

# Calendar

## **Osteoporosis AC**

M, Jan 6, 11 a.m. to noon

Richard Fausel, DO, Certified Clinical Densitometrist; Danielle Meglio, COTA-C, MLD/CDT, Occupational Therapy

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

## **Metastatic Breast Cancer: Update on Treatment Options LC**

TU, Jan 7, 4 to 5 p.m.

Kellie Flippin, MD, Medical Oncology/Hematology

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

## **Getting to the Root of Chronic Sinusitis AC**

TU, Jan 7, 5:30 to 6:30 p.m.

Majid Torabi, MD, Otolaryngology

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

## **Getting the Best Health Care at Any Age MZ**

Th, Jan 9, 1 to 2 p.m.

Alison Sachs, MSW, Director, Community Outreach, Eisenhower Lucy Curci Cancer Center

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

## **Women Pioneers in Heart Disease AC**

*Sponsored by The Mended Hearts, Inc.*

TH, Jan 9, 6 to 8 p.m.

Seemal Mumtaz, MD, Cardiovascular/Thoracic Surgery

760-409-8538 [Read More](#)

## **Being Sober AC**

SA, Jan 11, 9 to 11 a.m.

Harry Haroutunian, MD, Betty Ford Center

Free and open to the public.

760-773-4342 or visit [bettyfordcenter.org](http://bettyfordcenter.org). [Read More](#)

## **The DASH Diet — Lower Your Blood Pressure AC**

M, Jan 13, 1 to 2 p.m.

Eisenhower Clinical Dietitian

RSVP by Jan 10, 760-568-1234 [Read More](#)

## **PerforMANce - Maintaining Health, Vigor, and Vitality**

*Men's Health Event*

SA, Jan 18. 8:30 a.m. to 5 p.m.

**Riviera Palm Springs**

No charge; go to [menshealthevent@emc.org](mailto:menshealthevent@emc.org) to register [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

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](tel:760-834-7956) for more information.

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