

HOAG COMMUNITY HEALTH

presents

ROCKIN' YOUR 70'S AND BEYOND

**TUESDAY,
SEPTEMBER 7
1PM-2PM
ROOM 1**

A lifestyle journey of mind, body and spirit beyond our 70's. Dr. Armstrong will discuss how to optimize the quality of life during these years and work through living with chronic ailments.

**Presented by
Kurt Armstrong, M.D.**

**PLEASE RSVP TO (949)644-3244 OR
OASISCENTER@NEWPORTBEACHCA.GOV**