

PROGRAMS THAT BENEFIT YOUR HEALTH!

FREE FOR
MEMBERS!
ALL YEAR
LONG!

FOR MEMBERS OF ALAMITOS IPA, BROOKSHIRE IPA,
LAKEWOOD IPA, & ST. MARY IPA

PROGRAMS
INCLUDE
CHANCE FOR
GIFTS & RAFFLE
DRAWINGS!

2012 HEALTHCARE PROGRAMS

HEALTH EDUCATION PROGRAM

Available To: ALL MEMBERS!

Where: Location To be Announced (per session)

You are invited to attend the health educational events to learn about health care awareness! Our educational sessions include: Overview of Condition, Symptoms & Treatment, and Prevention!

RSVP event, as space is limited! For more information or RSVP call Lauren Woodson at (562) 602-1563 ext 311. **Monthly

DIABETES SELF MANAGEMENT WORKSHOP

Available To: ALL MEMBERS!

Where: Lakewood Regional Medical Center- 3700 E. South St., Basement Conference Room B, Lakewood, CA 90712

To Schedule: Call Nutrition as Therapy, Inc. at (562) 281-9675 to enroll!

****Monday Evenings,
5:30 pm- 7:30 pm**

Preventive Tests/Screening Clinics



“SCREENING DAY”

(Mammogram Screening)



Recommended For: Women 40- 74 years of age. A mammogram is recommended **every 1 to 2 years.**

Where: Preferred Diagnostic Imaging (PDI)- 10230 Artesia Blvd., Ste 100, Bellflower, CA 90706

To Schedule: Call Primary Care Physician (PCP) or PDI directly at (562) 461- 2585 to schedule mammogram appointment at PDI.

****Every 3rd Saturday/ monthly**

“DEXA CLINIC”

(Bone Mineral Density Test)

Recommended For: Women 67 and older who have suffered a fracture. A dexa scan is recommended **within 6 months of fracture.**

Where: Lakewood Primary Care- 5750 Downey Ave., Ste 100, Lakewood, CA 90712

To Schedule: Call Lauren Woodson at (562) 602-1563 ext 311.

****Every 3rd Fri/ monthly**

If you would like more information regarding the above programs offered by the IPA, please call Lauren Woodson at (562) 602- 1563 ext 311.

