



Call 877.563.1647
to RSVP.

Learn something new at an educational event,
get moving at a Zumba class, and more!

**Older adults: don't
miss our FREE events
this March!**



**Join ophthalmologist
Mark Lin, MD,
for a DOC Talk.**

To learn more, see details inside.



1041 W. Badillo St., Suite 104
Covina, CA 91722
emanatehealthipa.com

March Events



DOC Talk: Losing the Ability to See Up Close

March 9th and 28th

As you age, it is normal to notice changes in your vision. Join ophthalmologist **Mark Lin, MD**, and learn more about common vision issues that older adults face.

Time: 11 AM – 12 PM

Location: Emanate Health Resource Center

1041 W. Badillo St., Suite 115, Covina, CA 91722

Zumba Fitness Class

March 14th and 23rd

This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. No equipment is needed. For your safety, please wear appropriate workout shoes.

Time: 10 AM – 11 AM

Location: Emanate Health Resource Center

1041 W. Badillo St., Suite 115, Covina, CA 91722

LA Metro Workshop

March 16th

Learn more about the On the Move Riders Program (OTMRP), which was created by LA Metro to inspire older adults to use public transportation to explore exciting destinations (museums, events, etc.).

Time: 11 AM – 12 PM

Location: Emanate Health Resource Center

1041 W. Badillo St., Suite 115, Covina, CA 91722



LA Metro Field Trip

Date: March 30th | Time: 10 AM

You must attend the LA Metro Workshop to participate in the field trip. Details will be provided on the day of the workshop by an LA Metro representative.

Emanate Health IPA is an independent medical practice affiliated with Emanate Health.



Call 877.563.1647 to RSVP.