



*****MEDIA ALERT *** MEDIA ALERT *** MEDIA ALERT *** MEDIA ALERT *****

Inter Valley Health Plan Hosts Healthy Brain Conference in Rancho Cucamonga July 30

WHAT: As part of its existing [For Health and Living's](#) *Bee Brainy* initiative, Inter Valley Health Plan (www.IVHP.com), will host a free Healthy Brain conference to be held in Rancho Cucamonga on July 30 from 10am-12pm, with keynote speaker Ashis Malhotra MD., a local family practitioner.

[Inter Valley Health Plan](#), a not-for-profit Medicare Advantage Health Plan based in the Inland Empire is committed to enhancing the mind, body and spirit of the older adult community in Southern Calif. The Healthy Brain conference will cover a variety of topics including brain disease, brain games, brain foods and laughter yoga for the brain.

WHEN: Saturday, July 30 from 10 am to 12 pm

WHERE: Medicare Information & Vitality Center, James L. Brulte Senior Center 11200 Baseline Road, Rancho Cucamonga

EXTRAS: Refreshments, raffle prizes, and resources will be included

RSVP: RSVPs are required as space is limited. To RSVP go to forhealthandliving.com/events or call 800-251-8191 ext. 625 or TTY/TDD 800-505-7150

For more information on *Bee Brainy* classes and other events hosted by Inter Valley Health Plan, visit: www.forhealthandliving.com/ivhpevents and for more information regarding Inter Valley Health Plan's Medicare Advantage Plans, please visit www.IVHP.com

About Inter Valley Health Plan

Inter Valley Health Plan is a not-for-profit, federally qualified, HMO contracted with Medicare and dedicated to providing the best value in senior health care coverage. Headquartered in Pomona, Calif., Inter Valley Health Plan strives to improve the quality of life for seniors throughout its service area and is one of the oldest managed health care plans in Southern California with 35+ years in business. Entrusted by more than 23,000 individuals stretching from Los Angeles to Orange County to Palm Springs, Riverside, Hemet, Victorville, Temecula, and virtually every city and town in between, Inter Valley Health Plan is dedicated to keeping its members healthy and strong, while maintaining non-profit and real service values. For more information, please visit www.IVHP.com or call Inter Valley Health Plan's Communication department: (909) 623-6333. Also, please become a fan on Facebook at www.Facebook.com/InterValley.

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