

# Holiday

## Healthy Holiday Eating **LQ**

Great Living Starts Here Series

W, Dec 21, 1 to 2 p.m.

Eisenhower Medical Center Nutritionists

760-610-7205 [Read More](#)

## Bariatric Surgery Information **AC**

W, Jan 4, 5:30 to 7:30 p.m. or

SA, Jan 21, 10 a.m. to noon

Bobby Bhasker-Rao, MD,

General Surgery

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

## I Can Improve My Diabetes Outcomes! **LQ**

Argyros Health and Wellness Series

TH, Jan 5, 5:30 to 7 p.m.

K. Douglas Thrasher, DO,

Family Medicine

760-610-7205 by Jan 2 [Read More](#)

## Women and Sexuality **AC**

*Woman to Woman Series*

W, Jan 11, noon to 1 p.m.

Jeralyn Brossfield, MD, Gynecology/Obstetrics

Feel free to bring your lunch.

760-610-7205 [Read More](#)

## Parkinson's Disease: Beyond the Medications **AC**

W, Jan 11, 5 to 6 p.m.

Neal Hermanowicz, MD, Neurology and Medical Director, Eisenhower Phillip and Carol Traub

Parkinson's and Movement Disorders Center

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

## Cardiac Muscle Aneurysms **AC**

Sponsored by The Mended Hearts, Inc.

TH, Jan 12, 6:30 to 8 p.m.

Joseph Wilson, MD, Surgery/Thoracic Surgery

760-200-5323 or 760-217-6170

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