



# OMNIORE

*Presents a Representative of*  
**Beach Cities Health District**  
*speaking on*



## **How the District has Improved the Health of Its Community**

When the South Bay Hospital on Prospect Avenue in Redondo Beach closed in 1997, the hospital district reinvented itself into new purpose and function with the goal of improving the community health. Now, Beach Cities Health District is one of the largest preventive health agencies in the nation, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach for more than 50 years. Omnilore will be moving into new quarters at the district's complex in Redondo Beach on August 1. Our speaker for the Friday, July 29<sup>th</sup> Forum will inform us about our new landlord and the district's many programs and services. Find out about their extensive range of health and wellness programs, with innovative services and facilities designed to promote health and prevent diseases in every lifespan no matter what age, including a medically based fitness center, a full-time registered dietitian, emergency preparedness kits and classes, and an on-call group of licensed health care volunteers - just as a start.

**When:** Friday, July 29, 2016, Social Hour, 11:00 a.m.; Lunch, Noon.

**Where:** Los Verdes Country Club, 7000 W. Los Verdes Dr., Rancho Palos Verdes. South on Hawthorne Boulevard, one block south of Crest Road, right turn on Los Verdes, go half mile and park in the furthest parking lot. Enter banquet room on south side of building.

**Menu:** Caesar salad, grilled salmon with mustard dill sauce, au gratin potatoes, green beans and lemon cake for dessert.

As usual, beverages are included and a vegetarian plate is available on request, but must be ordered when you make your reservation (this will be a protein dish).

**Reservations must be received by July 19th**  
Any questions? Call Lori Geittmann (310) 316-1729

**To help you reserve your seat, write your name on one of the blank cards at each table and use it as a place card. (Please do not tip chairs or drape napkins!)**

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### **OMNIORE Summer Forum Luncheon Reservation Form**

Please make \_\_\_\_\_ reservations for the **Omnilore** Summer Forum Luncheon at **\$22.00** each:

Name(s):

\_\_\_\_\_  
(Please Print)  
\_\_\_\_\_  
(Please Print)

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-Mail

Enclosed is a check for:  **\$22.00 each**

Vegetarian plate:  #

Regular plate:  #

**Total number of meals:**

Please make checks out to **CSUDH**, and put in the Forum Committee's box in Conf. Room B or send to:

Forum Committee, c/o Lori Geittmann  
420 Avenue E  
Redondo Beach, CA 90277-5122