



## Upcoming Events at Eisenhower Medical Center

Eisenhower Medical Center offers various health-related lectures throughout the month. Check back for an updated list of scheduled events.

### **Wednesday, January 21**

Acupuncture and Integrated Medicine  
Eating for Diabetes: Myth versus Truth

### **Thursday, January 22**

Integrative Oncology: Mindfulness Meditation  
Roadmap to Medicare  
Sugar Saga: The Key to Normal Weight and Metabolism

### **Tuesday, January 27**

Acupuncture for Pain Management

### **Wednesday, January 28**

Integrative Oncology: Journaling for Health and Wellness

[Click here to access the calendar.](#)