



FREE Lunch Seminar Nov. 15th at 10 a.m.

A Plan 4 Me

Valuable Health Care Resources to Help Shape Your Future

MEN: Make Time to Take Care of Yourself

Join us for insights on men's health, tips for taking better care of yourself, and local resources available to assist you every day. Reservations required, so please call 754.5919 now.

Featured Speakers

- Dr. Vik Moharir, MTMC Emergency Room Physician
- Dr. Wyatt Jaffe, MTMC Emergency Room Physician
- Natasha Johnson, Calaveras Veterans Services Office

Topics Include

- Prostate Awareness
- Medical Power of Attorney
- Emergency Care Can Save Your Life
- Healthy Tips for Better Quality of Life
- Local Resources for Veterans



Friday, Nov. 15th • 10 a.m. to Noon • At the Hospital

**Call 754.5919 for Reservations • Deadline Nov. 11th • Limited Seating
Complimentary Lunch Included • MTMC Education Center**



Hello humankindness™

FREE Complete Cholesterol Test for Men during November - Call 754.2583