

Coffee Talk With the Doc Educational Seminars

St. Mary Medical Center
Health Enhancement Center
1055 Linden Avenue, Long Beach
Tuesdays, 1/19, 2/16, 4/20 at 1:30PM
Contact (888) 4ST-MARY (1-888-478-6279)

Body Mechanic Basics

Learn the basics to protect your back

South Coast/Forever Fit
Physical Therapy
6200 E. Spring Street
Long Beach
Call for the Class Schedule: (562) 421-1008

Hatha Yoga Classes for Seniors

Exercise to connect your mind, body, soul and breath to renew your physical and mental wellbeing. Elevate your life experience by maintaining and increasing mobility, flexibility and serenity to enjoy your longevity.

Long Beach Yoga Classes

Every Tuesday

10:00 a.m. – 11:30 a.m.

Location: St. Mary Medical Center
1045 Atlantic Suite
Long Beach

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

Strike Out Stroke

Learn the Signs and Symptoms of Stroke and how you can reduce your risk. .

Stroke Facts:

- Every 45 seconds someone in the US will experience a stroke
- High Blood Pressure is the number one risk factor for Stroke
- African Americans have twice as many strokes as other groups
- Up to 70% of Strokes are Preventable

Date: Wednesday December 9

10:30 – 11:30 Educational Presentation by local Physician

12 noon – 4 pm Free Stroke Screening – Ultrasound of Carotid Artery

Complimentary Refreshments

Door Prizes

Sponsored by: Lakewood Regional Medical Center and Lakewood IPA