

# MEDIA ALERT!



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## 2nd ANNUAL 'SENIORS IN THE KNOW' Promoting Health Education for Seniors

Victorville, CA – On May 21, 2010 seniors will have an opportunity to receive medical information and a variety of health screenings at the 2nd annual 'Seniors in the Know' event at the High Desert Church, from 9am – 2pm.

'Seniors in the Know,' is free to attend and open to the public. This year's event is a collaborative effort between Heritage Victor Valley Medical Group, ElderCare Placement, Radnet Management Inc., Sierra Vista, Sterling Senior Communities and Valley Crest Residential Care.

"Senior health depends foremost on individual participation. 'Seniors in the Know' is a free public event designed to educate seniors about a wide range of health issues that may affect them, as well as provide health screenings for evaluative care," said Dr. Mohinder Ahluwalia of Heritage Victor Valley Medical Group.

'Seniors in the Know,' a day for community health education, will feature presentations on several common yet critical health issues. A special Doctor Panel, providing a question and answer session, will be held at 12:30pm, covering the topics of Hypertension, Congestive Heart Failure, Cardiac Arrhythmia, Dementia/Alzheimer's Disease, Coronary Artery Disease, Diabetes, Arthritis, Chronic Asthma, Fibromyalgia and COPD (Chronic Obstructive Pulmonary Disease).

Free health screenings and feature booths will be exhibited as part of the event, including cancer screenings with Munther Alqaisi, M.D., bone density screenings by Victor Valley Community Hospital, blood pressure, body mass index, massage therapy, cataract screening by Pacific Eye Institute, cholesterol & glucose, pulse oximetry and spine check.

This year's special guest is First District County Supervisor, Brad Mitzelfelt. Doctor Talks will be held on Arthritis by Sara Griffin, D.C.; Colon Cancer by Thomas Nguyen, M.D.; Diabetes by Firas Gorges, M.D.; and COPD/Emphysema by Mohinder Ahluwalia, M.D.

'Seniors in the Know' will be held at High Desert Church, located at 14545 Hook Boulevard in Victorville on Friday, May 21, from 9 am to 2 pm. For more information, call Heritage Victor Valley Medical Group at (760) 245-4747 ext.496, or visit [www.hvvmg.com](http://www.hvvmg.com).

Heritage Victor Valley Medical Group, with offices in Victorville, has over 40 Primary Care Physicians, 150 Specialists and is the only medical group that services Victorville, Apple Valley, Hesperia, Barstow, Phelan, Adelanto and Big Bear.

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