

# Community Health Programs

## JULY, AUGUST, SEPTEMBER 2018 COMMUNITY HEALTH PROGRAMS

UCLA Health offers community programs and events to help our neighbors lead healthier lives through wellness education. Go to [connect.uclahealth.org/calendar](http://connect.uclahealth.org/calendar) for more information.

### CANCER

#### Skin Cancer: Prevention Strategies, Early Recognition and Treatment

Emily Newson, MD, UCLA dermatologist and dermatologic surgeon, will discuss risk factors, signs and treatments for skin cancers such as basal cell carcinoma, squamous cell carcinoma and melanoma.

**When:** Tuesday, July 10 / 7 – 9 pm

**Where:** Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, Tamkin Auditorium, Rm B130

**Info:** 310-794-6644

#### Lung Cancer — Latest Treatments

Lung cancer screening using a low-dose CT scan has been recognized and approved to reduce lung cancer mortality. Fereidoun Abtin, MD, UCLA interventional radiologist, will discuss new minimally invasive technologies that are used to treat early stage lung cancer and who is considered a good candidate for these options.

**When:** Monday, July 30 / 6:30 – 8 pm

**Where:** Santa Monica Family YMCA, 1332 6th St

**RSVP:** 800-516-5323

#### Cardiac Health After Cancer

Megha Agarwal, MD, UCLA cardiologist, will discuss the critical importance of a healthy diet and lifestyle, and how ongoing screenings can decrease the risk of cardiovascular illness and potential long-term complications later in life for cancer survivors.

**When:** Tuesday, Aug 7 / 7 – 9 pm

**Where:** Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, Tamkin Auditorium, Rm B130

**Info:** 310-794-6644

### CANCER (CONTINUED)

#### Prostate Cancer Treatment

Matthew Rettig, MD, UCLA medical oncologist, will discuss prostate cancer and treatments for prostate cancer, including active surveillance without treatment, and traditional and cutting-edge options such as hormonal therapies, immunotherapies, novel biologics, chemotherapy and new approaches in clinical trials.

**When:** Tuesday, Sept 4 / 7 – 9 pm

**Where:** Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, Tamkin Auditorium, Rm B130

**Info:** 310-794-6644

### CARDIOVASCULAR HEALTH

#### Heart Disease Prevention

Ramin Assadi, MD, FACC, UCLA cardiologist, will discuss how to prevent cardiovascular disease and the latest advanced treatments.

**When:** Friday, Aug 3 / 10 – 11:30 am

**Where:** ONEgeneration, 18255 Victory Bl, Reseda

**RSVP:** 800-516-5323

#### Blood Pressure Update

Beronie Richardson, MD, UCLA family medicine physician, will discuss hypertension and ways to prevent it through diet and exercise. He will cover basic dietary and salt guidelines as well as exercise recommendations, including ways to fit an exercise regimen into a busy schedule.

**When:** Wednesday, Aug 22 / 2 – 3:30 pm

**Where:** Belmont Village, 10475 Wilshire Bl

**RSVP:** 800-516-5323

### CARDIOVASCULAR HEALTH

#### Keep Your Heart Healthy: Blood Pressure Overview (In Spanish)

Trinidad Solis, MD, UCLA family medicine physician, will discuss the importance of a healthy diet, keeping your blood pressure within normal limits and how to do routine home blood pressure monitoring to prevent heart problems.

**When:** Monday, Sept 10 / 6:30 – 8 pm

**Where:** Pico Branch Library, 2201 Pico Bl

**RSVP:** 800-516-5323

#### Heart Disease Update

Reena Patel, MD, UCLA cardiologist, will discuss risk factors, understanding signs and symptoms of heart disease and the newest advances in diagnosing and treating heart disease.

**When:** Wednesday, Sept 12 / 10 – 11:30 am

**Where:** Christian Life Church, 3400 Pacific Av, Long Beach

**RSVP:** 800-516-5323

### DEMENTIA

#### Middle-Aged Dementia Groups (Ongoing)

Memory Care is a weekly, three-hour program for middle-aged dementia patients (age 65 and younger) and their loved ones. It teaches memory techniques and strategies to lower stress and stimulate the mind and the body and offers support for people with memory challenges and their caregivers.

**When:** Thursdays / 1 – 4 pm

**Where:** UCLA Longevity Ctr, 10945 Le Conte Av

**Info:** 310-794-0680

#### FEATURED EVENT

#### CANNABIS: MEDICAL MYTHS AND REALITIES

Jeff Chen, MD, MBA, director, UCLA Cannabis Research Initiative, will discuss medical benefits and health risks of cannabis and how to navigate around legal cannabis.

