



# Saturday, April 28, 2018

## Stronger Together!

### What:

FREE Conference for older adults and their caregivers on preventing falls and maintaining independence

### Details:

Doors Open: 8:00 am  
Forum begins: 9:00 am

### Where:

Oxnard Family Circle  
Adult Day Health Care  
2100 Outlet Center Drive, Suite 380,  
Oxnard, 93036

Free flu and  
Pneumococcal  
vaccines will be  
available to  
attendees 65+,  
while supplies  
last!

Conference will be  
conducted in  
Spanish.  
English interpreter  
assistance will be  
available.



### Welcome Remarks:

**John C. Zaragoza**  
5th District, Ventura County  
Board of Supervisors

### Presentations:

**Vladimir Serrano, MD**  
Family Medicine,  
Magnolia West Clinic, Oxnard

**Thomas Duncan, DO, FACS,**  
Chief of Staff, Trauma Medical  
Director, Ventura County  
Medical Center and Santa  
Paula Hospital

- ★ Bring your **expired and/or unused** medications (in plastic bags), Pharmaceutical Drop Off Bins will be available!
- ★ Zumba® & Tai Chi Demonstration
- ★ Panel of Experts presenting "Things You Should Know"
  - ★ Drawings and Prizes
  - ★ Lunch and Refreshments
  - ★ Health Assessments

## PRESENTED BY THE VENTURA COUNTY ELDERLY FALL PREVENTION COALITION

Space is limited, reserve your spot today!

If you have any questions/to make reservations, call Dina Ontiveras (805) 477-7343, option 6

[vcaa.org/our-services/fall-prevention](http://vcaa.org/our-services/fall-prevention)