

HERITAGE POINTE







Seniors Living in the Jewish Tradition



SENIOR HEALTH FAIR

Thursday, June 15, 2023
10am-2pm
At Heritage Pointe

Experience Healthy Living:

-  **Red Cross Blood Drive** **10am-4pm**
-  **Dr. David Law: Friendly Aging** **10:00am**
Delirium and geriatric care.
What is delirium, its risk factors and consequences? What is being done about it?
-  **Dr. Mitchell Gelber:** **10:45am**
Memory and Aging
-  **Rabbi Marcia Tilchin:** **11:30am**
Mindfulness Exercise
-  **Heritage Pointe Fitness Trainers:** **11:30am**
Exercise IS Medicine!
-  **Lunch & Visit with Exhibitors** **12:15-1pm**
-  **SPECIAL EVENT PERFORMANCE!** **1pm - 2pm**
Broadway actress Lisa Fishman
"A Little Yiddish...A Little Broadway!"

ADMISSION IS FREE – Lunch is provided
RSVP to (949)276-6215 or
rdelgado@heritagepointe.org

www.HeritagePointe.org
27356 Bellogente, Mission Viejo, CA 92691
Jewish Home for the Aging of Orange County

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