

calendar west

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](#)

Pre-Diabetes and Diabetes Education PS

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

760-773-1403; pre-registration not required. Inquire about other locations and Spanish instruction.

[Read More](#)

Food Fraud MZ

Mizell Senior Center Series

TH, Aug 22, 1 to 2 p.m.

Rosalind Eley, MA, RD, CSO

Eisenhower Clinical Dietitian

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

An Update on Alzheimer's Disease MZ

Mizell Senior Center Series

W, Sep 11, 1 to 2 p.m.

Seymour Young, MD, Psychiatry/Neurology

760-834-7956 [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](#)

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](#)

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

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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