Calendar

Feeling Cranky? This and Other Signs of Sleep Apnea PL
Palm Springs Public Library Series
TU, Jan 22, 6 to 7:30 p.m.
Hassan Bencheqroun, MD, Internal Medicine*/Pulmonary Disease
760-969-7770, extension 7560 Read More

Common Sports Injuries in the Active Adult AC
Eisenhower Desert Orthopedic Series
TU, Jan 29, 5:30 to 7 p.m.
James Bell, MD, Orthopedic Surgery/Sports Medicine; Matthew Diltz, MD, Orthopedic Surgery
760-568-1234; register by Jan 28. Read More

Pancreatic and Liver Tumors: Treatment Options LC
W, Jan 30, 4 to 5 p.m.
Evelyn Kachikwu, MD, Surgery/Surgical Oncology
760-834-3798 Read More

New Techniques to Align the Spine AC
Eisenhower Desert Orthopedic Series
TU, Feb 5, 5:30 to 7 p.m.
David Tahernia, MD, Orthopedic Surgery; Reginald Fayssoux, MD,
760-568-1234; register by Feb 1. Read More

What's Up with Well-Controlled Sugar? LQ
Argyros Health and Wellness Series
TH, Feb 7, 5:30 to 7 p.m.
K. Douglas Thrasher, DO, Family Medicine
760-610-7205; register by Feb 6. Read More

A Bittersweet Love Affair with Chocolate AC
M, Feb 11, 1 to 2 p.m.
Malory Benavides, RD, Rosalind Elemy, RD and Barbra Sassower, RD. Eisenhower Registered Dietitians
760-568-1234; $12, includes cooking demonstration and dessert samplings; payment due by Feb 7. Re
Read More

Help! I Lost My Hormones! LQ
Woman to Woman Lecture Series
W, Feb 13, 3 to 4 p.m.
Toni Long, MD, Gynecology

760-610-7205 Read More

Stroke Prevention AC

Healthy Night Out

W. Feb 13, 4:30 to 6:30 p.m.

Bishoy Labib, MD, Neurology

760-568-1234. $8 for heart-healthy dinner; payment due by Feb 8. Read More

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