

Calendar - East

Quit Smoking Now! Series **LC**

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

Women and Heart Disease **AC**

TU, Nov 26, 5:30 to 6:30 p.m.

Sunny Vendiola, MD, Family Medicine

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

Living with Cancer...How to Cope **LC**

Stress Management for Cancer Patients and Loved Ones

2nd W each month, 2 to 3 p.m.

Kathleen Lubanski, RN, NP

760-834-3798 [Read More](#)

Osteoporosis: Dietary Concerns **AC**

M, Dec 2, 11 a.m. to noon

Maureen McCarthy, RD, Clinical Dietitian

760-568-1234; reservations by Nov 29. [Read More](#)

Top 10 Myths About Heart Disease

Go Red for Women REDucate Series

TU, Dec 3, 11:45 a.m. to 1:30 p.m.

Philip Shaver, 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 heart-healthy luncheon and lecture. [Read More](#)

Great Living Starts Here Series **LQ**

W, 2 to 3 p.m.

Dec 4: Party Planning for the Holidays, Eisenhower Chef demonstration [Read More](#)

Dec 11: Trimming Your Waistline While Trimming the Tree, Eisenhower Clinical Dietitian

760-610-7205 [Read More](#)

Heart Disease and the Inflammation Connection **LQ**

Argyros Health and Wellness Lecture Series

W, Dec 11, 5:30 to 7 p.m.

K. Douglas Thrasher, DO, Family Medicine

760-610-7205 [Read More](#)

Vertigo! **AC**

Healthy Night Out

W, Dec 18, 4:30 to 6:30 p.m.

Stuart Barton, MD, Otolaryngology

760-568-1234. Includes heart hearty dinner; \$8 payable by Dec 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

LQ Eisenhower George and Julia Argyros Health Center, La Quinta

[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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