

FIND OUT MORE ABOUT QUALITY LONGEVITY ON CITYTV'S NEW SHOW



www.youtube.com/user/SantaMonicaCSC



City of
Santa Monica

Commission for the Senior Community

City of Santa Monica's CityTV and the Commission for the Senior Community teamed up for a talk show targeted towards adults that are over the age of 50. Watch the first season on YouTube at:

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Season One

- ◆ Grace Cheng Braun: President and CEO of WISE & Healthy Aging — Basic services
- ◆ Dr. David Allen — Integrative Approach to Health and Wellness
- ◆ Sheila Kuehl: Politician — Her work as legislator
- ◆ Edward King: Director of Transit Services at Santa Monica Big Blue Bus — Transportation
- ◆ Sandy Risdon: Program Manager at Health Insurance Counseling & Advocacy Program (HICAP) — Medicare/Medi-Cal
- ◆ Paul Weinberg: Emergency Services Coordinator, City Manager's Office — Emergency preparedness
- ◆ Gary Small, MD — Memory expert and author
- ◆ Nelson Santos and Jon Torer — Active Release Technique and exercise while remaining injury free
- ◆ Jackie Lacey: LA County District Attorney and Molly Davies: Vice President of WISE & Healthy Aging — Elder financial abuse and prevention
- ◆ Paul Petersen — Advocacy

Second Season of Let's Talk is Currently Available Live at: www.smgov.net/citytv