

VIRTUAL COMMUNITY WELLNESS WEDNESDAYS



Join our SPA 2 San Fernando Valley and Santa Clarita Valley Regional Health Office's Education Unit every 1st Wednesday of the month for a virtual educational session, starting in October 2021.

EDUCATIONAL SESSION TOPICS, DATES, AND TIME

Date: October 6, 2021

Topic: Setting the Table for Healthy Eating

Description: Participants will learn how to read and use the Nutrition Facts label to make informed food choices that support a healthy diet. In addition, we will explore how you can take an active role in making healthier choices at home and while eating out.

Date: November 3, 2021

Topic: Fall Prevention

Description: Falls are the number one cause of injury, hospital visits, and death from an injury among people age 65 and older. Among older adults, falling is a serious issue. However, falls are common, predictable, and preventable. This session will discuss things you can do to help reduce your risk and learn about falls prevention.

Date: December 1, 2021

Topic: Nutrition and Wellness for Older Adults

Description: There is a relationship between good nutrition, health, and wellness. During this session, we will discuss about the benefits of good nutrition and learn about important nutrients your body needs.

Time: 10:00AM – 11:00AM (Sessions will be held at the same time each Wednesday)

HOW TO JOIN

Click

<https://bit.ly/SPA2Wellness>

or

call in (audio only)

(323) 776-6996

Conference ID: 959 223 775

or

Point your mobile phone's camera at this QR code to join

