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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