



CITY MANAGER'S REPORT

OCTOBER 4, 2022



UPCOMING HEALTH & WELLNESS FAIR

FREE ADMISSION
FOOD TRUCKS LIVE ENTERTAINMENT PRIZES & MORE



WEST COVINA REGIONAL MEGA HEALTH & WELLNESS FAIR

October 9, 2022
9:00am - 5:00pm
West Covina Sportsplex
2100 S. Azusa Ave.
West Covina, CA

Follow Up Event
November 13th
9:00am - 1:00pm

This is an educational event and there is no medical treatment and diagnosis performed. There is no doctor-patient relationship established.



FREE Health Screenings

- Blood Pressure Check
- Blood Sugar Test
- Body Mass Index Analysis
- Body Fat Analysis
- Bone Density Scan
- Computerized Health Risk Assessment
- Dental Assessment and Treatment
- Fitness and Flexibility Screening
- Foot Fitness Exam
- Spine Check
- Vision Test
- Skin Check
- Hearing Check

Immunizations

- FLU
- COVID vaccines

Low-Cost Health Screenings *
Please call to register. First Come First Serve.
*Fasting for 8-12 hours except water is recommended for cholesterol screening.

- EKG (electrocardiogram) tracing
- General blood screening: anemia, chemistry, cholesterol*, diabetes, thyroid, cancer screening including general, ovarian, and prostate
- Cardiovascular risk assessment: carotid, stroke, & abdominal aortic aneurysm (AAA) and peripheral artery disease (PAD)

Health Education & Classes

- Healthy Cooking Demonstration
- CPR, Disaster, and Personal Safety Training
- Healthy lifestyle/Antiaging/Cancer and Disease Prevention
- Zumba and Exercise Demonstration

Exhibits

- Walk through Mega Brain, Heart, Lung, & Colon models
- Proton beam therapy
- Robotic and Minimal Invasive Surgery

For more information visit:
www.WestCovina.org
English: (626) 251-9686
Español: (626) 251-9447
中文: (626) 251-9208
Email: westcovinahealth@gmail.com

ENTRADA GRATIS
CAMIONES DE COMIDA ENTRETENIMIENTO EN VIVO PREMIOS Y MAS



WEST COVINA REGIONAL MEGA FERIA DE SALUD Y BIENESTAR

Octubre 9, 2022
9:00am - 5:00pm
West Covina Sportsplex
2100 S. Azusa Ave.
West Covina, CA

Evento de Seguimiento
13 Noviembre
9:00am - 1:00pm

Este es un evento educativo y no se realiza tratamiento médico ni diagnóstico. No se establece una relación médico-paciente.



Exámenes de salud GRATIS

- Revisión de la presión arterial
- Prueba de azúcar en la sangre
- Análisis del índice de masa corporal
- Análisis de la grasa corporal
- Prueba de densidad ósea
- Evaluación computarizada de riesgos de salud
- Evaluación dental
- Examen de condición física y flexibilidad
- Examen de condición física del pie
- Examen de columna vertebral
- Examen de la vista
- Examen de la piel
- Examen auditivo

Inmunizaciones

- Gripe
- Vacunas para COVID-19

Exámenes de salud a bajo costo*
Por favor llame para registrarse. Los primeros en registrarse serán atendidos primero.
*Se recomienda un ayuno de 8 a 12 horas, excepto el agua, para la detección del colesterol.

- Trazado de EKG (electrocardiograma)
- Exámenes generales de sangre: anemia, química, colesterol*, diabetes, tiroides, exámenes de detección de cáncer, incluyendo examen general, de ovario y de próstata
- Evaluación del riesgo cardiovascular: carotídeo, accidente cerebrovascular, y aneurisma aórtico abdominal (AAA) y enfermedad arterial periférica (EAP)

Clases y Educación para la Salud

- Demostración de cocina saludable
- Capacitación en RCP, desastres y seguridad personal
- Estilo de vida saludable/Antienviejecimiento/Prevención del Cáncer y enfermedades
- Demostración de ejercicios y Zumba

Exhibiciones

- Camina a través del mega cerebro, corazón, pulmón, y modelos de colon
- Terapia de haz de protones
- Cirugía mínimamente invasiva y robótica

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免費入場
食品卡車 現場娛樂 獎品 和更多



WEST COVINA REGIONAL MEGA 健康和保健博覽會

2022年10月9日
上午 9:00 - 下午 5:00
West Covina Sportsplex
2100 S. Azusa Ave.
West Covina, CA

