

Calendar

§ Smoking Cessation Series LC

760-834-3798; call for series information. [Read More](#)

Food Frauds That Cause Havoc with Your Diet AC

M, Jun 17, 1 to 2 p.m.

Eisenhower Registered Dietitian

760-568-1234 [Read More](#)

NEW! Lunch and Lose AC

TU Jul 2 through Aug 27, noon to 1 p.m.

Lisa Lindley, MD, Gynecology/Obstetrics, certificate in Obesity Medicine

Weekly class provides focus on weight loss, nutrition and support.

760-568-1234 [Read More](#)

Creating the Calm Within LC

W, 10:30 to 11:30 a.m.

Kathleen Lubanski, RN, NP

Weekly class teaches relaxation techniques for cancer patients and survivors, and their loved ones.

Call for information; pre-registration not required.

760-834-3798 [Read More](#)

Relaxation Techniques for Cancer Patients and Survivors, and Their Loved Ones LC

Lunch and Learn With the Experts

TH, Jul 11, noon to 1:30 p.m.

Kathleen Lubanski, RN, NP

760-834-3798; light lunch, register by Jul 9. [Read More](#)

Bariatric Surgery Information AC

SA, Jul 13, 10 a.m. to noon

W, Jul 24, 5:30 to 7:30 p.m.

Bobby Bhasker-Rao, MD, General Surgery

760-778-5220 [Read More](#)

CALENDAR KEY

Most classes and lectures are free and early registration is recommended. For a full listing of lectures, events, programs and support groups, visit emc.org/calendar.

Online registration is available for most events.

AC Annenberg Center for Health Sciences at Eisenhower

LC Eisenhower Lucy Curci Cancer Center

§ Fee Involved

Would you like to have someone from Eisenhower Medical Center speak to your organization on a health-related topic? Please contact Vanessa Shanks at 760-834-7956 for more information.

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