VITALITY FORUM

## Join us for...

## JAPANESE AMERICAN HEALTH CONDITIONS:

Where we have been - Where we are - What you can do about your health

Saturday, March 2, 2013 Gardena Valley Japanese Cultural Institute



## Topic Discussion:

- What are the differences in health conditions of the *Issei*, *Nisei*, and *Sansei*, and people living in Japan?
- What are the reasons for the differences?
- What can you do to promote your health?

Speaker: Marjorie Kagawa-Singer, Ph.D., MN, RN, FAAN Professor, UCLA School of Public Health and Department of Asian American Studies

When: Saturday, March 2, 2013, 1:00 p.m. to 2:30 p.m.

Where: Gardena Valley Japanese Cultural Institute 1964 W. 162nd Street, Gardena, CA 90247

For more information or to RSVP, please call Kanako Kusano, Keiro Health Promotion Specialist (323) 980-2353 or kkusano@keiro.org

The Institute for Healthy Aging, powered by Keiro and supported by volunteers and donors in our community, empowers you to age with confidence and inspires lifestyles to achieve the quality of life you desire.

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