Community Health Programs

OCTOBER, NOVEMBER, DECEMBER 2019 COMMUNITY CALENDAR EVENTS

UCLA Health offers community programs and events to help our neighbors lead healthier lives through wellness education. Go to connect.uclahealth.org/calendar for more information.

AGING

Fall Prevention
Learn about common risk factors for falls and strategies to prevent falls and stay safe and steady as you age.

When: Tuesday, Dec 10 / 2 – 3:30 pm
Where: Collins & Katz Family YMCA, 1466 S Westgate Ave, West LA
RSVP: connect.uclahealth.org/calendar or 800-516-5323

CANCER (CONTINUED)

Preventing Skin Cancer
Joseph Greco, MD, UCLA dermatologist, will speak about the symptoms and treatments for skin cancer and emphasize the importance of sun protection.

When: Thursday, Nov 7 / 2:30 – 4 pm
Where: Annex at Westchester Family YMCA, 4020 Alverstone Av
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Cancer Pain Management
Sandra Sacks, MD, UCLA anesthesiologist, will discuss the causes of cancer pain, how people can work with their health care team to control it, and methods to improve a patient’s quality of life.

When: Friday, Nov 15, Noon – 1:30 pm
Where: Cancer Support Community – Los Angeles, 1990 S Bundy Dr, Ste 100
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Cancer Genetics Update
Dorcas Chi, MD, UCLA oncologist, will focus on the understanding of hereditary breast ovarian cancer syndrome and other hereditary GI cancer syndromes.

When: Tuesday, Nov 19 / 6:30 – 8 pm
Where: Cancer Support Community Pasadena, 76 E Del Mar Bl, Ste 215
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Cancer: Insiders and Outsiders
Michael Eselun, BCC, interfaith chaplain, reflects on the cancer experience that can sometimes leave us feeling like we do not belong anywhere — an outsider in every sense.

When: Tuesday, Nov 19 / 7 – 9pm
Where: Ronald Reagan Medical Ctr, 757 Westwood Plz, B130
Info: 310-794-6644

DEMENTIA

Alzheimer’s Disease and Dementia
Learn how Alzheimer’s disease and dementia are diagnosed, managed and treated.

When: Tuesday, Oct 15 / 3 – 4:30 pm
Where: Belmont Village, 10475 Wilshire Bl, West LA
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Is It Dementia or Alzheimer’s Disease? (in Spanish)
This seminar will describe the difference between dementia and Alzheimer’s disease, while distinguishing the different types of dementias and their specific behavioral and cognitive presentations.

When: Monday, Oct 21 / 6:30 – 8 pm
Where: Pico Branch Library, 2201 Pico Bl
RSVP: connect.uclahealth.org or 800-516-5323

BRAIN

OCD Overview
Sarosh Motivala, PhD, UCLA Adult OCD physician, will present various strategies to help with obsessive-compulsive disorders.

When: Wednesday, Nov 20 / 7 – 8:30 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Auditorium
RSVP: connect.uclahealth.org/calendar or 800-516-5323

CANCER (CONTINUED)

Ovarian and Other Gynecologic Cancers
Joshua Cohen, MD, and Gottfried E. Konceny, MD, UCLA oncologists, will discuss the diagnosis and treatment of gynecologic cancers: ovarian, uterine, cervical, endometrial and vulvar.

When: Tuesday, Dec 10 / 7 – 9pm
Where: Ronald Reagan Medical Ctr, 757 Westwood Plz, B130
Info: 310-794-6644

FEATURED EVENT

2ND ACT FALL EVENT
Nina Shapiro, MD, UCLA surgeon and author of the new book HYPE: A Doctor’s Guide to Medical Myths, Exaggerated Claims and Bad Advice discusses risk management, causation versus correlation, and how to distinguish between a research-backed study vs headline hype.

