

THE SIMA SPECTOR HEALTH CONFERENCE
HEALTHY FAMILIES, HEALTHY LIVES

Taking Charge & Living Well



Wednesday, Sept. 5, 2018
5:30–8:30 p.m. FREE

Rancho Cordova City Hall, 2729 Prospect Park Drive, Rancho Cordova

Doors and Exhibitors open at 5:00 pm

A light meal will be served.

Must RSVP: asmdc.org/cooley or 916 464–1910 by Aug. 29

Rajiv Misquitta, MD, Internist, Kaiser Permanente, will speak about reversing heart disease and increasing healthy life span through lifestyle changes.

Joan Werblun, retired RN, UCD and **Liz Helms**, CEO, CA Chronic Care Coalition, will discuss positive patient/MD communication and self advocacy in healthcare.

Erika Meredith, DPT, Kaiser Permanente, will focus on movement for wellness, the use of exercise for orthopedic dysfunction.



ASSEMBLYMAN

Ken Cooley
DISTRICT 8