

# MEDIA ALERT!



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Contact: Andrea Carter, Furino-Greene Creative,  
(760)773-1707



## **A DAY OF HEALTH WILL PUT 'SENIORS IN THE KNOW' Local Health Care Organizations Hold Free Event!**

Victorville, CA – Seniors looking for a “one-stop shop” for medical information and health screenings should mark their calendars for ‘Seniors in the Know’ on Friday, May 29, from 8 am to 3 pm at the High Desert Church.

‘Seniors in the Know,’ an event that is free to attend and open to the public, is a collaborative effort between Heritage Victor Valley Medical Group, ElderCare Placement, Sterling Senior Communities, SecureHorizons and Pacific Eye Institute.

“It is imperative for seniors to remain up-to-date on health issues that affect them, and a large-scale event like this will allow them to come out and learn information on a variety of health topics as well as offer health screenings – all in one place,” 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 Question and Answer session will be held from 2:00-3:00 p.m., 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, pulse oximetry, spine and blood pressure checks, physical and massage therapy, bone density, cholesterol and glucose, BMI (Body Mass Index) checks and cataract screenings by Pacific Eye Institute.

Doctor Talks will be held by Mohinder Ahluwalia, MD; Samuel Wilson, MD; Peter Stoops, OD; Joe Park, MD; Sara Griffin, DC; Bikramjit Ahluwalia, MD; Munther Alqaisi, MD; Beverly Nester, MD; and Rita Miranda, MD.

‘Seniors in the Know’ will be held at High Desert Church, located at 14545 Hook Boulevard in Victorville on Friday, May 29, from 8 am to 3 pm. For more information, call Heritage Victor Valley Medical Group at (760) 245-4747 ext. 225 or 232, 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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