

# Wellness Script (Rx) Forum



The Office of Health & Wellness, in partnership with UCI Health, invites community members to a free educational lecture series focused on practical, everyday health topics. These sessions are designed to provide clear, reliable information and helpful tips to support overall well-being at every stage of life.

## Managing Allergies

Thursday, April 23 | 11 a.m.–noon

Heritage Park Community Center

Gain a deeper understanding of common environmental, food, and seasonal allergies. Learn to recognize symptoms, identify triggers, and explore both medical and lifestyle approaches to treatment and prevention. This session will also address the use of over-the-counter versus prescription medications, strategies for minimizing exposure, and guidance on when to seek professional medical support.

## Women's Health

Friday, May 1 | 11 a.m.–noon

Heritage Park Community Center

A comprehensive overview of health concerns and preventive care for women at every stage of life. Topics include reproductive health, hormonal changes, menopause, osteoporosis, mental health, and cancer screenings. The session will highlight the importance of self-advocacy in healthcare, lifestyle choices that promote long-term wellness, and resources available for women seeking specialized care and support.

## Men's Health

Friday, June 26 | 11 a.m.–noon

Irvine Civic Center, Conference and Training Center (CTC)

This session focuses on key health priorities for men, including cardiovascular health, prostate and testicular health, diabetes prevention, and the importance of regular screenings. In addition to physical well-being, the session will emphasize mental health awareness, stress management, and healthy lifestyle practices that support overall wellness and longevity.

## Healthy Aging

Friday, September 18 | 11 a.m.–noon

Heritage Park Community Center

Learn strategies for living well and maintaining independence as we age. Discussion will include nutrition and physical activity for older adults, brain health and memory care, fall prevention, and the management of chronic conditions. Participants will also explore the importance of social connection, emotional well-being, and available community resources to support healthy, active aging.

## Managing Cough, Cold, and Flu

Friday, November 13 | 11 a.m.–noon

Heritage Park Community Center

Understand the differences between common respiratory illnesses, including cold, flu, and other viral infections. This session will cover effective at-home care, when antibiotics are appropriate (and when they are not), and when medical attention is necessary. Preventive strategies such as vaccines, hand hygiene, and immune-supporting lifestyle habits will also be emphasized.

## Join Us!



All lectures are open to the community.  
Click or scan the QR code to register.

For questions or more information, contact the Office of Health & Wellness at 949-724-6650 or [healthandwellness@cityofirvine.org](mailto:healthandwellness@cityofirvine.org).