

moo.sqidtlsedetensme Covina, CA 91722 1041 W. Badillo St., Suite 104

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

To learn more, see details inside.





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

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



March Events

OVER SET UP CLOSE 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

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. Location: Emanate Health Resource Center **Time:** 10 AM – 11 AM 1041 W. Badillo St., Suite 115, Covina, CA 91722

LA Metro Workshop

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.).

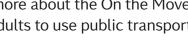
> Location: Emanate Health Resource Center 1041 W. Badillo St., Suite 115, Covina, CA 91722

LA Metro Field Trip

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.



Time: 11 AM – 12 PM

March 16th

Date: March 30th | Time: 10 AM

March 14th and 23rd