

Calendar

Great Living Starts Here Series **TC**

TH, 1 to 2 p.m.

Dec 6: **Savvy Grocery Shopping Tips: Butter or Margarine?** [Read More](#)

Dec 13: **Light Holiday Eating** [Read More](#)

Barbra Sassower, MPH, RD, CDE, Clinical Dietitian

760-969-7770, extension 7560

Great Living Starts Here Series **LQ**

W, 1 to 2 p.m.

Nov 21: **Power Snacking — Is It Worth the Effort?** [Read More](#)

Nov 28: **The Facts About Functional Foods** [Read More](#)

Dec 5: **Dangers of Low Vitamin D Levels in Older Adults** [Read More](#)

Dec 12: **Diet and Stress Management** [Read More](#)

Eisenhower Medical Center registered dietitian

760-610-7205

Talking About Death Won't Kill You **AC**

TH, Nov 29, 2:30 to 3:30 p.m.

Gina Mohr, MD, Hospice and Palliative Medicine, Loma Linda University Medical Center

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

Food Allergy 101 **AC**

M, Dec 3, 1 to 2 p.m.

Rosalind Elemy, MA, RD, Clinical Dietitian

760-568-1234; register by Nov 30. [Read More](#)

Anticoagulation Management Instruction **RW**

TH, Dec 6, 11 a.m. to Noon

Eisenhower pharmacist, dietitian and nurse co-instructor

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

What's Up with Well-Controlled Sugar? **LQ**

Argyros Health and Wellness Series

TU, Dec 11, 5:30 to 7 p.m.

K. Douglas Thrasher, DO, Family Medicine*

760-610-7205; register by Dec 10. [Read More](#)

ED — Male Incontinence **AC**

TH, Dec 13, 5:30 to 7 p.m.

Peter Ilbeigi, DO, Urology*

760-568-1234; register by Dec 11. [Read More](#)

Tales from Baseball's Hall of Famer Johnny Bench AC

Sponsored by The Mended Hearts, Inc.

TH, Dec 13, 6 to 8 p.m.

Johnny Bench, former Cincinnati Reds baseball catcher and member, National Baseball Hall of Fame

Includes holiday celebration potluck.

Reservations by Dec 10, and holiday potluck dish required evening of event; call 760-409-8538 or 760-772-1461. [Read More](#)

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