthy and Active
 - CareMore • And more...

8:45-9:30, Coffee (donated by Heart of Ida), Pastries-Fruit (donated by CareMore)
Light Lunch (donated by SCE) first 115 SIGN UPS

Opportunity Drawing

REGISTER NOW! RESERVE YOUR SEAT! ROOM 107 OR 562-570-3534



The Heart of Ida



CAREMORE
It's what we do.™

