Palm Springs Area Events Not to Miss!

Village Fest

Look for the Eisenhower Medical Center's booth on the first and third Thursdays. Come meet area physicians and nurses!

The Center

Eisenhower Medical Center is a proud sponsor of The Center and provides a weekly lecture series: **"Let's Get Better Together Program" every Tuesday night at 5:15 p.m.** These lectures focus on health, nutrition, weight loss and fitness. Dietitians and fitness speakers speak each night. Weight and blood pressures checks are recorded at the beginning and end of the program.

Palm Springs Public Library Lecture Series

Tuesday, February 19, 6 to 7:30 p.m.
Heart Health: Steps You Can Make To Avoid Heart Problems and Medications That Help
Yuri Krochmaluk, RN, BSN-BC, Glickman Cardiac Center

Tuesday, March 12, 6 to 7:30 p.m.
Seniors and Depression
Sheda Heidarian, MD, Internal Medicine/Geriatrics
Anthony Bassanelli, MD, Medical Director, Eisenhower Center for Geropsychiatry
Maura Fisher, RN, Director, Eisenhower Center for Geropsychiatry

Mizell Senior Center

Thursday, February 28, 1 to 2 p.m.
"Everything You Need to Know About Your Blood Pressure"
James Gaede, MD, MA
Dr. James Gaede, Board Certified in Family Medicine practices at Eisenhower Health Center at Sunrise in Palm Springs, will review the reason we have blood pressure, how the body regulates its pressure and why we have changes in blood pressure over time. Additionally, current concepts will be presented in the recognition of higher or lower than healthy blood pressures and what is appropriate in dealing with such conditions.
Call 760-969-7956, for reservations until the day of the lecture.

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