

# YOUR WELLBEING. YOUR COMMUNITY.

A community health and wellbeing expo for the entire family.

Saturday, October 21, 2023

9 am–1 pm

USC Verdugo Hills Hospital

USC VHH Council Rooms and Patio

1812 Verdugo Blvd., Glendale, CA 91208

## Seminar Schedule

8:55 – 9:00 AM	Welcome & Opening Remarks	<b>Tadren Kennedy, MPH, MBA, FACHE</b> Chief Operating Officer, USC Verdugo Hills Hospital
9:00 – 9:45 AM	Urinary Incontinence in Women	<b>Dr. Mitch Goldenberg</b> Urologist  <b>Kimberlee Curtis, PT, DPT</b> Physical Therapist, USC Verdugo Hills Hospital  <b>Clarizzah Macatugal, PT, DPT</b> Physical Therapist, USC Verdugo Hills Hospital
9:50 – 10:35 AM	“Doctor, I Never Had These Foot Problems Before!”	<b>Dr. Brian Hong</b> Podiatrist
10:40 – 11:25 AM	Substance Abuse Crisis & Narcan Training	<b>Jessica Bolanos Martinez, BA, CATC</b> Substance Abuse Navigator, USC Verdugo Hills Hospital  <b>Narcotics Officers</b> Glendale Police Department  <b>Battalion Chief Todd Tucker</b> Glendale Fire Department  <b>Jessica Laughlin, DNP(c), RN, CCRN-K, CENP</b> Associate Chief Nursing Officer, USC Verdugo Hills Hospital  <b>Ago Eulmessekian</b> Director of Student Support Services, Glendale Unified School District
11:30 AM – 12:15 PM	Proper Use of Antibiotics	<b>Valerie Mesaros, Pharm.D</b> Director of Pharmacy Services, USC Verdugo Hills Hospital
12:20 – 1:05 PM	Mental Health 101: Identifying, Understanding, and Responding to Signs of Mental Illness	<b>Jason Romero</b> Operations Manager, NAMI Glendale

- Advanced Care Directive
- Blood Pressure Screening
- Drug Takeback
- Healthy Eating Activities
- Anxiety Screening
- Child ID Safety Program
- Flu Vaccines
- Kids’ Activities
- Balance Assessment
- CPR Demo
- Hands-on CPR Training
- And more!

