

Calendar west

Exercise: Does It Really Matter? LC

Lunch and Learn for Breast Cancer Patients and Survivors

W, May 28, noon to 1:30 p.m.

Danielle Meglio, COTA/C, MLD/CDT, Occupational Therapy

760-834-3798. Complimentary lunch; register by May 27. [Read More](#)

An Overview of Popular Diets: Which is the Best For You? AC

W, May 28, 4:30 to 5:30 p.m.

Cari Sudmeier, RN, MS, FNP-C, Nurse Practitioner

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

Birthing, Bonding and Breastfeeding AC

S, May 31, 9 a.m. to 5 p.m.

Registration required. 760-342-7400, visit aboutfamiliesinc.com [Read More](#)

Update on Head and Neck Cancers for Survivors

W, Jun 4, 6 to 7:30 p.m.

Amy Law, MD, Medical Oncology

Held at Gilda's Club Desert Cities, 73555 Alessandro Drive, Palm Desert.

760-770-5678. Complimentary light dinner; register by Jun 3. [Read More](#)

Eisenhower DOC Spine Center:

Spinal Care in the 21st Century AC

Eisenhower Desert Orthopedic Center Lecture Series

TH, Jun 5, 4:30 to 5:30 p.m.

P. Jeff Smith, DO, Physical Medicine/Rehabilitation*/Pain Management

760-568-1234. Register by Jun 4. [Read More](#)

Cardiology-Related News AC

The Mended Hearts, Inc.

TH, Jun 5, 6 to 8 p.m.

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

Now I Lay Me Down to Sleep MZ

Mizell Senior Center Lecture Series

TH, Jun 12, 1 to 2 p.m.

Jill Sanderson, RPSGT, REEGT, RST, Manager, Eisenhower Sleep Center and Neurology Department

760-834-7956 [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

MZ Mizell Senior Center, 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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