When: Thursday, Oct 24 / 6:30 – 8 pm
Where: James West Alumni Center, 325 Westwood Plz, Collins Conf Rm
RSVP: giving.ucla.edu/2ndActFall2019 or for questions, please contact SecondAct@alumni.ucla.edu

Gynecologic Cancers and Genetic Predisposition
Sanaz Memarzadeh, MD, PhD, UCLA gynecological oncologist, will discuss gynecological cancers, the impact of genetic predisposition, preventative strategies and treatments.

When: Friday, Oct 25 / Noon – 1:30 pm
Where: Cancer Support Community – Los Angeles, 1990 S Bundy Dr, #100
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Cancer: Claims and Bad Advice
Joshua Cohen, MD, and Gottfried E. Konceny, MD, UCLA oncologists, will discuss the diagnosis and treatment of gynecologic cancers: ovarian, uterine, cervical, endometrial and vulvar.

When: Tuesday, Dec 10 / 7 – 9pm
Where: Ronald Reagan Medical Ctr, 757 Westwood Plz, B130
Info: 310-794-6644

Dementia

Alzheimer’s Disease and Dementia
Learn how Alzheimer’s disease and dementia are diagnosed, managed and treated.

When: Tuesday, Oct 15 / 3 – 4:30 pm
Where: Belmont Village, 10475 Wilshire Bl, West LA
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Is It Dementia or Alzheimer’s Disease? (in Spanish)
This seminar will describe the difference between dementia and Alzheimer’s disease, while distinguishing the different types of dementias and their specific behavioral and cognitive presentations.

When: Monday, Oct 21 / 6:30 – 8 pm
Where: Pico Branch Library, 2201 Pico Bl
RSVP: connect.uclahealth.org or 800-516-5323


**DEMENTIA (CONTINUED)**

**Early-Onset Dementia (ongoing)**
Memory Care is a weekly, three-hour program for middle-aged dementia patients (age 65 and younger) to support people with memory challenges and their caregivers.

**When:** Thursdays / 1 – 4 pm
**Where:** UCLA Longevity Center, 10945 Le Conte Av
**Info & Cost:** 310-794-0680 or email SGoldfarb@mednet.ucla.edu

**DIABETES**

**Living with Type 2 Diabetes**
This ADA-certified self-care class will help you gain confidence to successfully manage your diabetes. A physician referral is required. Covered by most medical insurance policies.

**Info:** 310-794-1299 or diabeteseducation@mednet.ucla.edu

**Santa Monica**
**When:** Mondays, Oct 14 & 28, Nov 4 & 18, Dec 2 & 16 / 8:30 am – 5 pm
**Where:** 2020 Santa Monica Bl, Conf Rm 2nd fl

**Porter Ranch**
**When:** Mondays, Oct 21 & Dec 9 / 8 am – 5 pm
**Where:** 19950 Rinaldi St, Ste 300

**Basic Diabetes Nutrition Group Class**
This two-hour ADA-certified class will teach you how to plan satisfying meals to maintain healthy blood-sugar levels. A physician referral is required. Covered by most medical insurance policies.

**Info:** 310-794-1299 or diabeteseducation@mednet.ucla.edu

**Santa Monica**
**When:** Tuesdays, Oct 8, Nov 12 & Dec 10 / 9 – 11 am
**Where:** 2020 Santa Monica Bl, Conf Rm 2nd fl

**Redondo Beach**
**When:** Thursdays, Oct 17, Nov 21 & Dec 19 / 3 – 5 pm
**Where:** 514 N Prospect Av, Ste 103

**Learning to Manage Gestational Diabetes**
This ADA-certified self-care class will help you successfully manage your diabetes. A physician referral is required. Covered by most medical insurance policies.

**Info:** 310-794-1299 or diabeteseducation@mednet.ucla.edu

**Santa Monica**
**When:** Every Thursday of each month – time may vary by date
**Where:** 2020 Santa Monica Bl, Conf Rm 2nd fl

**Torrance**
**When:** Every Friday of each month – time may vary by date
**Where:** 3445 East Pacific Coast Hwy, Ste 100

**Integrative Medicine Class**
This class will teach patients integrative approaches to manage diabetes, including gentle yoga, mindfulness and nutrition counseling.

