

# Calendar

## **Female Urinary Incontinence: Clearing Up Misperceptions and Fear LQ**

Woman to Woman Series

W, Mar 27, 3 to 4:30 p.m.

Lisa Lindley, MD, Gynecology,

Kim Burton, DPT, CSCS, Physical Therapy

760-610-7205; register by Mar 25. [Read More](#)

## **Sleep Disorders AC**

W, Mar 27, 4 to 5 p.m.

Neal Hermanowicz, MD, Neurology/Movement Disorders Specialist

760-568-1234; register by Mar 26. [Read More](#)

## **Secret to Becoming a Centenarian: The Mediterranean Diet?**

*Clark's Nutrition Lecture Series*

TH, Mar 28, 5:30 to 7 p.m.

Gregory Pecchia, DO, Family Medicine/Geriatrics

Held at Clark's Nutrition, Rancho Mirage.

760-324-4626; register by Mar 27. [Read More](#)

## **Rally for Respiratory Health AC**

American Lung Association and Eisenhower Renker Wellness Center

F, Mar 29, 9:30 a.m. to 3 p.m.

Managing and Treating Chronic Obstructive Pulmonary Disease.

909-321-3290 Terry Roberts; free; register by Mar 28. [Read More](#)

## **Lunch and Learn with the Experts LC**

Eisenhower BIGHORN Radiation Oncology Center

M, Apr 1, noon to 1:30 p.m.

Robert Johnson, MD, Radiation Oncology, and Pamela Jones-Van der Nagel, MSW, LCSW, OSW-C

760-834-3798; register by Mar 29. [Read More](#)

## **The Osteoporosis: Break a Leg and All That Jazz AC**

M, Apr 1, 11 a.m. to noon

Occupational therapy strategies for living safely with osteoporosis.

Danielle Meglio, COTA-C, MLT/CDT, Occupational Therapy.

760-568-1234; register by Apr 1. [Read More](#)

## **Vegetarianism 101 LQ**

W, Apr 3, 1 to 2p.m.

Barbra Sassower, MPH, RD, CDE  
760-610-7205; register Apr 3. [Read More](#)

**Aching Hips and Knees 2013: An Orthopedic Surgery Perspective LQ**

Argyros Health and Wellness Series

TH, Apr 4, 5:30 to 7 p.m.

John DeSantis, DO, Rufus Gore, MD and Jason Weisstein, MD, Orthopedic Surgery

760-610-7205; register by Apr 3. [Read More](#)

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