



SAN DIEGO COUNTY COUNCIL ON AGING

Non-Profit Tax ID # 271000729

PRESENTS:

HEALTHY AGING IN A CHANGING WORLD

FIRST UNITED METHODIST CHURCH
2111 Camino del Rio S,
San Diego, CA 92108

FRIDAY, SEP. 13, 2019
9:00AM TO 1:00PM



GUEST SPEAKERS:

Dr. Bob Uslander, Integrated MD Care/Medical Director

Move Your Body with Rock Steady Boxing

Dr. Tobin Watkinson, Nutrition

Dr. Oleg Gavriyuk, Physical Medicine & Rehabilitation

- FREE EVENT!
- Blood Pressure Screenings
- Giveaways & Raffle Prizes

- FREE Continental Breakfast
- Plenty of FREE Parking
- ALL PROFESSIONALS WELCOME

Wish to host a vendor table? Contact Tianna Thomas at tiannathomas@firstpromisecare.com or go to www.SDCCOA.com

ALL ATTENDEES R.S.V.P. TO CRAIG MAY 619-957-9196

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