

# Calendar

## **Smoking Cessation Series LC**

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

## **Pre-Diabetes and Diabetes Education — Free**

Third M of month, 5:15 to 6:15 p.m. PS

760-773-1403; pre-registration not required. [Read More](#)

## **Lunch and Lose AC**

TU through Sep 24, 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](#)

## **10 Greatest Myths About Breast Cancer...What Every Woman Needs to Know to Protect Her Health MZ**

TH, Jul 25, 1 to 2 p.m.

Rosemary Flaherty, RN, BSN, Eisenhower Schnitzer/Novack Breast Center

760-834-7956 [Read More](#)

## **Updates in Treatment of ER/PR Positive Breast Cancer and Triple Negative Breast Cancer LC**

CancerCare Teleconference

W, July 31, 10:30 to 11:30 a.m.

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

## **Cancer Information on the Internet...User Beware! LC**

Lunch and Learn with the Expert

W, Aug 7, noon to 1:30 p.m.

Alison Mayer Sachs, MSW, CSW, OSW-C

Director, Community Outreach and Cancer Support

760-834-3798; light lunch, register by Aug 6. [Read More](#)

## **Bariatric Surgery Information AC**

SA, Aug 10, 10 a.m. to noon

W, Aug 21, 5:30 to 7:30 p.m.

Bobby Bhasker-Rao, MD, General Surgery

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

## **Be Happy...Foods to Elevate Your Moods AC**

M, Aug 12, 1 to 2 p.m.

Eisenhower Clinical Dietitian

760-568-1234 [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](http://emc.org/calendar). Online registration is available for most events.

**AC** Annenberg Center for Health Sciences at Eisenhower

**LC** Eisenhower Lucy Curci Cancer Center

**MZ** Mizell Senior Center, Palm Springs

**PS** Eisenhower Health Center at Sunrise, Palm Springs

**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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