



**IRVINE
CARES**

Wellness Script Workshops

Healthy Aging

Friday, September 18, 11 a.m.–Noon | Heritage Park Community Center

Learn strategies for living well and maintaining independence as we age. Discussion will include nutrition and physical activity for older adults, brain health and memory care, fall prevention, and the management of chronic conditions. Participants will also explore the importance of social connection, emotional well-being, and available community resources to support healthy, active aging.

Who Should Attend?

Family members, caregivers, and anyone interested in learning more about healthy aging are welcome to attend.

Register Today

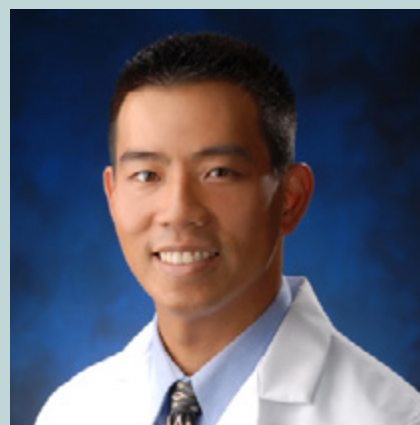


Scan or click the QR code to register or visit yourirvine.org and search “Wellness Script Workshops”.

The workshop is open to the public and registration is required.

For more information, contact the Office of Health & Wellness at 949-724-6650 or healthandwellness@cityofirvine.org.

Meet the Speaker



Dr. Steven P. Tam

Associate Professor of Medicine
and Geriatrician
*UC Irvine School of Medicine
and UCI Health*

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UCI Health

