

NUTRITION

at your



Fingertips!

Presented to you by...



Wednesday, March 24th 2010

Starts at 11:30 am

In front of the Fitness Center

Come join Lena Perelman and Denise Vilven Ortiz as they talk about using technology to help you monitor your health.

Then after the lecture stay to tour the SCAN Van.

The SCAN Van is a 38' mobile, multi-purpose resource center built specifically to serve seniors and caregivers.

Lecture Description

Learn how technology can help you follow a healthy lifestyle, including info on calorie calculators, go-to sites for health tips, restaurant comparisons, healthy recipes and more.



SCAN Van

- Speak to experts about services and resources in the community
- Find guidance and assistance in navigating and locating services
 - Utilize the health knowledge resource library
 - Computer based memory enhancing brain games
- Play the Wii bowling game console to support active lifestyle

Call the Fitness Center at 562-797-3612 to sign up for the lecture.

Limited seats. Lunch provided.

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Seal Beach Fitness
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