

# OPTIMAL AGING LECTURE SERIES

## KEEPING YOUR FEET ON THE GROUND

WEDNESDAY, MARCH 6 | 2:30 - 3:30 P.M.

PERFORMING ARTS CENTER | DINING ROOM 1 | NO REGISTRATION REQUIRED

### TAKE CONTROL OF YOUR HEALTH AND MAINTAIN YOUR MOBILITY AND STABILITY!

Learn best strategies to promote mobility and stability, and how to keep safely active and energetic. Join this education session to learn latest research and evidence-based best practices and how to advance (or restart) your exercise routine. Learn risk factors for falls and interventions to help keep you safe and moving.

Speaker Valerie George, PA-C, who has more than 20 years' experience as a physician assistant, practices in the UC Irvine Department of Family Medicine and Division of Geriatric Medicine and Gerontology. She holds a bachelor's in kinesiology at Cal State University, Long Beach, and a PA certification at Western University in Pomona, California, and completed a post-graduate fellowship in geriatrics through the University of Southern California Keck School of Medicine.



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