

# Calendar

## **The Atrial Fibrillation Epidemic**

### **Go Red for Women REDucate Series**

TU, Oct 1, 11:45 a.m. to 1:30 p.m.

Andrew Rubin, MD, Cardiology\*

American Heart Association's Tasty Topics luncheon is held at The Bellatrix at the Classic Club, Palm Desert. 11:15 a.m. registration.

760-346-8109. Reservation required; \$30 fee for lunch and lecture. [Read More](#)

## **Osteoporosis and You AC**

M, Oct 7, 11 a.m. to noon

Shanna Hirschi, Senior Program Director, Arthritis Foundation

760-568-1234 [Read More](#)

## **Peripheral Neuropathy TC**

### **Eisenhower Desert Orthopedic Center Series**

W, Oct 9, 5:30 to 6:30 p.m.

P. Jeff Smith, DO, Physical Medicine and Rehabilitation\* and Pain Medicine

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

## **Stroke Awareness — How to Act F.A.S.T. AC**

### **Sponsored by The Mended Hearts, Inc.**

TH, Oct 10, 6 to 8 p.m.

Carol Marietta, RN, MSN, NP, Stroke Nurse Practitioner

Eisenhower Medical Center

760-409-8538 [Read More](#)

## **Antioxidant-Rich Foods MZ**

### **Mizell Senior Center Series**

TH, Oct 10, 1 to 2 p.m.

Barbra Sassower, MPH, RD, CDE, Registered Dietitian

Eisenhower Medical Center

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

## **Boosting Your Immune System — Before the Flu AC**

M, Oct 14, 1 to 2 p.m.

Registered Dietitian, Eisenhower Medical Center

760-568-1234 [Read More](#)

## **Pearls of Wisdom: Current Thoughts on Healthy Living PL**

### **Palm Springs Public Library Series**

TU, Oct 15, 6:30 to 7:30 p.m.

Vinita Verghese, MD, Internal Medicine\*

760-834-7956 [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.

\* Board Certified in Specialty

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

**LQ** Eisenhower George and Julia Argyros Health Center, La Quinta

**MZ** Mizell Senior Center, Palm Springs

**PL** Palm Springs Public Library

**TC** The LGBT Community Center of the Desert, 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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