

Calendar

What is Diabetes and How Does It Occur? AC

Healthy Night Out

W, Oct 23, 4:30 to 6:30 p.m.

K. Douglas Thrasher, DO, Family Medicine

Marielena Cid, RN, CDE, BSN and Yuri Krochmaluk, RN, BSN

760-568-1234. \$8 for heart-healthy dinner; **payment due by Oct 18.** [Read More](#)

Is It an Emergency, or Just an Urgency? MZ

Mizell Senior Center Series

TH, Oct 24, 1 to 2 p.m.

Janet Sullivan, RN, Director, Eisenhower Urgent Care

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

Free Acupuncture for Stress Relief AC

SA, Oct 26, 9 a.m. to noon

Deidre Braun, MS, LAc, Certified Acupuncturist and Herbalist

\$20 suggested donation benefits Acupuncturists Without Borders.

760-568-1234; register by Oct 23. [Read More](#)

Waging a Tireless Search for a Good Night's Sleep AC

Healthy Night Out

TH, Nov 7, 4:30 to 6:30 p.m.

Antoine Elhajjar, MD, Psychiatry/Neurology — Sleep Medicine

760-568-1234. \$8 for heart-healthy dinner; payment due by Nov 4. [Read More](#)

Awareness and Prevention: Common Sports Injuries in Active Adults MH

Eisenhower Desert Orthopedic Center Series

TH, Nov 7, 5 to 7 p.m.

James Bell, MD and Matthew Diltz, MD, Orthopedic Surgery/Sports Medicine

760-834-7956; limited seating; pre-registration required. [Read More](#)

EISENHOWER LUCY CURCI CANCER CENTER HONORS LUNG CANCER AWARENESS MONTH

Quit Smoking Now! Series LC

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

Progress in Treatment of Lung Cancer LC

TH, Nov 7, 5:30 to 7 p.m.

Davood Vafai, MD, Medical Oncology

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

Screenings for Lung Health — Free [DH](#)

F, Nov 8, 9 a.m. to 4 p.m.

Pulmonary Laboratory staff, Eisenhower Medical Center

760-773-1269; limited availability; appointment required. [Read More](#)

New Lung Cancer Screening Guidelines: Are You High Risk? [LC](#)

TU, Nov 12, 4 to 5 p.m.

James Cohn, MD, Radiology

760-834-3798 [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

DH Dolores Hope Outpatient Care Building, Lower Level

LC Eisenhower Lucy Curci Cancer Center

MH The Grove at Champions Villa, Mission Hills Country Club

MZ Mizell Senior Center, 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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