

UPCOMING CLASSES



EAST SAN GABRIEL VALLEY
JAPANESE COMMUNITY CENTER
1203 W. PUENTE AVE.
WEST COVINA, CA 91790



keiro.org |



VITALITY FORUMS

Tuesday, January 23, 2018
Using an iPad

Wednesday, January 31, 2018 | 10:00 am
Alternative Transportation

Tuesday, May 8, 2018 | 10:00 am
Sun Safety/Hydration

Wednesday, July 11 | 10 :00 am
Meal Planning

Tuesday, September 18, 2018 | 10:00 am
Personal Emergency Response System

LIFELONG LEARNING COURSES

Thursdays | February 1 - March 8, 2018 | 10:00 am - 12:00 pm
Intro to iPad

QUESTIONS?

CONTACT

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HOSTED BY



Keiro's
Vitality Forums
and Lifelong Learning
Courses are **FREE** classes
intended to give you tips
and tools to age
confidently.

Keiro is a mission-driven organization engaged in improving the quality of life for older adults and their caregivers in the Japanese American and Japanese community of Los Angeles, Orange, and Ventura counties. Keiro delivers a wide range of resources to address the challenges and barriers that aging presents: isolation, limited financial resources, complex health conditions, and cognitive and memory disabilities. Keiro also partners with companies and organizations that can expand its services and ability to reach seniors and caregivers, and participate in research and innovative work where Keiro can contribute to advancing progress in resolving the challenges of aging.