



Healthy Living Programs at ESGVJCC



KEIRO® is expanding our reach from a focus on long term health care facilities to broadly engaging and supporting older adults wherever they call home. Serving primarily Los Angeles, Orange, and Ventura counties, KEIRO provides services to older adults and caregivers, along with programs for residents of KEIRO's former facilities-helping older adults in Our Community age the way they choose.



UPCOMING PROGRAMS - No fee. Registration required.

1/18/17 (Wednesday)
10:00 - 11:00 a.m.

Personal Emergency Response System

1/28/17 (Saturday)
1:00 - 3:00 p.m.

Caregiver Stress & Hiring In-Home Care

2/25/17 (Saturday)
1:00 - 3:00 p.m.

Heart Health: High Blood Pressure and High Cholesterol

3/7/17 & 3/9/17 (Tuesday & Thursday)
8:00 a.m. - 12:00 p.m.

AARP Smart Driver

4/12/17 (Wednesday)
10:00 - 11:00 a.m.

Arthritis: Physical Activity

5/4/17 - 5/25/17 (4 Thursdays)
10:00 a.m. - 12:00 p.m.

Memory Kai

8/3/17 - 9/21/17 (8 Thursdays)
10:00 a.m. - 12:00 p.m.

A Matter of Balance (Japanese)

8/23/17 (Wednesday)
10:00 - 11:00 a.m.

Driver Safety

11/7/17 & 11/9/17 (Tuesday & Thursday)
8:00 a.m. - 12:00 p.m.

AARP Smart Driver

All programs are FREE unless otherwise noted and are made possible by KEIRO along with support from KEIRO's Community Partners, donors, and volunteers.

**Classes/dates are subject to change*

For more information or to register, please contact
Kanakano Fukuyama at 213.873.5709 or kfukuyama@keiro.org

Hosted by
EAST SAN GABRIEL VALLEY JAPANESE COMMUNITY CENTER
1203 W. Puente Ave., West Covina, CA 91790

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