50plus Program Event Calendar 2024

February
22
THURSDAY

February Lecture
Date: February 22nd
Time: 12:00pm - 1:00pm
Location: GMH Auditorium
Speaker: Dr. Marwah
Topic: Preventing and Treating Coronary Artery Disease

April
11
THURSDAY

April Lecture
Date: April 11th
Time: 12:00pm - 1:00pm
Location: GMH Auditorium
Speaker: Jason Romero, NAMI Glendale
Topic: Mental Health 101: Understanding, Identifying, and Responding to Signs of Mental Illness

March
21
THURSDAY

March Lecture
Date: March 21st
Time: 12:00pm - 1:00pm
Location: GMH Auditorium
Speaker: Ani Vartani
Topic: Building a Nutritionally Balanced Plate

RSVP to all events by calling the 50plus Program Warm Line (818) 502-4701 or emailing gmh-communityrelations@dignityhealth.org

"To go" lunches will be provided for those that RSVP!

KN95 and surgical masks will be provided

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