

Senior Health Chats

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SCRIPPS MERCY HOSPITAL CHULA VISTA WELL BEING CENTER

Foot Health

Monday, January 9, 2012

Your foot health can be a clue to your overall health. Tingling, numbness or swelling can be symptoms of other health problems. Learn how to keep your feet healthy and how to recognize the signs of foot trouble.

Healthy Bones

Monday, February 13, 2012

Osteoporosis is a disease of the bone that leads to an increase risk of fracture. Come learn about healthy bones, the prevention of osteoporosis and suggested treatment and exercise.

*Norman Park Center
270 F Street
Chula Vista, CA 91910*

Aging and Our Ears

Monday, January 16, 2012



As we mature so does our body and its parts! Come out and participate in this older adult-focused educational session about hearing loss, information on coping strategies for hearing loss and how to know when it's time to get a hearing aid.

*Scripps Mercy Well Being Center
237 Church Avenue
Chula Vista, CA 91910*

Presentations are from 10 AM – 11 AM & FREE of Charge

Presented by: Scripps Mercy Hospital Chula Vista Well Being Center

**For more information please contact
(619) 862-6600 or 1(800) SCRIPPS**