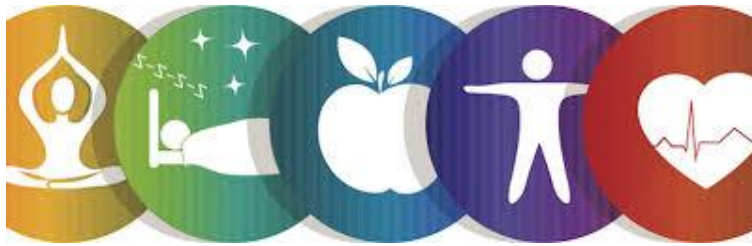




Lifestyle Medicine

And Why Change is So Hard.



*Please join us for a healthy lunch and an informative and engaging presentation
by Dr. Hassan with Sharp Rees-Stealy Medical Center*

Date: *October 17, 2019*
Time: *11 am to 1 pm*
Address: *1420 East Palomar Street
Chula Vista, CA 91913*

Directions/Parking:

Traveling EAST on East Palomar Street
RIGHT turn onto Santa Andrea Street
LEFT turn at the end of the cul-de-sac
LEFT turn at the end of the driveway
PARK your car in any of the available spaces
ENTER the Plaza lobby at the stone arch



*RSVP by October 10th to Mary Johnson @ (619)591-0600
Or mjohnson@stpaulseniors.org. Seating is limited.*

