



Community

NEWS



Spring Valley Lake • Silver Lakes
& Other Resort Style Living Areas

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Heritage Victor Valley Holds Educational Events

Two events were held in December, geared mainly towards seniors who are concerned about their health care needs.

Grace Bible Church in Helendale was the venue for a Medicare Annual Enrollment Kick-off event on December 4. The day featured a doctor panel, informational booths and exhibits from health plan representatives and Social Security Representatives. Refreshments, goodie bags, and prizes were given out.

Attendees took advantage of the free health screenings, including bone density tests, cholesterol and glucose checks, and other screenings.

Representatives from Aetna, Scan, Health Net, Secure Horizons and Inter Valley Health Plan were on hand to answer questions about Medicare programs available to seniors.

Another event was held at the Barstow Senior Center on December 9, featuring a doctor talk on COPD and Emphysema, a doctor panel, booths and exhibits from health plan representatives and Social Security Representatives.

Also, a doctor talk on Osteoporosis and Dementia was presented.

"It is imperative for seniors to know about Medicare programs available to them," said Dr. Mohinder Ahluwalia, Medical Director of Heritage Victor Valley Medical Group.

"Heritage enrollment events allow them to come out and learn about their health plan benefits, and also get information on health topics as well as the opportunity to take advantage of free health screenings – all in one place," he stated.

Heritage Victor Valley Medical Group, has over 40 Primary Care Physicians, 150

Specialists and is the only medical group that services Victorville, Apple Valley, Hesperia, Barstow, Phelan, Adelanto and Big Bear.

For more information, call (760) 245-4747 ext. 496 or go to www.hvvmg.com.



Barstow event attendees take advantage of the information offered at information booths.



Above, a couple attending the Grace Bible Church event in Helendale is thrilled after winning a door prize.

Helendale event guests also look at information (below).



Sierra Vista employees gave out information at Helendale event.