

CITY OF TUSTIN PARKS & RECREATION PRESENTS

# NOVEMBER SEMINARS



## THE TUSTIN AREA SENIOR CENTER

will be hosting the following seminars for the month of November:

11/6 **Council on Aging** → Better understand the many different parts of Medicare and what your options are when you enroll in Medicare for 2020.

11/13 **OCHCA** → The Orange County Health Care Agency will be discussing probiotics and the keys to a healthy gut.

11/18 **Dr. Trinh MD** → Join a discussion and learn more about leaky gut and how it can affect your brain health.

11/20 **Medicare 101** → Learn about your Medicare options with this informative seminar presented by Atena

Tustin Area Senior Center

200 S. "C" Street

Tustin, CA 92780

Please visit our website [tustinca.org](http://tustinca.org) or call 714-573-3340  
for more information



@tustinparksandrec  
@tustinareaseniorcenter



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@TustinAreaSeniorCenter

All seminars will be from 11am-12pm in boardroom. Dates, time, and room location are subject to change.



Parks  
Make  
Better!