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Health

Present the 1st Annual

Family Health and Wellness Fair



Sunday, October 15th
8:00 a.m. to 1:00 p.m.

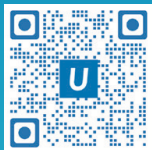
Valley Jewish Community Center
18017 Chatsworth St., #217 • Granada Hills, CA 91344
(818) 360-2211 • www.ValleyJCC.org • info@valleyjcc.org



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UCLA Health

VALLEY JCC AND UCLA HEALTH FAMILY HEALTH AND WELLNESS FAIR 2023 EXHIBITOR DIRECTORY

ACTIVATE RESILIENCE COUNSELING

Tel: (747) 230-4066

Email: activateresilience@gmail.com

Website: www.ARC-theapy.com

Address: 23801 Calabasas Road Suite 2026
Calabasas, CA 91302

Psychotherapists for individuals, couples and families. We offer virtual Telehealth and in-person sessions at our Calabasas office (bordering Woodland Hills).

SPECIALTIES:

- Anxiety
- Depression
- Life Transitions
- Couples
- Adoption
- Parenting
- Self Worth/Confidence
- Addiction
- Child/Teen Struggles
- Codependency
- Family & Blended Family Issues
- Grief & Faith Based Issues

Offering virtual and in-person services to:
Individual, Child & Adolescent, Family,
Couples, Group, & Parenting/Co-Parenting

At ARC, we are a team of experienced therapists who are dedicated to fostering a safe, non-judgmental, and supportive environment that empowers our clients.

Contact us for a complimentary 15-minute consultation: (747) 230-4066

activateresilience@gmail.com

WWW.ARC-THERAPY.COM



AFLAC

Tel: (213) 359-6420

Email: m_fishman@us.aflac.com

Website: www.Aflac.com

Address: 5805 Sepulveda Blvd. #700
Sherman Oaks, CA 91411

Health insurance wasn't designed to cover everything, often leaving a gap. Learn how AFLAC helps close that gap by paying cash to use however you need.

GET HELP WITH EXPENSES HEALTH INSURANCE DOESN'T COVER

Who hasn't been blindsided by an unexpected medical bill? That's why there's Aflac. We can help take care of the expenses health insurance doesn't cover, so you can take care of everything else.

To learn more, contact your Aflac agent, Michael Fishman, at m_fishman@us.aflac.com or 213- 359-6420.



Coverage is underwritten by Aflac. In New York, coverage is underwritten by Aflac New York.
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Z2300184

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AMERICAN CANCER SOCIETY

Tel: (800) 227-2345

Email: abby.smith@cancer.org

Website: www.cancer.org

Address: 100 Corporate Pointe Suite 350

Culver City, CA 90230

At the American Cancer Society, our mission is to improve the lives of people with cancer and their families through advocacy, research, and patient support, to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer. We fight every cancer for every life because our vision is to end cancer as we know it, for everyone. We advocate for lifesaving policy changes; promote healthy lifestyles to help you prevent cancer; research cancer and its causes to find more answers and better treatments; provide information, answers, and support to people in every community who have been touched by cancer, and we do it all 24 hours a day, 7 days a week.

ANGELA IACOBELLIS - LIFE INSURANCE & ANNUITY AGENT

Tel: (818) 624-8699

Email: Angela@Angela4Homes.com

Website: www.angela4homes.com

Address: 15165 Ventura Blvd. Suite 450

Sherman Oaks, CA 91430

I am an independant life insurance and annuity agent contracted with multiple companies - my goal is to educate and help protect your retirement and family security.

CRAWFORD LORENZEN MORTUARY

Tel: (818) 349-9701

Email: michael@envisioncares.com

Website: www.crawfordmortuary.com

Address: 8717 Tampa Ave.

Northridge, CA 91324

Pre-planned and end of life arrangements funeral home that has been serving the San Fernando Valley and greater Los Angeles area since 1971. We are family owned and operated, serving three generations.

VALLEY JCC AND UCLA HEALTH FAMILY HEALTH AND WELLNESS FAIR 2023 EXHIBITOR DIRECTORY

CSUN, MARILYN MAGARAM CENTER

Tel: (818) 677-3102

Email: magaram.center@csun.edu

Website: www.csun.edu/marilyn-magaram-center

Address: 18111 Nordhoff St. Sequoia Hall 120
Northridge, CA 91330

The mission of the Marilyn Magaram Center (MMC) is to enhance and promote health and well-being through research, education and services in food science, nutrition and dietetics. Our wellness clinic provides one on one nutrition counseling with Registered Dietitians as well as a variety of programs aimed to reach our community and reach a diverse population. Some of our programs include Diabetes prevention and management programs, our Whole Body Whole Health program, directed towards individuals affected by cancer and more.

