

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](#)

Water: Facts and Myths LQ

Great Living Starts Here Series

W, Jul 10, 1 to 2 p.m.

Maureen McCarthy, RD, Registered Dietitian

760-610-7205 [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](#)

Signs and Symptoms of Stroke LQ

Argyros Health and Wellness Series

TH, Jul 11, 5:30 to 7 p.m.

Deborah Bayer, RN, BSN, CCRN, Stroke Program Coordinator

760-610-7205 [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

LQ Eisenhower George and Julia Argyros Health Center, La Quinta

\$ 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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