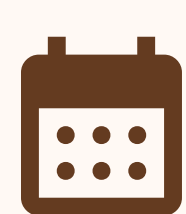


LACERA Retiree Wellness Program

Staying Healthy Together

Fall 2026 Workshop



Tuesday, September 29, 2026
8:30 a.m. to 1:00 p.m.



Diamond Bar Center,
Diamond Bar, CA

Workshop Agenda

8:30–9:15 **Registration and Refreshments**
LACERA/Carrier Visits, Activities and Giveaways

9:15–9:30 **Welcome**
Luis A. Lugo, Chief Executive Officer, LACERA

9:30–10:30 **The Power of Social Connection and Your Health**
Presentation and Q&A Session
Caroline Gutierrez, Senior Learning Consultant, Kaiser Permanente

10:30–11:00 **Let’s Move**
by UnitedHealthcare

11:00–12:00 **Beyond the Smile: Leveraging Innovation to Improve Oral and Overall Health**
Presentation and Q&A Session
Julie Kozak, US National Director Dental & Vision, Cigna

12:00–1:00 **Refreshments and Raffle Prizes**
Must be present to win!
LACERA/Carrier Visits, Activities and Giveaways



PLEASE NOTE: Some medical plan carriers will offer physical activities; participation is at your own risk. Additionally, photos will be taken throughout the day that will be posted on LACERA's website and used on future workshop promotional materials. If you do not want your photo taken and/or published, please let a LACERA staff member know.