DYNAMIC NURSING

Tel: (818) 981-4446

Email: Dillon@dynamicnursing.com

Website: www.dynamicnursing.com

Address: 14260 Ventura Blvd.
Sherman Oaks, CA 91423

Dynamic provides a family first approach to In-Home Care. We proudly provide personalized in-home care services across the Caregiving, Home Health, and Hospice Care continuum.

ENCINO DENTAL GROUP INC.

Tel: (818) 438-3838

Email: encinodds@hotmail.com

Website: www.encinodental.com

Address: 17777 Ventura Blvd. Ste. 210
Encino, CA 91316

We are pleased to welcome you and your family to Encino Dental. We look forward to offering comprehensive dentistry in a state-of-the-art setting where your health and comfort are paramount. We take pride in every general dentistry service we provide, from our preventative care to crowns and bridges, from root canals and extractions to dentures. We also offer emergency dental care.

VALLEY JCC AND UCLA HEALTH FAMILY HEALTH AND WELLNESS FAIR 2023 EXHIBITOR DIRECTORY

EVOLVE ADOLESCENT BEHAVIORAL HEALTH

Tel: (310) 710-3357

Email: mcraven@evolvvetreatment.com

Website: www.evolvvetreatment.com

Address: 300 N. Pacific Coast Hwy. N Unit 2060
El Segundo, CA 90245



We help teens heal and adapt, to foster better tomorrows for your family. At Evolve we offer unmatched mental health and substance use treatment for adolescents 12-17 years old. We combine the best in care and comfort.

FIT4MOM WEST SFV

Tel: (310) 923-3191

Email: jennahooks@fit4mom.com

Website: www.westsanfernandovalley.fit4mom.com

Address: 10341 Canoga Ave. Unit 16
Chatsworth, CA 91311

FIT4MOM offers pre and postnatal health, wellness and fitness programs for every stage of motherhood. All of our programs were created by moms for moms to provide Strength in Motherhood®.



VALLEY JCC AND UCLA HEALTH FAMILY HEALTH AND WELLNESS FAIR 2023 EXHIBITOR DIRECTORY

FYINSURANCE SOLUTIONS

Tel: (310) 806-0434

Email: info@fyiteam.com

Website: www.fyiteam.com

Address: PO Box 573009

Tarzana, CA 91357

Insurance Agency focused on personal and business insurance solutions including health insurance, Covered CA and Medicare health plans. We also offer a wide variety of ancillary products including dental and vision plans.

GRANADA HILLS CARE CENTER

Tel: (818) 891-1745

Email: Admissions@ghcarecenter.com

Website: www.ghcarecenter.com

Address: 16123 Chatsworth Street

Granada Hills, CA 91344

Granada Hills Care Center is there to help. We are a small, family owned facility that cares for each resident with the utmost dignity and respect.

KIDNEYS QUEST FOUNDATION

Tel: (818) 521-6348

Email: Carolyn@kidneysquestfoundation.com

Website: www.Kidneysquestfoundation.org

Address: 1058 Maclay Ave.

San Fernando, CA 91340

Kidneys Quest Foundation is an outreach organization offering support and education to individuals and families dealing with kidney disorders.

LA PATIENT ADVOCATES

Tel: (818) 406-2387

Email: Karen@LAPatientAdvocates.com

Website: LAPatientadvocates.com

Address: 18090 Karen Drive

Encino, CA 91316

A concierge health advocacy service for patient and families. We're in your corner while you navigate the healthcare industry.

VALLEY JCC AND UCLA HEALTH FAMILY HEALTH AND WELLNESS FAIR 2023 EXHIBITOR DIRECTORY

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH, SERVICE AREA 2

Tel: (818) 488-3875

Email: mnahapetyan@dmh.lacounty.gov

Website: www.dmh.lacounty.gov

Address: 10151 Balboa Blvd. Suite 150
Granada Hills, CA 91344

We are committed to your wellness. We believe in hope and focusing on the whole person and their abilities, rather than on their illness and disability.

MOBILEYESNOW

Tel: (818) 263-3212

Email: Info@mobileeyesnow.com

Website: www.mobileeyesnow.com

Address: 21710 Costanso St.
Woodland Hills, CA 91364

MobilEyesNow provides mobile optician services. We work with Dr. Rad mobile optometrist who performs onsite eye exams and we take care of all the glasses needs. We bring the optical store to you!

