

Senior Health Chats

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SCRIPPS MERCY HOSPITAL CHULA VISTA WELL BEING CENTER

Vitamins & Minerals

Thursday, April 22, 2010

10:00 -11:00 AM

This presentation will focus on the importance of vitamins, minerals and other supplements to enhance your diet as you age. Specific vitamins, minerals and supplements will be discussed during this chat. Come out and learn more about vitamins and supplements and how they enhance your daily living.

This presentation is *Free of Charge*.

Congregational Towers

288 F Street

Chula Vista, CA 91910

For more information please call (619) 862-6600 or 1(800) SCRIPPS