**When:** Tuesday, Aug 21 / 7 – 8:30 pm

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Auditorium **RSVP:** 800-516-5323



**SUPPORT GROUPS** UCLA Health and its community partners offer a number of support groups, available in person and by telephone, designed to support and inform patients, families and caregivers coping with a variety of diagnoses. For more information, visit: [uclahealth.org/support-groups](http://uclahealth.org/support-groups)

**DIABETES****Learning to Manage Gestational Diabetes**

This ADA-certified self-care class will help you successfully manage your diabetes. A physician referral is required. Covered by most medical insurance policies.

**When:** Thursdays / 9 – 10:30 am

**Where:** 1245 16th St, Ste 307, Santa Monica

**Info:** 310-794-1299 or diabeteseducation@mednet.ucla.edu

**Living With Type 2 Diabetes**

This ADA-certified self-care class will help you gain important skills, knowledge and confidence to successfully manage your diabetes. A physician referral is required. Covered by most medical insurance policies.

**Info:** 310-794-1299 or diabeteseducation@mednet.ucla.edu

**Santa Monica**

**When:** Mondays, July 9, July 23, Aug 6, Aug 20 & Sep 10 / 8 am – 5 pm

**Where:** Location may vary

**Porter Ranch**

**When:** Mondays, June 18 & Aug 13 / 8 am – 5 pm

**Where:** 19950 Rinaldi St, Ste 300

**Thousand Oaks**

**When:** Offered in two sessions. Class 1 covers survival skills that can be taken as a stand-alone and must be taken before the advanced class 2. Class 1: Thursdays, July 5, Aug 2, & Sept 6 / 8 am – Noon

Class 2: Thursdays, July 12, Aug 9, & Sept 13 / 8 am – Noon

**Where:** 100 Moody Ct, Ste 200

**Toluca Lake**

**When:** Saturdays, July 21 & Sept 15 / 8 am – 5 pm

**Where:** Toluca Lake Health Ctr, Education Rm, 4323 Riverside Dr

**Basic Diabetes Nutrition Group Class**

This two-hour ADA-certified class will teach you how different foods affect your blood sugar and how to plan healthy meals. A physician referral is required. Covered by most medical insurance policies.

**Santa Monica**

**When:** Tuesdays, July 10, Aug 7 & Sept 4 / 9 – 11 am

**Where:** 1245 16th St, Ste 307

**Thousand Oaks**

**When:** Tuesdays, June 19 & Aug 21 / 3 – 5 pm

**Where:** 100 Moody Ct, Ste 200

**Info:** 310-794-1299 or diabeteseducation@mednet.ucla.edu

**Torrance**

**When:** Wednesdays, July 11, Aug 8 & Sept 12 / 3 – 5 pm

**Where:** Redondo Beach Primary Care, 514 N Prospect Av, Ste 103

**GASTROINTESTINAL PROBLEMS****Diet, Food Intolerance and Living a Healthy Lifestyle**

Michael Albertson, MD, UCLA gastroenterologist, will discuss how to live a healthy lifestyle when coping with gluten sensitivity, celiac disease, inflammation, food intolerance and other diet-restrictive issues.

**When:** Thursday, Sept 6 / 2 – 3:30 pm

**Where:** Sunrise Senior Living of Westlake Village, 3101 Townsgate

**RSVP:** 800-516-5323

**Constipation Update**

Learn about the causes and treatments of constipation.

**When:** Tuesday, Sept 11 / 2 – 3:30 pm

**Where:** Collins & Katz Family YMCA, 1466 S Westgate Av

**RSVP:** 800-516-5323

**KIDNEY DISEASE****Kidney Smart Classes**

This two-hour class provides information on kidney function, kidney disease and managing a diet that promotes healthy kidneys.

**When:** Thursdays, July 12 & 26, Aug 16 & 30, Sept 13 & 27 / 2 – 4 pm

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Ctr

**Info & RSVP:** 888-695-4363 or kidneysmart.org

**UCLA Kidney Education Enhancement Program (UKEEP): Drugs & Medicine — What You Should Know**

UCLA nephrologists Anjay Rastogi, MD, PhD, Nilofar Nobakht, MD, and Mohammad Kamgar, MD, conduct free educational programs about kidney health, high blood pressure and kidney-disease management. Interactive sessions include free blood-pressure tests and educational resources.

**When:** Sunday, Aug 12 / 1 – 4 pm

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Ctr

**RSVP:** 800-516-5323

**MULTIPLE SCLEROSIS (MS)****REACH to Achieve Program (Ongoing)**

This weekly wellness program focuses on fitness, memory, emotional well-being, recreation, nutrition and health education for individuals with multiple sclerosis.