ONE GENERATION

Tel: (818) 708-6625/ (818) 705-2345

Email: Info@oneration.org

Website: www.oneration.org

Address: 17400 Victory Blvd.
Van Nuys, CA 91406

Our mission is to support and enrich the lives of older adults, children, and families throughout our diverse communities. Our vision is to create an equitable community, enriched in intergenerational relationships, thriving with dignity, quality, purpose and security.

ONEgeneration

*Share the Care*SM

VALLEY JCC AND UCLA HEALTH FAMILY HEALTH AND WELLNESS FAIR 2023 EXHIBITOR DIRECTORY

OSTEOSTRONG (TARZANA & ENCINO LOCATIONS)

Tel: (818) 806-0224

Email: sizzlingvitalityos@gmail.com

Website: www.osteostrong.me

Address: 18700 Ventura Blvd. #150
Tarzana, CA 91356

Wellness Center focusing on Bone Density, Strength, Balance, Injury Recovery & Cellular Rejuvenation. OsteoStrong is a unique place where you can go to improve your overall health by focusing on the one thing we have in common: a skeletal system.

ROWI TEEN & PARENT WELLNESS CENTERS

Tel: (805) 261-1206

Email: cberkley@rowiteen.com

Website: www.rowiteen.com

Address: 17404 Ventura Blvd. #100
Encino, CA 91316

We provide full-day and after-school mental health programs for kids and teens, ages 8-17. Comprehensive, holistic care to support families. Every family deserves excellent care and personal attention. ROWI provides the environment and tools to create positive growth and healthy relationships. Most insurance plans are accepted.

SAN FERNANDO VALLEY PHARMACISTS ASSOCIATION

Tel: (818) 223-8656

Email: bucky91302@sbcglobal.net

Website: www.ppssf.org

Address: 4335 Park Vicente
Calabasas, CA 91302

We represent pharmacists that live and/or work in the San Fernando Valley, a local association of the California Pharmacists Association. It has been one of the strongest local associations in California for many years. Networking opportunities are abundant with a group representing such a large cross section of the profession.



COMPREHENSIVE MENTAL HEALTH CARE FOR KIDS & TEENS



ages 8-17

We treat:

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- Anxiety Disorders
- Mood Disorders
- Gender Identity Issues
- Suicidal Ideation
- Self-harm
- Autism Spectrum Disorders
- Personality Disorders
- OCD
- Trauma
- School Avoidance
- Bullying
- ADHD
- Impulsivity
- Struggles with emotional regulation
- Distress Tolerance



ROWI provides the environment and tools to create positive growth and healthy relationships.

 (800) 721-ROWI
 info@rowiteen.com
 ROWITEEN.COM

We accept insurance from most providers.

Locations in:

Thousand Oaks	Torrance
Calabasas	Long Beach
Encino	Rancho Cucamonga
Pasadena	Corona
Burbank	Tustin
Covina	Lake Forest
Valencia	Brea*

*Coming soon

VALLEY JCC AND UCLA HEALTH FAMILY HEALTH AND WELLNESS FAIR 2023 EXHIBITOR DIRECTORY

SMILING SEA PEDIATRIC DENTISTRY & ORTHODONTICS

Tel: (818) 783-4565

Email: info@oaksortho.com

Website: www.smilingseadentist.com

Address: 13308 Moorpark Street

Sherman Oaks, CA 91423

We love seeing children grow up with strong, beautiful, and healthy smiles! Smiling Sea has served the San Fernando Valley since 2007, offering advanced pediatric and special needs dentistry, as well as orthodontics.

TOTAL SENIOR

Tel: (818) 570-1087

Email: daniel@totalsenior.com

Website: www.TotalSenior.com

Address: 18375 Ventura Blvd. #791

Tarzana, CA 91356

Total Senior matches seniors with the most appropriate assisted living communities, retirement homes, skilled nursing facilities or home care providers based on their individual circumstances and needs. Senior care is not a one size fits all industry so we take the time to learn about each individual's needs and make introductions to the providers best suited for them. Our services are free to seniors and their families.

UCLA HEALTH

Tel: (310) 825-2631

Website: www.uclahealth.org

Your best care begins at UCLA Health. UCLA Health is among the most comprehensive and advanced healthcare systems in the world. Our mission is to provide state of the art patient care, generate research discoveries leading to new treatments and diagnoses, and train future generations of healthcare professionals. Together, the UCLA Hospital System and the David Geffen School of Medicine at UCLA strive every day to be a leader in setting the standards of excellence. UCLA Health is where discovery leads to exceptional health care.

