

Free Community Seminar

Healthy Aging and Caring for Older Adults



Wednesday, June 21 from 6 to 8 pm

Casa Colina Hospital and Centers for Healthcare, William W. Norin Education Center
in the Tamkin Room (Building 1D) ♦ 255 East Bonita Avenue (at Garey) in Pomona

GUEST SPEAKERS



Harvey Cohen, M.D.
Board-certified
Internal Medicine
and Geriatric Medicine



Jake Hazen, OT
Occupational Therapist
and Certified Driving
Rehabilitation Specialist



**Elizabeth Preston
Cisneros, Ph.D.**
CBIS, Clinical
Neuropsychologist

Topics of discussion include:

- ♦ Assessing normal aging vs. health problems
- ♦ Common risks associated with taking multiple medications
- ♦ Understanding and accepting role changes among the elderly
- ♦ Fall risks, balance and cognition, vision issues, and safety in the home
- ♦ The role of the neuropsychologist, PT, OT and speech therapist in assessing and treating the elderly
- ♦ Addressing memory loss and depression
- ♦ The role of an outpatient senior evaluation program to keep seniors as healthy and independent as possible

**Seniors and their family members
are welcome to attend.**

Refreshments will be served.
Seating is limited – please call
to reserve your space.

866/724-4132



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