

# SET YOUR CALENDARS...

FOR THE LACERA RETIREE WELLNESS “STAYING HEALTHY TOGETHER”  
FALL WORKSHOP ON SEPTEMBER 24TH!

## Come and join us for this educational event:

- ➔ Reconnect with your fellow LACERA retirees
- ➔ Attend informative presentations about the value of social connections, memory retention, mental health, and self-care
- ➔ Gain insight into the useful technology and tools your healthcare plan makes available to you
- ➔ Enjoy fun activities, healthy snacks, free biometric screenings, and raffle prizes galore
- ➔ Visit healthcare vendor partner booths



### EVENT SPONSORS

LACERA-administered healthcare plans:  
Accordant, Anthem Blue Cross, Cigna, CVS Caremark,  
Kaiser Permanente, SCAN Health Plan, UnitedHealthcare



# STAYING CONNECTED

## TO YOUR LACERA-ADMINISTERED RETIREE HEALTHCARE BENEFITS

**Tues., September 24, 2024,  
8:30 a.m.-1:00 p.m.**

**Carson Event Center,  
801 E. Carson St.,  
Carson, CA**



PO Box 7060  
Pasadena, CA  
91109-7060

Presorted  
Standard  
U.S. Postage  
PAID  
Santa Ana, CA  
Permit #1127

### TRAVELING SOUTH ON I-110

Take I-110 South.  
Merge onto I-405 South.  
Exit Carson St. and turn left (West)  
onto E. Carson St.

### TRAVELING SOUTH ON I-710

Take I-710 South.  
Merge onto I-405 North.  
Exit Avalon Blvd. S. and merge onto  
E. Carson St.

### TRAVELING SOUTH ON I-405

Take I-405 South.  
Exit Carson St. Turn left (West)  
onto E. Carson St.



**PARKING IS FREE!**