**Where:** Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av

**Info & Application:** 310-267-4071

**MULTIPLE SCLEROSIS (MS)**

(CONTINUED)

**Free From Falls**

This eight-week program is designed for people with multiple sclerosis who walk with or without a cane and may be at risk for falling. Learn about risks for falls, how to reduce those risks and exercises to improve balance and mobility.

**Where:** Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av

**Info & Application:** 310-481-1107

**PAIN TREATMENT****Back, Hip, Arm and Leg Pain**

UCLA neuroradiologists Juan Pablo Villablanca, MD, FACR, and Reza Jahan, MD, will explore common causes of back, hip, arm and leg pain, the significance of specific symptoms and available treatment options.

**When:** Monday, July 23 / 6:30 – 8 pm

**Where:** Belmont Village, 10475 Wilshire Bl

**RSVP:** 800-516-5323

**Back, Hip, Arm and Leg Pain**

UCLA neuroradiologists Juan Pablo Villablanca, MD, FACR, and Satoshi Tateshima, MD, will explore common causes of back, hip, arm and leg pain, the significance of specific symptoms and available treatment options.

**When:** Thursday, Sept 20 / 6:30 – 8 pm

**Where:** Collins & Katz Family YMCA, 1466 S Westgate Av

**RSVP:** 800-516-5323

**PLASTIC SURGERY****Breast Augmentation**

Jaco Festekjian, MD, UCLA plastic surgeon, will discuss the contemporary approaches to breast augmentation and the different styles of implants that are available.

**When:** Thursday, July 19 / 6 – 7:30 pm

**Where:** 200 UCLA Medical Plaza, Ste 206

**RSVP:** plasticsurgery@mednet.ucla.edu

**Non-surgical Facial Rejuvenation for an Active Lifestyle**

Andrew Vardanian, MD, UCLA plastic surgeon, will discuss the latest non-surgical treatments (Botox, fillers, lasers, etc.) that can be used to reduce the visible signs of aging.

**When:** Thursday, July 26 / 6 – 7:30 pm

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Auditorium, Rm G340

**RSVP:** plasticsurgery@mednet.ucla.edu

## PLASTIC SURGERY (CONTINUED)

### Facial Rejuvenation

Jason Roostaeian, MD, UCLA plastic surgeon, will discuss the latest treatments for facial rejuvenation, including both surgical (facelift, brow lift) and non-surgical (Botox, fillers, etc.) treatments.

**When:** Thursday, Aug 16 / 6 – 7:30 pm

**Where:** 200 UCLA Medical Plaza, Ste 206

**RSVP:** [plasticsurgery@mednet.ucla.edu](mailto:plasticsurgery@mednet.ucla.edu)

### Facial Rejuvenation and the Natural Looking Facelift

Andrew Da Lio, MD, chief, UCLA Plastic Surgery, will discuss contemporary approaches to facelifts and brow lifts with an eye toward achieving a natural, more youthful appearance.

**When:** Thursday, Aug 30 / 6 – 7:30 pm

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Auditorium Rm G340

**RSVP:** [plasticsurgery@mednet.ucla.edu](mailto:plasticsurgery@mednet.ucla.edu)

### Liposuction and Body Contouring

Andrew Vardanian, MD, UCLA plastic surgeon, will discuss the latest approaches to body contouring and liposuction, including lunchtime liposuction.

**When:** Thursday, Sept 13 / 6 – 7:30 pm

**Where:** 200 UCLA Medical Plaza, Ste 206

**RSVP:** [plasticsurgery@mednet.ucla.edu](mailto:plasticsurgery@mednet.ucla.edu)

## PROSTATE HYPERPLASIA

### Prostate Update

Adam Plotnik, MD, UCLA interventional radiologist, will discuss prostate artery embolization, the benefits of the nonsurgical procedure compared with traditional surgery, and explore who is a potential candidate.

**When:** Wednesday, Aug 29 / 6:30 – 8 pm

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Rm 3

**RSVP:** 800-516-5323

## WELLNESS

### Walk With a Doc

Join UCLA Health physicians for a healthy stroll.

