

National Senior Health and Fitness Week 2024 Events

In celebration of Healthcare District Month, the Center for Health & Fitness invites you to participate in the nation's largest health event for older adults.

To register for these free events, please visit www.beachcitiesgym.org/nationalsenior-health-fitness-week. Logins will be shared when you register if necessary.

Schedule of Events: May 28 – 31, 2024

TUE: May 28	WED: May 29	THU: May 30	FRI: May 31
<p>9:00 a.m. - 12:00 p.m. Bone Sonometry/ Density Screenings Hosted by Pacific Health and Wellness - Screening Services (Assessment Room)</p>	<p>9:00 - 10:00 a.m. Sleep Dr. Joseph Chou from Providence Medical Associates (Zoom/Clubhouse HYBRID)</p>	<p>9:00 a.m. - 12:00 p.m. DermaScan (DermaView) Screenings Hosted by Pacific Health and Wellness - Screening Services (Assessment Room)</p>	<p>9:00 - 10:00 a.m. Medication Management Clinic Gloria Huh, PharmD, APh, BCACP, BCPS from PLCM Pharmacy Department (Zoom/Clubhouse HYBRID)</p>
<p>10:00 - 11:00 a.m. Hypertension Dr. Deeya Kumar from Providence Medical Associates (Zoom/Clubhouse HYBRID)</p>	<p>11:30 a.m. - 12:30 p.m. Shoulder and Elbow Pain w/ Pickleball Andrew Bergman, PT, DPT from AIM Sports Medicine (Silver Room)</p>	<p>10:00 - 10:55 a.m. Alzheimer's Disease and Dementia: Understanding the Fundamentals Sherry Lindemann, ASW from BCHD's Care Manager and Social Worker (Zoom/Clubhouse HYBRID)</p>	<p>10 - 11 a.m. Mental Health in Older Age: The Importance of Social Connection Emily Brosius LCSW, BCHD's Director of Community Services (Zoom/Clubhouse HYBRID)</p>
<p>11:00 a.m. - 12:00 p.m. Preventing Slips, Trips and Falls Amy Mourad, PT from AIM Sports Medicine (Silver Room)</p>		<p>11:00 a.m. - 12:00 p.m. Fall Prevention and Home Modifications Hosea Huynh, MSOT from PLCM Rehab (Silver Room)</p>	<p>11:00 a.m. - 11:55 a.m. Mobility for Better Movement Jon Michaels CHF Personal Trainer (Jade Room)</p>
		<p>1:00 - 2:00 p.m. Virtual Reality Experience Timilie Losq (Silver Room)</p>	<p>12:00 - 1:00 p.m. Managing Back Pain Ziya "Z" Altug, PT, DPT, MS. DipACLM, OCS, CSCS, Lifestyle Med., Consultant (Clubhouse Room HYBRID)</p>

CHF Invites You to Celebrate

NATIONAL SENIOR Health & Fitness Week

May 28 – 31, 2024

Join us for National Senior Health & Fitness Week, the nation's largest health event encouraging all older adults to take action towards maintaining and improving their health.



Move More to Do More!

Free Events!



A Beach Cities Health District Program

beachcitiesgym.org/national-senior-health-fitness-week

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