

**Commission On Aging
Health and Wellness Committee**

September 6, 2022

9:30 – 11:00 am

Virtual Via Zoom

Agenda

<https://us06web.zoom.us/j/82621804920?pwd=RnhpUmYxTVJvdjdMT2w2WElkRzRrQT09>

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| 9:30 am | Welcome and Introductions
Minutes Approval |
| 9:50 am | Life Transition Planning, Panel Discussion
Speakers:
Dr. Anna Marie Izquierdo-Porrera MD PHD
Executive Director, Care for Your Health Inc.
Latina Health Initiative

Phoebe Shih, LCSW-C
Senior Wellness Coordinator
Asian American Health Initiative

Monique Gardner, MPH
Program Specialist II (Aging Coordinator)

Questions and Answers |
| 10:50 am | May Forum Report |

Next meeting October 4, 2022

Virtual, 9:30 am