



**IRVINE  
CARES**

## Wellness Script Workshops

# 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.

### Who Should Attend?

Family members, caregivers, and anyone interested in learning more about managing cough, cold, and flu are welcome to attend.

### Register Today



Scan or click the QR code to register or visit [yourirvine.org](http://yourirvine.org) and search “Wellness Script Workshops.”

The workshop is open to the public and registration is required.

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

### Meet the Speaker



#### Dr. Manisha Perera

Assistant Professor — Division of  
Geriatric Medicine & Gerontology  
*UC Irvine School of Medicine  
and UCI Health*

[cityofirvine.gov/irvinecares](http://cityofirvine.gov/irvinecares)

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