



Health and education seminar

Join us to learn more about
Diabetes and Cholesterol
prevention.

Thursday, December 18, 2025
9:00 a.m.–10:00 a.m.

LONG BEACH TRANSIT
LBT2 TRAINING ROOM
In-Person & Virtual
6860 Cherry Ave.
Long Beach, CA 90805



Reserve your spot!



Michael Singleton, MD, MBA
Internal medicine

- Doctor's talk
- Get your questions answered
- Learn about Optum services

Scan QR code to register



The Centers for Medicare & Medicaid Services (CMS) has neither reviewed nor endorsed this information. To learn more, visit [medicare.gov](https://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227). For a listing of our contracted health plans, please visit optum.com/ca. Eligible for a free drawing, gift or prizes with no obligation to enroll. For accommodations of persons with special needs at meetings call 1-562-000-0000, TTY 711.

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承 𐄂𐄂 𐄂𐄂 𐄂𐄂 𐄂𐄂 1-800-403-4160

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