

October • November 2018

# COMMUNITY LECTURE SERIES

Conference Center Whittier

13127 Philadelphia St.



Refreshments will be served at all events • Space is Limited

**RSVP: (562) 445-4247**

**Oct 11 1:30-3:30** **READY—LIFT! EASY WEIGHT TRAINING FOR ADULTS:** Why lift weights? It helps reduce the symptoms of osteoarthritis, diabetes, back pain and depression. It also helps improve your balance and sleep better. Michael will use light weights (5 lbs) and show you how to safely start an easy weight training schedule that will produce results. (Bring 5 lb barbells to get the most out of this class). *Michael Seril, M.A. in Kinesiology and owner of Michael Seril Fitness Studio in Whittier.*



**Oct 16 1:30-3:30** **PEAK ENERGY WORKSHOP:** Are you one of the 95% of Americans who feel like you don't have enough energy to do all the things you would like? Do you run out of gas before the day is over? Come and learn the 7 Proven Steps to increasing your energy by 40% in the next 14 days! If you, or someone you know is suffering from fatigue, come and learn. *Dr. Yani Feliciano, Wellness Advisor and Doctor of Chiropractic.*



**Oct 25 1:30-3:30** **KEEPING YOUR BRAIN HEALTHY:** We know how important it is to keep our brains as healthy and active as possible. Do you know how important a strong and healthy brain is to hearing, socializing, and understanding speech? Do you know what you can do to help keep your brain healthy and active? Come and learn about the latest research and findings on brain health. *Dr. Gary Dorf, Doctor of Audiology*



**Nov 1 1:30-3:30** **AVOID THE HOLIDAY NIGHTMARE:** Hearing at large family gatherings; going to the mall; and listening to the grandchildren's school or church play should all be times of joy and happiness. For those with hearing loss this is not always their experience. Come and learn what you can do to easily improve your holiday listening experiences. *Dr. Kim Ortega and Dr. Mary Ann Gilbert—Doctors of Audiology.*



**Nov 8 1:30-3:30** **MIGRAINES AND VERTIGO:** Most people associate headache type of pain with migraines, but not all migraines cause head pain. Some cause vertigo, spinning, balance problems or unsteadiness. This is called migraine-associated dizziness and is the most common cause of recurring episodic vertigo. We will discuss what causes these migraines and how vestibular physical therapy can help you take control of your migraines and improve your quality of life. *Dr. Joseph Park, Doctor of Physical Therapy from Balance Rehabilitation of Buena Park.*



These lectures are a community service of Whittier Hearing Center.  
No product will be sold at these events.

No personal information will be collected. Parking is available on the street and in the metered lot at Bright & Philadelphia. Parking costs will be reimbursed.



13121 E. Philadelphia Street  
Whittier, Ca. 90601

PRESORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
WHITTIER, CA  
PERMIT # 355  
ACRO



# FREE COMMUNITY LECTURES

Whittier Hearing Center has been committed to meeting the needs of our community for over 60 years. Lately we have seen a lack of good quality lectures and presentations. Most of what we do see is about selling you something. They will even give you a free lunch or dinner if you come to their event and hear their sales pitch!

We don't believe this is right. You should be able to get good information on topics you are interested in at no cost and without a high pressure sales presentation. That is why we are sponsoring this series of lectures. All we ask is that you RSVP as the space is limited and we would hate to have you show up and not have a seat! We promise that no one will ask for anything other than your name.

The list of topics will change every couple of months so be sure to look for the newest flyers in the community and at your doctor's office. If you want to be sure not to miss out you can sign up to have the list mailed to you every other quarter. Just call Sandy at Whittier Hearing: (562) 698-0581 and she will put you on her mailing list.

Enjoy the talks. Come and get your questions answered. Be sure to let us know if you have a topic you would like to know more about and we will add it to the series.

*The Staff of Whittier Hearing Center*

