



## LADWP Retirees are Invited to Attend\*

### LACERS Well 5th Annual Wellness Extravaganza

LACERS *Well* 5th Annual Wellness Extravaganza Roadshow: *Because Your Health Matters!*  
This year's event will be on the road at three different locations:

- **Wednesday, May 2, 2018, 8 a.m. - 2 p.m.**  
Sheraton Universal, 333 Universal Hollywood Dr, Universal City, CA 91608 - (10 Spaces Available for LADWP retirees)
- **Tuesday, May 8, 2018, 8 a.m. - 2 p.m.**  
Sheraton Fairplex Hotel & Conference Center Pomona, 601 W McKinley Ave, Pomona, CA 91768 - (20 spaces available for LADWP retirees)
- **Wednesday, May 16, 2018, 8 a.m. - 2 p.m.**  
The Centre at Sycamore Plaza, 5000 Clark Ave, Lakewood, CA 90712—(20 spaces available for LADWP Retirees)

This event will give you the tools to mitigate your risk factors for diabetes and help you to maintain your health. Listen to expert speakers and enjoy breakout activities such as Biometric Screenings (fasting), yoga, and mindfulness meditation. Additionally, a light breakfast and a boxed lunch will be provided along with opportunity prizes.

\* Space is limited and based on first come first serve basis. Registration is required. To register online and for more information please access the event website at: <http://www.lacers.org/health-webpage/registration/2018/may-extravaganza.cfm>

For more information contact:

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