體檢諮詢
11月13日
上午 9:00 - 下午 1:00

這是一個教育事件，沒有進行任何醫療和診斷，沒有建立醫患關係。



免費健康檢查

- 血壓檢查
- 血糖測試
- 體重指數分析
- 體脂分析
- 骨密度掃描
- 計算機化健康風險評估
- 牙科評估
- 健身和柔韌性篩查
- 足部健康檢查
- 脊柱檢查
- 視力測試
- 皮膚檢查
- 聽力檢查

免疫接種

- 流感
- 冠狀病毒疫苗

低成本的健康檢查*
請致電登記。先到先得。
*除水外，建議空腹 8-12 小時進行膽固醇篩查。

- EKG (心電圖) 追蹤
- 一般血液篩查：貧血、化學、膽固醇*、糖尿病、甲狀腺、癌症篩查，包括一般、卵巢和前列腺
- 心血管風險評估：頸動脈、中風和腹主動脈瘤 (AAA) 和外周動脈疾病 (PAD)

健康教育與課程

- 健康烹飪示範
- 心肺復蘇術、災難和個人安全培訓
- 健康生活方式/抗衰老/癌症和疾病預防
- 尊巴舞和運動示範

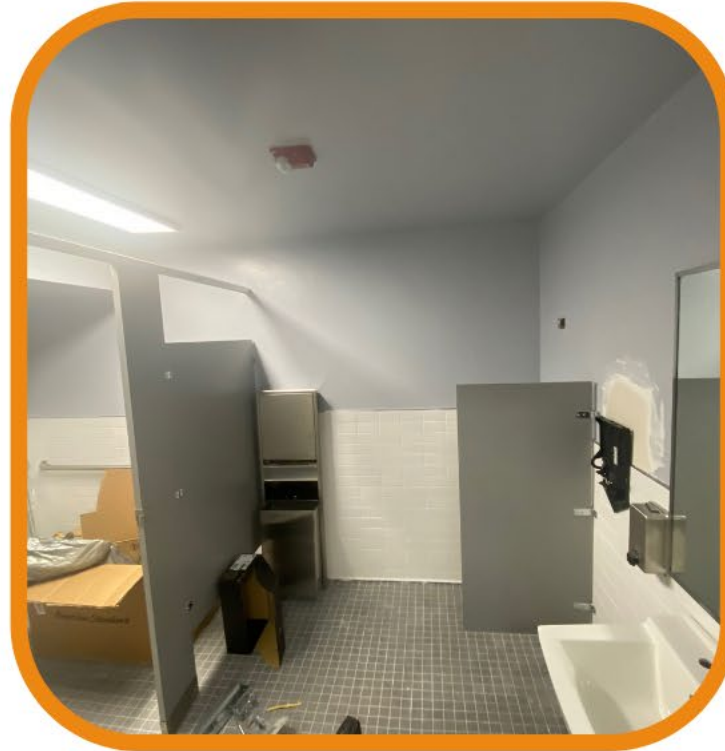
展品

- 瀏覽 超級大腦、心臟、肺和結腸模型
- 質子束治療
- 機器人和微创手術

欲了解更多信息，請訪問:
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**Capital
Improvement
Projects (CIP)
Update**

Council Chambers' Restrooms



Anticipated Completion: End of this week

Capital Improvement Projects (CIP) Update

Street Rehabilitation



Project Description: Pavement rehabilitation at various residential streets. Rehab improvements include asphalt overlay, slurry seal and striping.

