



PRESS RELEASE

City of Los Alamitos
Contact: Recreation and Community Services
(562) 430 – 1073
Released 1/10/24

Tips on Healthy Aging

Los Alamitos, CA – The Los Alamitos Recreation and Community Services Department proudly offers free workshops for seniors in collaboration with MemorialCare. These free workshops provide tips on healthy aging with Dr. Dung Trinh, MD. There will be a presentation offered once a month from January through May. Each workshop is hosted at the American Legion Post 716 (3252 Florista St., Los Alamitos, CA 90720) from 11 a.m. to 12 p.m. There will be workshops on January 17, February 14, March 13, April 10, and May 8. For each session's specific topic, please refer to the ad. Dr. Dung Trinh, MD, brings excellent knowledge and experience as the Chief Medical Officer of the Healthy Brain Clinic and founder of HealthTalksOC.com, a platform for education focused on preventive health and wellness. If you are an aging adult looking to stay on top of the latest health data you won't want to miss this!

For more information, please visit www.cityoflosalamitos.org/recreation or contact the Recreation and Community Services Department at (562) 430 – 1073.

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CITY OF
Los Alamitos
California

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My Los Al

Los Alamitos
Recreation & Community Services
Creating Quality of Life



TIPS ON HEALTHY AGING

WITH DR. DUNG TRINH, MD

In collaboration with 

MemorialCareTM

- **January 17**
Cancer, what progress has been made?
- **February 14**
Recent Advances in Health Technology
- **March 13**
What is the Best Diet?
- **April 10**
The Sugar Cycle
- **May 8**
Living to 100 Years Old

These **FREE** workshops will be hosted at
the American Legion Post 716 from
11 a.m. – 12 p.m.



Dung Trinh, MD is the Chief Medical Officer of the Healthy Brain Clinic, medical missionary with TongueOut Medical Missions, and holds leadership positions with multiple health care organizations in Orange County. He is a keynote speaker, best-selling author, and founder of HealthTalksOC.com, a platform to provide education focused on preventive health and wellness.