#### Woodland Hills

**When:** Saturdays, July 7, Aug 4 & Sept 1 / 8 – 9 am

**Where:** UCLA Health, The Village at Westfield Topanga, 6344 Topanga Canyon Bl, Ste 2040

#### Westlake Village

**When:** Saturdays, July 21, Aug 18 & Sept 15 / 7:30 – 8:30 am

**Where:** Triunfo Community Park, 950 Aranmoor Av (meet by the kids' play structure)

#### Century City

**When:** Saturday, July 21, Aug 18 & Sept 15 / 7:30 – 8:30 am

**Where:** UCLA Health, Westfield Century City, 10250 Santa Monica Bl, Ste 2440

**Info:** [uclahealth.org/walkwithadoc](http://uclahealth.org/walkwithadoc)

### Bike Safety for All Ages

Representatives from Sustainable Streets will focus on the basics and best practices for cyclists riding in the public right-of-way and what equipment is needed, rules of the road, common scenarios that most cyclists face, route planning and local resources.

**When:** Wednesday, Aug 1 / 6 – 7:30 pm

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Rm 3

**RSVP:** 800-516-5323

### Cognitive Behavioral Therapy

Emanuel Maidenberg, PhD, UCLA psychologist, will discuss how cognitive behavioral therapy affects healthy living habits and overall well-being.

**When:** Thursday, Sept 6 / 6 – 7:30 pm

**Where:** Belmont Village, 10475 Wilshire Bl

**RSVP:** 800-516-5323

### Living a Brain Healthy Lifestyle

A representative from the Mary S. Easton Center for Alzheimer's Disease Research at UCLA will discuss the latest research on how to keep your brain healthy as you age and what we know about ways to reduce your risk of developing dementia.

**When:** Thursday, Sept 20 / Noon – 1:30 pm

**Where:** Santa Monica Family YMCA, 1332 6th St

**RSVP:** 800-516-5323

## WELLNESS (CONTINUED)

### Sleep Health

Aldo Ilarde, MD, UCLA internist, will provide tips to improve sleep quality and separate fact from fiction when it comes to obtaining a good night's sleep.

**When:** Tuesday, Sept 25 / 6:30 – 8 pm

**Where:** Camarillo Health Care District, 3639 E Las Posas Rd

**RSVP:** 800-516-5323

### Memory Training Course (Quarterly)

This innovative, four-week educational program teaches people with mild memory concerns (not dementia) how to develop good memory habits and techniques to improve their memory.

**When:** Two hours per week, once a week, call for next session dates

**Where:** Locations vary

**Info & Cost:** 310-794-0680 or [sgoldfarb@mednet.ucla.edu](mailto:sgoldfarb@mednet.ucla.edu)

### Brain Boot Camp (Ongoing)

This intensive course teaches healthy lifestyle tips to enhance memory ability for people with age-related memory concerns.

**Where:** UCLA Longevity Ctr, 10945 Le Conte Av, Ste 3119

**Info:** 310-794-6314 or [mmoreno@mednet.ucla.edu](mailto:mmoreno@mednet.ucla.edu)



**RESEARCH AND TRIALS** UCLA conducts research on a wide range of medical disorders. Go online to learn more information about opportunities to participate in research and clinical trials: [uclahealth.org/clinical-trials](http://uclahealth.org/clinical-trials)

**UCLA HEALTH 50 PLUS IS A FREE MEMBERSHIP PROGRAM** that offers individuals age 50 and older access to educational lectures, exercise opportunities, information on community and health resources, a free community flu-shot clinic and other special events. Call 800-516-5323 or go to [uclahealth.org/50plus](http://uclahealth.org/50plus) to sign up.

UCLA Health 50 Plus is launching an e-newsletter that will include information on health topics, a doctor-written column on specific health issues, a calendar highlighting upcoming community events and more.

*It begins with U: What topics would you like to see in the newsletter? To provide suggestions or subscribe, email [fiftyplus@mednet.ucla.edu](mailto:fiftyplus@mednet.ucla.edu)*

**50+ FEATURED EVENT**

**EARLY MEMORY LOSS FORUM**

This interactive conference, sponsored by Alzheimer's Greater Los Angeles and the Mary S. Easton Center for Alzheimer's Disease Research at UCLA, offers support, guidance and education to those diagnosed with mild cognitive impairment, early Alzheimer's or related dementia, experiencing early memory loss, and their care partners or family members.

**When:** Saturday, Sept 29 / 9 am – 3 pm

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Ctr

**Info:** 844-435-7259

**Cost:** \$20 for general admission, \$100 for professionals

**50+ Stay Active and Independent for Life (SAIL)**

Join the SAIL fitness and education program led by UCLA physical therapists, designed for healthy seniors. First-time participants must receive a physical therapy screening ahead of time.

**When:** Mondays and Thursdays / 10 – 11 am

**Where:** St. Monica Catholic Church, 725 California Av

**Info & Enrollment:** 424-259-7140 or visit UCLA Rehabilitation at 1131 Wilshire Blvd, Ste 200, between 8 am and 5 pm for a screening.

