

Take Your Relationships to a NEW & EXCITING Level in 2020



Thinking about improving your relationships? You're not alone!

Close relationships are key to being a healthy senior. Join family medicine specialist, Mahsa Safavi, MD, OptumCare Medical Group® and Sheri Shafie, Monarch HealthCare® pharmacist, for a fun and lively conversation.

- Friendship vs. intimacy
- Welcoming new relationships; maximizing present ones
- Dealing with the loss of a loved one
- Protecting yourself from sexually transmitted diseases (STDs)

Friday, January 24 at 5:30 pm

Clubhouse 3, Dining Room 1

RSVP required, seating is limited.

\$5 per person includes a light dinner by Bagels and Brew and a chance to win a tasteful gift basket from A Touch of Romance. To reserve your spot, go to **babyboomersclub.org**, click on the **Relationship Seminar** tab and register online by January 20th! Singles and couples are welcome!

Good news! This event is open to all Laguna Woods residents and their guests. This is the first in a series of fresh and imaginative presentations planned for 2020. COME JOIN US!

Brought to you by



The Baby Boomers Club
of Laguna Woods Village
(949) 415-8030

Sponsored by



Monarch HealthCare®
Part of OptumCare®

MonarchHealthCare.com