

MEDIA ALERT!

FOR IMMEDIATE RELEASE

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HERITAGE VICTOR VALLEY MEDICAL GROUP PRESENTS THE 3rd ANNUAL SENIORS IN THE KNOW

A fun health education event for seniors on May 20th

Victorville, CA - Heritage Victor Valley Medical Group (HVVMG) is pleased to announce the 3rd Annual Seniors in the Know event will take place on Friday, May 20th, from 9 am - 1 pm at the Hi-Desert Church, in Victorville. The event is open to the public and free to attend.

Seniors in the Know is a fun event for the community to learn about common, yet critical, health care issues that touch the lives of every family including COPD/CHF, Osteoporosis, Fibromyalgia, Diabetes, Dementia, and Alzheimer's. This year's event is a collaborative effort with: HVVMG, Supervisor Brad Mitzelfelt, ElderCare Placement, and RadNet Management, Inc.

Guests will have the opportunity to take advantage of free health screenings including: Cholesterol, Blood Pressure, Glucose, Glaucoma, Pulse Oximetry, Spine Check, and Massage Therapy; Doctor Talks; Q & A Session by the Social Security Administration and the Veterans Administration; Doctor Panel; a visit by special guest, First District Supervisor, Brad Mitzelfelt; and mixing & mingling while enjoying refreshments, giveaways, and more!

Schedule of Events:

9:15 am - Doctor Talks (Please RSVP to 760-261-1496):

- 9:15 am - Firas Gorges, M.D.: Diabetes Diagnosis & Management
- 9:15 am - Francisco Jimenez, M.D.: Controlling your Diabetes (En Español)
- 10 am - Mohinder Ahluwalia, M.D.: COPD & Chronic Asthma

- 11:15 am - Q & A Session: "A Better Understanding" with the Social Security Administration and Veterans Administration

- 12:30 pm - Doctor Panel: Mohinder Ahluwalia, M.D.; Bikramjit Ahluwalia, Peter Stoops, D.O.; Munther Alqaisi, M.D.; Beverly Nester, M.D.; James Duke, M.D.; Casper Glenn, M.D.; Wonsik Bollmann, D.P.M.; Sara Griffin, D.C.; Melanie Ajanwachuku, R.D.; and Ravindra Gautam, M.D.

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Hi-Desert Church is located at 14545 Hook Blvd., in Victorville. For more information, call Heritage Victor Valley Medical Group at (760) 261-1496 or visit www.hvvmg.com.

Heritage Victor Valley Medical Group, with offices in Victorville, services Victorville, Apple Valley, Hesperia, Barstow, Phelan, Adelanto and Big Bear.

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