

# Calendar

## **Healthy Dining Out in the Desert AC**

Healthy Night Out

W, Sep 19, 4:30 to 6:30 p.m.

Elizabeth Quigley, RD, Nutrition Consultant

760-568-1234. \$8 for heart-healthy dinner; payment by Sep 14. [Read More](#)

## **Fish Tales: How to Choose what Goes on Your Plate LQ**

W, Sep 19, 1 to 2 p.m.

Eisenhower Medical Center dietician

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

## **Stress Management and Meditation Workshop Series AC**

TH, Sep 20 through Nov 8, 6 to 8 p.m.

Beth Mulligan, PA-C, Stress Specialist

Eight-week series, \$260 includes CDs, workbook and all-day retreat.

760-799-7847 or [www.mindful-way.com/products](http://www.mindful-way.com/products). [Read More](#)

## **Prostate Cancer: Update on Surgical Treatment Options LC**

TH, Sep 20, 5:30 to 7 p.m.

Lance Walsh, MD, Urology

760-834-3798. Complimentary dinner; register by Sep 19. [Read More](#)

## **Androgen Deprivation Therapy Treatment Update LC**

M, Sep 24, 5:30 to 7 p.m.

Gary Leifer, MD, Urology

760-834-3798. Complimentary dinner; register by Sep 23. [Read More](#)

## **Prostate Cancer: Treatment Solutions for Side Effects LC**

TH, Sep 27, 4:30 to 5:30 p.m.

Michael Sanford, MD, Urology

760-834-3798; register by Sep 26. [Read More](#)

## **Advance Health Care Directives AC**

F, Sep 28, 2 to 3 p.m.

Jeff Hill

Forms and *Vial of Life* packet provided at lecture.

760-568-1234; register by Sep 27. [Read More](#)

## **Making Sense Out of Those Lab Tests PL**

Palm Springs Public Library Series

TU, Oct 9, 6 to 7:30 p.m.

James Gaede, MD, Family Medicine

760-969-7770, extension 7560 [Read More](#)

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