

calendar

Creating the Calm Within LC

W, 10:30 to 11:30 a.m.

Kathleen Lubanski, RN, NP

Weekly class teaches relaxation techniques for cancer patients and survivors, and their loved ones.

Call for information; pre-registration not required.

760-834-3798 [Read More](#)

Lunch and Lose AC

TU through Sep 24, noon to 1 p.m.

M beginning September 30, noon to 1 p.m.

Lisa Lindley, MD, Gynecology/Obstetrics, certificate in Obesity Medicine

Weekly class provides focus on weight loss, nutrition and support.

760-568-1234 [Read More](#)

Nutrition and Prostate Cancer: Eating Well for Health LC

TH, Sep 12, 5 to 6:30 p.m.

Carolyn Katzin, MSPH, CNS, MNT

760-834-3798; light dinner, register by Sep 11. [Read More](#)

Radiation Therapy for Prostate Cancer: Understanding Your Treatment Options LC

Lunch and Learn with the Expert

M, Sep 16, noon to 1:30 p.m.

Robert Johnson, MD, Radiation Oncology

760-834-3798; light lunch, register by Sep 13. [Read More](#)

Bariatric Surgery Information AC

W, Sep 18, 5:30 to 7:30 p.m.

Bobby Bhasker-Rao, MD, General Surgery

760-778-5220 [Read More](#)

How to Be Younger Next Year AC

Healthy Night Out

W, Sep 18, 4:30 to 6:30 p.m.

Joseph Scherger, MD, MPH, Vice President, Primary Care and the Marie E. Pinizzotto, MD, Chair of Academic Affairs

760-568-1234. \$8 for heart-healthy dinner; payment due by Sep 13. [Read More](#)

CALENDAR KEY

Most classes and lectures are free and early registration is recommended. For a full listing of

lectures, events, programs and support groups, visit emc.org/calendar. Online registration is available for most events.

AC Annenberg Center for Health Sciences at Eisenhower

LC Eisenhower Lucy Curci Cancer Center

Would you like to have someone from Eisenhower Medical Center speak to your organization on a health-related topic? Please contact Vanessa Shanks at 760-834-7956 for more information.

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