

Health

Wellness Community sponsoring workshops

•Anthony Montella, DDS, will present a program on dental care and cancer treatment from 4 to 5:30 p.m. Mon., Feb. 7 at the Wellness Community Valley/Ventura office, 530 Hampshire Road, Westlake Village.

Montella will show how chemotherapy and radiation therapy affect dental health.

The workshop will discuss the importance of oral health for cancer patients before, during and after cancer treatment.

Montella earned his Doctor of Dentistry degree from University of Illinois College of Dentistry. He has a prosthodontic practice in Westlake Village, where he specializes in restorative, cosmetic and implant dentistry.

To RSVP for this free program, call (805) 379-4777.

•A workshop titled "Look Good, Feel Better" will be from 6 to 8 p.m. Thurs., Feb. 17 at 530 Hampshire Road, Westlake Village.

The seminar helps women in active cancer treatment learn techniques to restore their self-image and cope with appearance-related side effects. Certified beauty professionals will provide tips on caring for skin, hair styling with wigs and accessories, and makeup techniques.

The program is provided by the American Cancer Society in partnership with the Professional Beauty Association/National Cosmetology Association.

Space is limited. RSVP by calling (800) 227-2345.

Seminar will focus on Medicare, Social Security

Senior Concerns will present a free program for the public on Social Security, including enrollment and survivor benefits, from 7 to 8:30 p.m. Tues., Feb. 8 at Senior Concern's Adult Day Center, 401 Hodencamp Road, Thousand Oaks.

Essie Landry of the Social Security Administration and Katherine Raley of the Ventura County Area Agency on Aging will explain the latest information on eligibility and enrollment in Social Security, survivor benefits, disability, low-income assistance programs and Medicare coverage and changes.

A question-and-answer period will follow the presentation.

Light refreshments will be served. Respite care for special needs seniors will be offered if reservations are made by Feb. 7.

Reservations are encouraged, and walk-ins will be accommodated if space is available. To RSVP, call Senior Concerns at (805) 497-0189.

For more information, go to www.seniorconcerns.org.

Bad momma



BILL SPARKES/Acorn Newspapers

ON A ROLL—T.O. resident Michelle Moroney, nicknamed "Fatal Traction," practices delivering a body check against coach Steven Verschoon at team tryouts for the Ventura County Derby Darlings at Freedom Park in Camarillo last week.

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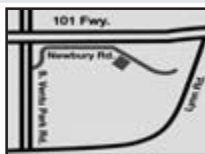
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