



Press Release

PR16 – 078

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CHINO HILLS' ACTIVE ADULTS 50+ PROGRAM HOSTS A FREE
INTER VALLEY HEALTH PLAN BRAIN HEALTH SEMINAR
FEATURING CHINO HILLS PHYSICIAN, DR. ALPHONSO BENTON

Chino Hills, CA - Inter Valley Health Plan is offering a FREE 60-minute class about brain health through the City of Chino Hills' Active Adults 50+ program. Local Chino Hills Physician, Dr. Alphonso Benton of ProMed Health Care Administrators, will present important information including explanations of what is considered normal memory loss. Maintaining your brain health refers to the ability to remember, learn, plan, concentrate and maintain a clear, active mind. Dr. Benton will provide steps you can take to help keep your brain and body healthy to enhance your life now and during the aging process. The free class starts at 11:00 a.m. on Thursday, August 25th at the Chino Hills Community Center, 14250 Peyton Drive. Click on the link below and search for Class Code: 140002-03. Registration is required for this free class. Visit www.chinohills.org/RecOnline and search for class code 140002-03 to reserve your space.

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