



**L.A. Care**  
HEALTH PLAN®

## Stay Healthy with L.A. Care *Workshops for Older Adults*

Want to eat healthier, stay active, and keep your mind sharp? Learn how to reduce stress, understand healthcare, and find local resources. This workshop is just a starting point—get answers to your questions and learn how to access more help!

### What You'll Learn

- Easy tips for eating healthy and staying active
- Ways to keep your mind sharp
- Simple relaxation techniques
- How to avoid dishonest schemes
- Basics of healthcare and how it can work for you.

Discover easy tips to use the healthcare system, stay healthy, and find local help. Our workshops are held at many locations and times.

Come join us and bring a friend!



### Event Details

**When:** Wednesday, October 15, 2025 Time: 1:00 pm to 2:30 pm

**Where:** Sermon On The Mount MBC, 5509 S Western Ave, Los Angeles, CA 90062



## Take Charge of Your Health – Join Us!