



## Senior Day Expo

Please join us on Wednesday, May 28 from 10:00am – 1:15pm

10:00 am–12:00 pm	Senior Vendor Expo. – Everyone Welcome
12:00 pm – 1:15 pm	Lunch and Learn – *Reservations Required

To make a reservation for the Lunch and Learn program, scan QR code to reserve your spot. Space is limited

**FREE event  
and FREE lunch!  
OPEN to the  
community.**

Thank you to the Palms at Bonaventure for sponsoring our lunch!



### Speaker: Dr. Liz Diaz-Querol, Kaiser Permanente

Dr. Liz Diaz- Querol is a board-certified Internal Medicine physician who brings compassion, dedication, and over two decades of experience to the care of her patients. Dr. Diaz-Querol moved to the U.S. in 2007 with a deep commitment to helping others and a strong belief in the power of human connection in medicine. Dr. Diaz-Querol is known for her attentive listening, thoughtful communication, and for making every patient feel seen, heard, and respected. Her goal is to build lasting relationships and empower patients to take charge of their health in a supportive, team based environment. When she's not caring for patients, she enjoys dancing, spending time with her family, and staying active in her community.



**VENTURA FAMILY YMCA**  
3760 Telegraph Road, Ventura, CA 93003  
805.642.2131 • [ciymca.org/Ventura](http://ciymca.org/Ventura)

