

County of Orange Second Annual

# Retiree Wellness Fair

Friday, April 5, 2024 from 10 am to 1 pm  
County Conference Center

PARK IN LOT P4 FOR PARKING VALIDATION  
AND FOLLOW SIGNS TO THE WELLNESS FAIR  
([CLICK HERE FOR MAP](#))

**[Click here to pre-register](#)**

community partners to include:

Alzheimer's  
ORANGE COUNTY

MEMORY  
SUPPORT  
SERVICES



Community  
Legal Aid SoCal  
Advocates for Justice in Orange and Los Angeles Counties



AT UNIVERSITY OF CALIFORNIA, IRVINE



AASCSC  
安大略華人服務中心



ABRAZAR  
ABRAZAR Health Services



ORANGE COUNTY



ORANGE COUNTY'S  
CREDIT UNION  
with you all the way™



Representatives  
from Blue Shield,  
Cigna, Humana,  
Kaiser, SCAN, and  
Optum will be on  
site

## Schedule of Events

Location	Activity	Time
Conference Center MultiPurpose Room	Wellness Fair Vendor Expo	10 am to 1 pm
Wellness Center	Nutrition & Aging with Julie Eversaul, RD	10 am to 10:45 am
Wellness Center	Maintaining a Healthy Brain with Christine Baca, RD	11 am to 11:45 am
Wellness Center	Life Care Planning Overview with Irma Bermudez	12 pm to 12:45 pm
Outdoor Fitness Tent	Gentle Stretching	10:15 to 10:45
Outdoor Fitness Tent	Gentle Flexibility	11:15 to 11:45
Outdoor Fitness Tent	Chair Yoga	12:15 to 12:45
Hospitality Tent	Coffee/Tea Happy Hour	11:30 to 12:30