**Cost:** \$40 per month (unlimited participation)

**50+ Senior Scholars**

The UCLA Longevity Center invites adults 50 years of age or older to audit undergraduate courses taught by UCLA's distinguished professors.

**When:** Fall quarter session begins Sept 27.

Registration closes Aug 24.

**Where:** Locations vary on UCLA campus

**Info:** 310-794-0679

[www.semel.ucla.edu/longevity/srscholars](http://www.semel.ucla.edu/longevity/srscholars) or [srscholars@mednet.ucla.edu](mailto:srscholars@mednet.ucla.edu)

**Cost:** \$150 per course

**50+ Brain Booster**

Brain Boosters will provide information on healthy aging research and exercises to enhance overall cognitive function. Limited seating available.

**When:** Sessions are 90 minutes

**Where:** UCLA Westwood campus

**Info & Cost:** 310-794-0680 or [sgoldfarb@mednet.ucla.edu](mailto:sgoldfarb@mednet.ucla.edu)

**50+ Stroke Education and Support Group**

This group welcomes people who have had new strokes and those who have had strokes in the past. It provides hope, encouragement and education to stroke survivors, family members and caregivers.

**When:** Wednesdays, July 18, Aug 15 & Sept 19 / 3 – 4 pm

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Rm 4

**Info:** 424-259-8390

**50+ Shortness of Breath in Older Adults**

Boris Arbit, MD, UCLA cardiologist, will discuss shortness of breath in older adults, and focus on changes in heart physiology with age and what can be done to reverse these processes.

**When:** Wednesday, July 25 / 10:30 am – Noon

**Where:** Belmont Village, 15451 Ventura Bl, Sherman Oaks

**RSVP:** 800-516-5323

**50+ Maintaining Mobility for Seniors**

Anuradha Seshadri, MD, UCLA internist, will cover the importance of a balanced diet, exercise and mindset and how exercising, correct physical posture and breathing techniques can help mobility during all stages of life.

**When:** Wednesday, Aug 8 / 2 – 3:30 pm

**Where:** Belmont Village, 10475 Wilshire Bl

**RSVP:** 800-516- 5323

**50+ Fall Prevention**

Amy Wang, MD, UCLA internist, will discuss common risk factors for falls, mobility assessment and prevention methods to stay safe and steady as you age.

**When:** Thursday, Aug 9 / 10 – 11:30 am

**Where:** Torrance-South Bay Family YMCA, 2900 W Sepulveda

**RSVP:** 800-516-5323

**50+ Osteoporosis: Prevention and Treatment**

Sarah Kim, MD, UCLA endocrinologist, will discuss how to optimize bone health to prevent osteoporosis and fractures and what can be done once osteoporosis is diagnosed.

**When:** Thursday, Aug 16 / Noon – 1:30 pm

**Where:** Santa Monica Family YMCA, 1332 6th St

**RSVP:** 800-516-5323

**50+ Fall Prevention**

Esau Baqi, DPT, UCLA physical therapist, will discuss how internal and external risk factors can influence falls and how to prevent them.

**When:** Thursday, Sept 20 / 10 – 11:30 am

**Where:** Santa Monica Family YMCA, 1332 6th St

**RSVP:** 800-516-5323

**50+ Advance Health Care Planning**

Learn how to communicate your health care wishes to your family and friends, appoint someone as your surrogate decision maker and review health care decision-making documents.

**When:** Thursday, Sept 27 / 1:30 – 3 pm

**Where:** WISE & Healthy Aging, 1527 4th St, Santa Monica

**RSVP:** 800-516-5323



**WEBINARS ON DEMAND** If you missed one of our UCLA MDChat Webinars, visit our Webinars on Demand library to view programs led by UCLA physicians. For more information, visit: [uclahealth.org/uclamdchat](http://uclahealth.org/uclamdchat)

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U C L A



U.S. News & World Report's  
Best Hospital Survey ranks  
UCLA No. 1 in Los Angeles  
and No. 7 in the nation.

## Sound Body Sound Mind

Sound Body Sound Mind is the largest community engagement program at UCLA Health, providing Los Angeles-area youth with resources designed to introduce healthy habits, invigorate excitement for exercise and encourage self-confidence.

For more information or to make a gift to support Sound Body Sound Mind, go to: [uclahealth.org/soundbodysoundmind](http://uclahealth.org/soundbodysoundmind) or contact us at 310-500-4285, [sbsminfo@mednet.ucla.edu](mailto:sbsminfo@mednet.ucla.edu)



## Vital Signs

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