



For LACERA Retirees:  
**Staying Healthy Together**  
Spring Workshop

# Healthy Aging

Join us to learn how a **healthy lifestyle** powers your body, sharpens your mind and boosts your energy level. Enjoy healthy snacks! Stay to win raffle prizes and reconnect with fellow retirees.

Tuesday, April 29, 2025  
8:30 a.m.–1:00 p.m.  
Diamond Bar Center

(see other side for details)

## Event Sponsors

Anthem Blue Cross  
Cigna  
CVS Health  
Kaiser Permanente  
RELAC  
SCAN Health Plan  
UnitedHealthcare

**WHEN** Tuesday, April 29, 2025  
8:30 a.m.–1:00 p.m.

**PARKING  
IS FREE**

**WHERE** Diamond Bar Center  
1600 Grand Avenue  
Diamond Bar, CA 91765

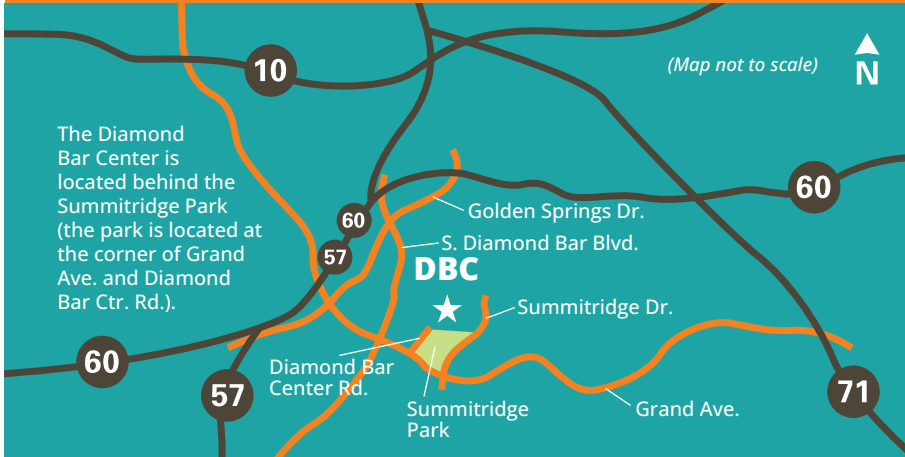
**FEATURED  
PRESENTATION**

**Wellness for Healthy Aging**  
Emily Mack, Associate Director of Health  
Engagement Strategies from UnitedHealthcare

**L/CERA**

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**From westbound Pomona (60) Freeway or southbound Orange (57) Freeway:**  
Exit Grand Avenue, then turn left onto Grand Ave. (drive approx. 1.5 miles); Turn left onto Diamond Bar Center Rd. then turn right at intersection to reach Diamond Bar Center.