

and director of Grey Law, regarding areas of concern including identifying legal needs: grandchildren and legal relationships: legal documents for elders: resolving housing disputes: communication and hiring legal professionals. This workshop is also free to all participants, and includes a bound workbook with important

Ventura County Public Health: Type 2 Diabetes Self-Management Workshop April 17, 2018 to May 24, 2018 – Tuesdays - 9:00 a.m. – 11:30 a.m. An evidence-based self-management center workshop developed at Stanford University.

Topics include: Healthy Eating, Exercise, Dealing with Symptoms. Who can participate? Anyone with Type 2 diabetes, Family members or friends. Live Well, Live Better! Register Today! Or for more information call Delfina At (805) 981-6635

HI – Capp Presentations:

Round Table Presentation: Are you Understanding your Prescription

Friday, May 4, 2018, 10:30 a.m. to 11:30 a.m. Presentation topic:

Round Table Presentation: Why it is important to understand Free Preventive Services:

Maximizing Your Health Care Dollar, New Medicare Card update.

Friday, August 5, 2018, 10:30 a.m. to 11:30 a.m. Presentation topic:

Round Table Presentation: Social Security Colored Letters and what they mean to YOU.

New Medicare Card Information: Update on Medicare/Public Benefits: Free Preventive Services.

Friday, October 12, 2018, 10:30 a.m. to 11:30 a.m. 2019 Medicare Changes.

Friday, November 2, 2018, 10:00 a.m. to 1:00 p.m. **Hi – Capp Open Enrollment.**

Peace of Mind Planning Seminar (Sarah James)

Invites you to learn how planning for your final wishes will shield your family from unnecessary emotional and financial burden. Join us to learn more about prearrangements, veteran's benefits, cremation and burials, and more.

information and documents.

Services: By appointment only.

Dr Hara Podiatrist – Wednesday February 7, 21, 2018 (805) 525-5415

Grey Law – (805) 658-2268