

Senior Safety Fair

Thursday, May 31, 2012

10:00 am – 2:00 pm

(9:30 Registration)

St. Mary Medical Center

Health Enhancement Center

1055 Linden Avenue, Long Beach

Call 1-888-4ST-MARY to register

Free Lectures Include: Trauma & Injury Incidents in Seniors * Medication Safety * Making a Home Disaster Kit & Fall Prevention

Free Health Screenings Include: Blood Pressure, Cholesterol (8 hour fast required), Glucose (Diabetic) Screenin, Low Vision Screening, Foot Screening, Fall Risk Assessment and more!

Diabetes Self Management Workshop

Monday Evenings

5:30 pm – 7:30 pm

Lakewood Regional Medical Center

Basement Conference Room B

3700 E. South Street, Lakewood

4 Part Series – Free for Alamitos IPA, Brookshire IPA, Lakewood IPA & St. Mary IPA members

Reservations Required – Call (562) 281-9675

Nutrition As Therapy, Inc

New Starting May 15th 2012

Zumba Classes

These classes are introductory level and fun for everyone. No dance experience needed.

Tuesday's at 3:00 pm

Thursday's at 11:00 am

St. Mary Medical Center – 4th Floor Gym

1050 Linden Avenue, Long Beach

For More Information Please Call 1-888-4ST-MARy (1-888-478-6279)

****You Need to Pre-Register in the St. Mary Senior Center located at 1027 Linden Avenue, Long Beach. Call 1-562-491-9811 for details.**

Summer Concerts In the Park

Thursday's June 21 – August 9

6:30 pm – 8:00 pm

Del Valle Park

5939 Henrilee Street, Lakewood (Woodruff & Arbor)

Sponsored by the Independent Physicians of Lakewood IPA

Hatha Yoga Classes for Seniors

Taught by Stella Tryon this 90 minute class is performed on the floor using a Yoga Mat (or quilt) and will start with gentle stretching. Then proceed into Yoga movements to improve flexibility, muscle tone and balance. Class concludes with stretching and deep breathing techniques.

Los Alamitos Yoga Classes

Every Thursday

12:30 – 2:00 pm

Cypress Community Center

5700 Orange Avenue, Cypress

Class Size Limited: Call to register (800) 548-5559

T'ai Chi Chih Classes

Learn to live a better balanced life through T'ai Chi Chih, a gentle series of controlled movements that enhance...mind, body and balance. Taught by Al Talberg, a certified instructor. Joy through Movement!

Every Thursday at 2:45 pm

50 Minute Class.

St. Mary Medical Center – 4th Floor Gym

1050 Linden Avenue, Long Beach

Class Size Limited: Call to register (888) 4ST-MARY (1-888-478-6279)