Preregistration is required for all Presentations/Seminars.

All presentations are FREE and take place at the Joslyn Center, Lounge.

MEDICARE & VITALITY CENTER – INTER VALLEY HEALTH PLAN The Vitality Series is open to those 55 and over. Learn how to keep your vitality

and be healthy! Join in on free screenings, informative presentations,

Doc talks and refreshments!

DAY & TIME:

Tuesdays, 9 am-12 pm

PRESENTATIONS:

Please call (626) 384-5380 to reserve your place at the following seminars.

- **JANUARY 21 – DRIVE WELL**

Discussion on when it's time to give up the keys. Behind the wheel safety and driving options will also be discussed.

- **FEBRUARY 4 – MEDICARE 101**

Great presentation for those who are new to Medicare or turning 65 in 2014.

- **FEBRUARY 11 – CHOCOLATE BINGO**

Join us for a new twist on the old game of Bingo. Great for chocolate lovers!