Start of Construction: Next week

**Capital
Improvement
Projects (CIP)
Update**

Cameron Park Restroom Improvements



Anticipated Completion: November 2022



FRONTIER

UTILITY IMPROVEMENT ISSUES



WEST COVINA FIRE DEPARTMENT 4TH ANNUAL FIRE PREVENTION WEEK OPEN HOUSE

OCTOBER 1, 2022



WEST COVINA KIWANIS CLUB'S KARTOBER-FEST

CITY OF WEST COVINA FESTIVAL OF FRIGHTS



WEST COVINA KIWANIS CLUB PRESENTS



KARTOBER-FEST



CAR SHOW & TRUNK OR TREAT
10/15/2022 11:00AM-3:00PM
CORTEZ PARK UPPER LEVEL
2501 E. CORTEZ ST, WEST COVINA

CAR SHOW ENTRY
PRE-REGISTRATION \$25 PER CAR BY 10/8
DAY OF EVENT \$35 PER CAR

VENDOR FEE
\$50 PER SPACE

WESTCOVINAKIWANIS

WESTCOVINAKIWANIS



BEER GARDEN & COCKTAILS

CITY OF WEST COVINA

FESTIVAL OF FRIGHTS

**SATURDAY
OCTOBER 29
4PM - 9PM**

**HISTORIC
DOWNTOWN
WEST COVINA
S. GLENDORA AVE.**

FOOD • ENTERTAINMENT • FUN

HAUNTED MAZE • COSTUME CONTEST
DIA DE LOS MUERTOS MERCADO • VENDORS & MORE

FOR MORE INFORMATION VISIT WWW.WESTCOVINA.ORG

CANDIDATES FORUM

Thursday, October 6, 2022

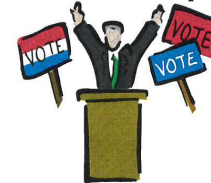
6:45 pm – 9:00 pm

CANDIDATES FORUM

**City of West Covina
4th District City Council Candidates
and
5th District City Council Candidates**

Thursday, October 6, 2022

6:45 to 9:00 p.m.



West Covina City Council Chambers

1444 West Garvey Avenue South, West Covina, CA 91706

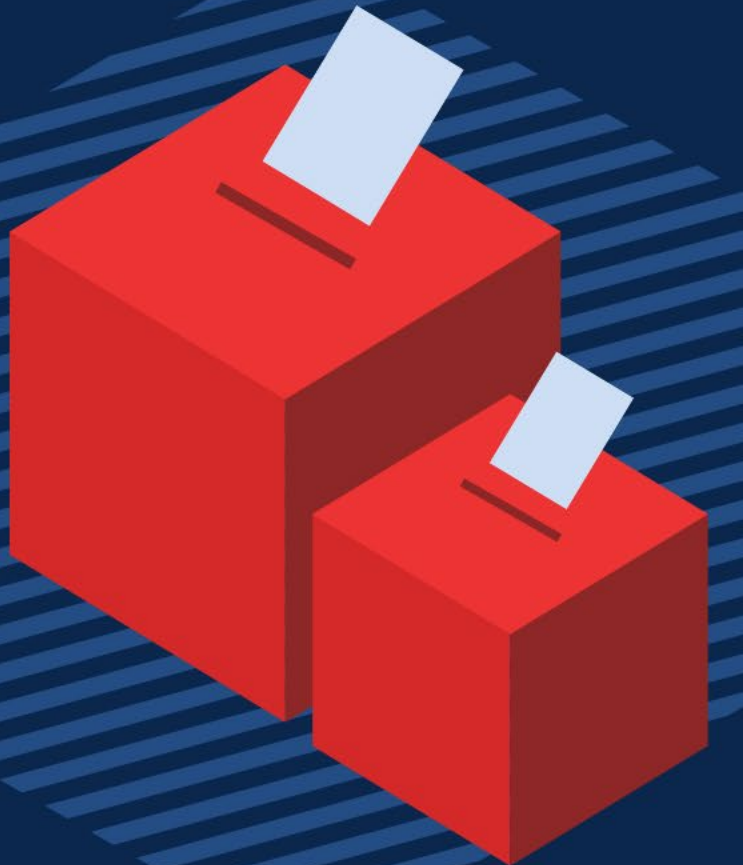
**Attend and Listen to the Candidates
Ask Questions and Become Informed**

Vote on November 8, 2022

Note: The Forum will also be shown on Channel 3 and live on the City's YouTube Channel. The recording will be uploaded to YouTube the following day.

Sponsored by the East San Gabriel Valley League of Women Voters
For information call 626 - 967-8055

NOVEMBER 8, 2022, ELECTION DATES:



~~NOMINATION PERIOD~~

July 18, 2022 - August 12, 2022

Please call Assistant City Clerk to make an appointment

626.939.8433

~~NOMINATION PERIOD EXTENSION~~

(If Incumbent Does Not File)

August 13, 2022 - August 17, 2022

VOTE BY MAIL

First and Last Day to Apply

October 10, 2022 - November 1, 2022

MAILING OF OFFICIAL SAMPLE BALLOTS

October 18, 2022

VOTE CENTERS

First Day

October 29, 2022

ELECTION DAY

November 8, 2022

REGISTER TO VOTE

15 days before the election

Register at: www.LAVOTE.gov