Calendar

What is Diabetes and How Does It Occur? AC
Healthy Night Out
W, Oct 23, 4:30 to 6:30 p.m.
K. Douglas Thrasher, DO, Family Medicine
Marielena Cid, RN, CDE, BSN and Yuri Krochmaluk, RN, BSN-BC
760-568-1234. $8 for heart-healthy dinner**.** Read More

Free Acupuncture for Stress Relief AC
SA, Oct 26, 9 a.m. to noon
Deidre Braun, MS, LAc, Certified Acupuncturist and Herbalist
$20 suggested donation benefits Acupuncturists Without Borders.
760-568-1234; register by Oct 23. Read More

Stress and Seniors LQ
Argyros Health and Wellness Series
W, Nov 6, 5:30 to 7 p.m.
Gregory Pecchia, DO, Family Medicine/Geriatrics
760-610-7205 Read More

Waging a Tireless Search for a Good Night's Sleep AC
Healthy Night Out
TH, Nov 7, 4:30 to 6:30 p.m.
Antoine Elhajjar, MD, Psychiatry/Neurology — Sleep Medicine
760-568-1234. $8 for heart-healthy dinner; payment due by Nov 4. Read More

EISENHOWER LUCY CURCI CANCER CENTER HONORS LUNG CANCER AWARENESS MONTH

Quit Smoking Now! Series LC
760-834-3798; call for information. Read More

Progress in Treatment of Lung Cancer LC
TH, Nov 7, 5:30 to 7 p.m.
Davood Vafai, MD, Medical Oncology
760-834-3798; light dinner, register by Nov 6. Read More

Screenings for Lung Health — Free DH
F, Nov 8, 9 a.m. to 4 p.m.
Pulmonary Laboratory staff, Eisenhower Medical Center
760-773-1269; limited availability; appointment required. Read More

New Lung Cancer Screening Guidelines: Are You High Risk? LC

TU, Nov 12, 4 to 5 p.m.
James Cohn, MD, Radiology
760-834-3798 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

DH Dolores Hope Outpatient Care Building, Lower Level

LC Eisenhower Lucy Curci Cancer Center

LQ Eisenhower George and Julia Argyros Health Center, La Quinta

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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