



**WESTSIDE
M.A.P.S.**

M.A.P.S. Co-Chairs:

Susan Pomerantz
Concepts for Living
(818) 340-7272

Jon McCraw
Silverado Hospice
(310) 595-4589

**Thank you to our
Committee Members:**

Estee Bienstock, RN
AllPoint Home Health
(310) 441-2009

Matthew Lefferman, DO
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Willie Linsk
The Move Managers
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Belmont Village Senior
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Westside M.A.P.S.

Marketing and Admissions Professionals for Seniors

*“L.A.’s MOST outstanding networking
opportunity for the geriatric care community”*

Join us for a Most Topical Topic!

How to Stay Motivated...Why Bother Exercising?

Do your promises to exercise fade away within the month you begin them? Do you know how to take charge of your priorities? You will learn to understand the “Stages of Readiness” if you want to start an exercise program no matter what your age is.

What you learn in this lecture can be applied to many areas of your life with great results! Learn why “more” is not necessarily better. Are you ready to commit and if not, what’s stopping you? Presented by Fitness Expert.....

Lori Michiel, 50+ Fitness

hosted most graciously by.....

**Belmont Village Senior Living
2051 N. Highland Ave.
Los Angeles, CA 90068**

**Wednesday, March 24, 2010
8:30 to 10:00 AM**

Must RSVP, please!!!!

Dawneen Lorange at 323-874-7711

dlorange@belmontvillage.com

*** A meeting donation of \$10.00 is expected, please, to fund our annual donations to non-profit organizations ***

Mark your calendars:

April: The Rehab Center of Beverly Hills

May: Ocean House

For more information about M.A.P.S., to be a guest speaker or to host a meeting, please contact either **Jon McCraw** at **Silverado Hospice**, (310) 595-4589, jon@silveradohospice.com, or **Susan Pomerantz** at **Concepts for Living**,

(818) 340-7272, sue@conceptsforliving.com. Thanks!

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