

DOC + talk

Central Valley Medical Group is focused on helping our patients know and understand their health. Please join us for a FREE lunch and meet Dr. Gopika Gangupantula and Dr. Tracy Brockman. Dr. Gangupantula will discuss how to prepare for your primary care physician visit. Dr. Brockman will be discussing Mood and Healthy Aging. **Please join us for a free lunch and informative discussion to learn more about these important topics.**



Dr. Gangupantula, MD, CDE (Certified Diabetes Educator) is a Board Certified Family Physician and Diabetes and Obesity Specialist.

Driven by her passion to educate and empower her patients to maintain healthy lifestyles, Dr. Gangupantula has also received Fellowship training in diabetes to provide the utmost support for each patient.

Modesto has been her home for the past 15 years and currently has her practice, "Valley Diabetes & Obesity" in the community.

Dr. Gangupantula is committed to helping patients maintain a healthy lifestyle through education and diabetes management services for adults.



Dr. Brockman was raised primarily in Southern California while his father was in the Marine Corps, but also lived in Virginia, and graduated from high school in Hawaii.

After his own service in the US Army, Dr. Brockman did his undergraduate work and attended medical school at the University of Washington in Seattle.

He joined Family Health Care in August of 2005 after completing his residency through the Stanislaus County Residency Program in Modesto.

He enjoys home repair projects, reading, sporting events, trivia, karaoke, and traveling with his wife, Elena.

Dr. Gangupantula

How to be prepared for your primary care doctor visit.

Wednesday, October 3rd
12pm - 1pm

RSVP by September 24th
Seating is limited.

Dr. Brockman

Mood and Healthy Aging

Wednesday, October 17th
12pm - 1pm

RSVP by October 8th
Seating is limited.

Call **(209) 573-7401** (TTY 711)

Weekdays 8am - 5pm to RSVP and reserve your seat and FREE LUNCH.

Both lunches will be held at Sutter Health Education Center:
1700 McHenry Ave., Suite 60B, Modesto, CA 95350 (in McHenry Village)



**CENTRAL VALLEY
MEDICAL GROUP**
A SUTTER MEDICAL NETWORK MEMBER

1101 Sylvan Avenue, Suite C-103, Modesto, CA 95350