

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](#)

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](#)

Caring for the Caregiver: It's a Marathon, Not a Sprint LQ

Argyros Health and Wellness Series

TH, Aug 8, 5:30 to 7 p.m.

Alison Mayer Sachs, MSW, CSW, OSW-C

760-610-7205 [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](#)

Breaking the Salt Habit LQ

Great Living Starts Here Series

W, Aug 14, 1 to 2 p.m.

Rosalind Elemy, MA, RD, CSO

Eisenhower Clinical Dietitian

760-610-7205 [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

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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