

Ask the Health Expert

2017 Speaker Series Schedule

Pleasanton Public Library

February 23

Healthy Bones

April 27

Caregiving Support and Resources

May 25

Diabetes Dialogue

June 22

Managing Pain

July 27

End the Insomnia Struggle

August 24

Avoiding Fraud and Scams for Senior Citizens

October 26

What's New With Medicare in 2018

December 28

Banishing the Blues

No registration is necessary!

The Pleasanton Public Library welcomes experts from John Muir Health to discuss a range of health topics that are relevant to you.

What: Free community lectures

When: Every fourth Thursday evening of each month

Time: 7 p.m. – 8:30 p.m.

Location: Pleasanton Public Library
400 Old Bernal Ave, Pleasanton,
CA 94566

For more information call:
(925) 244-0705



johnmuirhealth.com