

## calendar west

### **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](#)

### **Pre-Diabetes and Diabetes Education PS**

Third M of month, 5:15 to 6:15 p.m. - Free

760-773-1403; pre-registration not required. Inquire about other locations and Spanish instruction.

[Read More](#)

### **Food Fraud MZ**

Mizell Senior Center Series

TH, Aug 22, 1 to 2 p.m.

Rosalind Eley, MA, RD, CSO

Eisenhower Clinical Dietitian

760-834-7956 [Read More](#)

### **An Update on Alzheimer's Disease MZ**

Mizell Senior Center Series

W, Sep 11, 1 to 2 p.m.

Seymour Young, MD, Psychiatry/Neurology

760-834-7956 [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](#)

### **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](#)

## **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](http://emc.org/calendar). Online registration is available for most events.

**AC** Annenberg Center for Health Sciences at Eisenhower

**LC** Eisenhower Lucy Curci Cancer Center

**MZ** Mizell Senior Center, Palm Springs

**PS** Eisenhower Health Center at Sunrise, Palm Springs

[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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