VALLEY JCC AND UCLA HEALTH FAMILY HEALTH AND WELLNESS FAIR 2023 EXHIBITOR DIRECTORY

VALLEY JEWISH COMMUNITY CENTER

Tel: (818) 360-2211

Email: info@valleyjcc.org

Website: www.valleyjcc.org

Address: 18017 Chatsworth St. #217
Granada Hills, CA 91344

Valley Jewish Community Center is the proud culmination of 3 JCC campuses that once served the San Fernando Valley by the names of Valley Cities JCC, North Valley JCC, and West Valley JCC. After their closures, passionate community members and JCC professionals re-established a Jewish Community Center to serve the San Fernando Valley.

Valley Jewish Community Center is an inclusive partner that serves the Jewish community, and the community at large within the San Fernando, Conejo, Simi and Santa Clarita Valleys. Our Mission is to provide a home for social, educational, and recreational programs for families and individuals. We are a second home for the community.

We wish to thank the members of our fundraising committee for all of their hard work on this event and their support throughout the year: Stephanie DuCaine, Daniel Sagal, Susan Menkes, Donna Haas, Michael Fishman, Wendy Fishman, Andy Levy, Phyllis Levy, Debbie Duval, Madeline Angel, Elaine Fox, Suzanne Victor and Abby Younger. A special thank you as always to the amazing staff who put in so much time to make a difference in community: Ellen Cohen, Adult Program Director; Chereen Peretti, Director of Operations at Today's Montessori; Rick Lupert, Communications Associate; Lois Julien, Marketing and Program Coordinator; Jason Moser, Sports Coordinator; and our Executive Director, Jeff Rubin.

All of what we do would not be possible without the leadership from our Board of Directors: President, Ollie Haas; Administrative Vice President, Elaine Fox; Vice President, Steve Levine; Treasurer, Nancy Levine; Secretary, Andrea Weiss; and Shay Diamant; Debbie Duval; Michael Fishman; Yossi Rabinovitch; Oren Ravid; and Daniel Sagal.

UPCOMING EVENTS & PROGRAMS

VALLEY JEWISH COMMUNITY CENTER FUNDRAISER



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OF YOUR FOOD & BEVERAGE PURCHASE
WILL SUPPORT VALLEY JEWISH COMMUNITY CENTER

THE STAND - ENCINO, OCTOBER 17TH 11AM-9PM
17000 Ventura Blvd, Encino, CA 91316

Place your order with The Stand App or online at TheStand.com
Enter Coupon Code: **VALLEYJCC** at checkout.
You can also order in-store. Just show this flyer at the register.

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WWW.THESTAND.COM



The VILLAGE
AT NORTHRIDGE

Holiday Boutique

The Village at Northridge
9222 Corbin Ave. Northridge, CA
Parking is available in the underground lot off of Prairie St.

Sunday, November 5, 2023
10:00 a.m. - 3:00 p.m.

Vendors selling jewelry, gift baskets,
home goods and Judaica items.



Valley JCC
18017 Chatsworth St. # 217
Granada Hills, CA 91344
818-360-2211

info@valleyjcc.org
www.valleyjcc.org
Facebook: VJCC818
Instagram: sfvalleyjcc

VISIT WWW.VALLEYJCC.ORG

Senior Table Tennis

Every Friday
12:00 - 1:30 p.m.

The Village at Northridge 9222 Corbin Ave, Northridge, CA 91324

Along with The Sport and Art Educational Program, Valley JCC and The Village at Northridge are offering Senior Table Tennis. This program is for seniors wanting to maintain a sharp mind and healthy body.



Fee: No charge for Valley JCC and Village Residents
\$5 for non-members.

Non-members can register at:
www.valleyjcc.org/tabletennis

Coach Irina Jestkova has been playing competitive table tennis since she was 6 years old. She competed throughout her entire childhood, adolescence, and early adulthood in the Soviet Union. Through her hard work she was able to reach a top 10 ranking in the early 1990s. Irina now teaches several table tennis and badminton classes at USC, and runs table tennis classes at retirement communities across LA. She loves the sport and finds great joy teaching it to others.



The VILLAGE
AT NORTHRIDGE

Who's Interested in Getting ON BOARD?



JOIN VALLEY JCC BOARD OF DIRECTORS
YOUR OPINION MATTERS - HELP SHAPE COMMUNITY

- WHAT IS INVOLVED?**
- DEVELOP SOCIAL EVENTS/PROGRAMS
 - PARTICIPATE IN FUNDRAISING
 - BUILD COMMUNITY RELATIONSHIPS

FOR MORE INFORMATION CONTACT US:
INFO@VALLEYJCC.ORG
(818) 360-2211



**THANK
YOU**

UCLA

Health

**For Sponsoring
Family Health
and
Wellness Fair
2023**



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(818) 360-2211 • www.ValleyJCC.org • info@valleyjcc.org