

# Summer Block Party Featured Health Checks & More!

Many High Desert folks visited the Block Party held on June 26 by the Heritage Victor Valley Medical Center on Hesperia Road in Victorville.

The Block Party saw many ven-

dors giving out information on health services and improving lifestyles. Free water, chicken kabobs and turkey hot dogs, face painting for the kids and much more was a part of the festivities. Free glucose and blood pressure tests were also available.

Among the many gifts handed out, a Gold's Gym elliptical machine was given away as a door prize.

Free seminars with question and answer periods were held on diabetes education.

"This was our first Block Party and diabetes education was our topic this time. Next time we'll do another subject," said Special Services RN Susannah Meehan.

Meehan said that dia-

betes education classes will start on July 6 for Heritage patients. Patients must be recommended by their primary health care physician who will contact Meehan.

"We care about our community, its needs, and we're passionate about it," said Lori Keith, marketing director for Heritage.



**Heritage Victor Valley doctors received certificates of appreciation for taking time out of their busy schedules to attend the Summer Block Party. They are: Melanie Ajanwachuku, R. D. (Registered Dietician), Wonsik Bollmann, M.D. (Podiatrist), and Firas Gorges, M.D. (Family Medicine). and Dr. Sara Griffin (not present).**



**Ruby Connaway won a Gold's Gym elliptical trainer, the grand prize at the block party event.**



**Trulana Kuzina, of Victorville gets a free blood pressure check at the block party.**



**Miranda Rich (foreground), 8, of Victorville, and her sister got her face painted at the Block Party**

## Heritage Free Events July '10

Unless otherwise noted, each event will be held in the Heritage Conference Center 12370 Hesperia Rd., Ste. 13, Victorville. Call (760) 245-4747, ext. 496 for more information. Refreshments are served at all events.

**July 16 (Fri) - Open House, 2-4pm**  
**Dr. Arthur Jimenez, 15381 7th St., Suites 2&3.** Personally meet the doctor & staff, plus enjoy refreshments, free health screenings & raffles!

**July 21 (Wed) - SCAN Age In Meeting, 2pm.**

• **Monday Morning Koffee Klub.** Every Monday, from 8am-10am. A meeting place for seniors, retirees and other Heritage community guests to meet and mingle. Starbucks coffee & pastries. (July 5,12,19,26)

• **Wii Fitness for Seniors.** Every last Friday of month at 10am. Wii Fitness Classes! Free blood pressure

& pulse oximetry checks. Refreshments. (Friday, July 30).

**Support Groups offered by Heritage Victor Valley Medical Group:**

Refreshments served at all meetings and support groups.

• **Cancer Survivors** - Every 1st Tue, 2pm, Conference Center (July 6).

• **Arthritis** - Every 2nd Tuesday at 2pm, Conference Center (July 13).

• **High Blood Pressure & Cholesterol** - Every 3rd Tues, 2pm - Conference Center (July 20).

• **Congestive Heart Failure & COPD** - Every 4th Tues., 2pm, Conference Center. (July 27).

• **Diabetes** - Every 4th Tues., 4pm, Conference Center. (July 27). Healthy Eating for Diabetics & Chair Aerobics.

Call (760) 245-4747, ext. 496 for more information



**Dr. Firo Gorges, M.D., gives a seminar on managing diabetes.**

# NEED CARE? NO APPOINTMENT NECESSARY!



Heritage Victor Valley Medical Group is proud to announce the opening of their Urgent Care Facility, offering top quality care for your urgent medical needs.



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For more information on our plans and services, call **(760) 245-4747** or visit our website at **www.hvvmg.com**

