



HOW TO STAY HEALTHY DURING THE COVID-19 PANDEMIC AND FLU SEASON

Free Webinar

Hosted by the Pomona COVID-19 Action Committee's
Health & Wellness Subcommittee

**WEDNESDAY
NOVEMBER 11, 2020
6 PM - 7 PM**

REGISTER FOR FREE



bit.ly/stay-healthy-during-covid

Learn the differences between COVID-19 and the flu, vaccine facts vs. myths and how to keep yourself and your loved ones as healthy as you can be.

SPEAKERS:

Daniel Gluckstein, MD, Medical Director of Infectious Disease, Pomona Valley Hospital Medical Center

Dr. Aurelio Enriquez Jr., Psy.D, LCSW,
Director of Behavioral Health, East Valley Community Health Center

Joselyn S. Caceres, Registered Dietitian Nutritionist, CDE, East Valley Community Health Center

Toni Navarro, Moderator, Executive Director, Tri-City Mental Health

