calendar

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

Lunch and Lose AC
TU through Sep 24, noon to 1 p.m.
M beginning September 30, 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

Nutrition and Prostate Cancer: Eating Well for Health LC
TH, Sep 12, 5 to 6:30 p.m.
Carolyn Katzin, MSPH, CNS, MNT
760-834-3798; light dinner, register by Sep 11. Read More

Radiation Therapy for Prostate Cancer: Understanding Your Treatment Options LC
Lunch and Learn with the Expert
M, Sep 16, noon to 1:30 p.m.
Robert Johnson, MD, Radiation Oncology
760-834-3798; light lunch, register by Sep 13. Read More

Bariatric Surgery Information AC
W, Sep 18, 5:30 to 7:30 p.m.
Bobby Bhasker-Rao, MD, General Surgery
760-778-5220 Read More

How to Be Younger Next Year AC
Healthy Night Out
W, Sep 18, 4:30 to 6:30 p.m.
Joseph Scherger, MD, MPH, Vice President, Primary Care and the Marie E. Pinizzotto, MD, Chair of Academic Affairs
760-568-1234. $8 for heart-healthy dinner; payment due by Sep 13. 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

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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