**Info:** 310-794-1299 or diabeteseducation@mednet.ucla.edu

**Santa Monica**
**When:** Tuesdays, Oct 1, 22 & 29, Nov 5 & 26, Dec 3 / 10 am – Noon
**Where:** 2020 Santa Monica Bl, Conf Rm 2nd fl

**DIET**

**Struggling with Being Overweight?**
Lillian Chen, MD, UCLA internist, will give practical and effective tips to improve your diet to achieve a healthy weight.

**When:** Tuesday, Dec 10 / 10:30 am – Noon
**Where:** Torrance-South Bay Family YMCA, 2900 W Sepulveda Blvd

**RSVP:** connect.uclahealth.org/calendar or 800-516-5323

**Optimizing Your Gut Microbiome**
Learn about the gut microbiome, gut flora and ways to improve them by optimizing your diet.

**When:** Friday, Nov 8 / Noon – 1:30 pm
**Where:** Hawthorne Public Library, 12700 Grevillea Av

**RSVP:** connect.uclahealth.org/calendar or 800-516-5323

**EAST-WEST MEDICINE**

**East-West Strategies to Energize!**
Isabella Lai, MD, UCLA Center for East-West Medicine, will discuss natural and lifestyle modalities to help you gain more energy and accomplish your goals.

**When:** Monday, Nov 4 / 10:30 am – Noon
**Where:** Sunrise of Westlake Village, 3101 Townsgate Rd

**RSVP:** connect.uclahealth.org/calendar or 800-516-5323

**Stressed Out?**
Learn about integrative and east-west modalities to control stress and improve health and well-being.

**When:** Wednesday, Dec 11 / Noon – 1:30 pm
**Where:** Santa Monica Family YMCA, 1332 6th St

**RSVP:** connect.uclahealth.org/calendar or 800-516-5323

**GOUT**

**Gout Update**
Masoom Modi, MD, UCLA rheumatologist, will review the role and proper use of medications and other treatments for gout.

**When:** Wednesday, Dec 11 / 2 – 3:30 pm
**Where:** Brookdale Northridge, 17650 Devonshire St

**RSVP:** connect.uclahealth.org/calendar or 800-516-5323

**FEATURED EVENT**

**FLU SHOT**
UCLA Health’s community flu-shot clinics help protect residents during flu season by offering vaccinations for adults and children ages 5 years and older. The shots are $40, if not covered by insurance. Standard or high-dose vaccines are available. Free for UCLA Health 50 Plus members. For more info, call 800-516-5323.

**Santa Monica**
**When:** Saturday, Oct 12 / Noon – 4 pm
**Where:** 2424 Wilshire Blvd

**Info:** 310-828-4530

**Marina del Rey**
**When:** Sunday, Oct 13 / Noon – 4 pm
**Where:** 4560 Admiralty Wy, Ste 100

**Info:** 310-827-3700

**Malibu**
**When:** Saturdays, Oct 19 & Nov 16 / Noon – 4 pm
**Where:** 23815 Stuart Ranch Rd, Ste 301

**Info:** 310-317-0034

**Woodland Hills**
**When:** Sunday, Oct 20 / 11 am – 1 pm
**Where:** The Village at Westfield Topanga, 6344 Topanga Canyon Blvd, Ste 2040

**Info:** 818-610-0292

**Century City**
**When:** Sunday, Oct 27 / Noon – 4 pm
**Where:** Westfield Century City, 10250 Santa Monica Blvd, Ste 2440

**Info:** 310-286-0122

**Culver City**
**When:** Sunday, Nov 3 / 10 am – 2 pm
**Where:** Westfield Culver City, 6000 Sepulveda Blvd, Ste 2660

**Info:** 310-313-0020

**HEALTH INFORMATION**

**Healthcare Delivery and Legislation Forum**
Santiago Munoz, Chief Strategy Officer at UCLA Health, and Dietmar Greilman, Sr. Vice President of Policy at the California Hospital Association, discuss the future of health care programs, policy issues, and the impact these issues can have on businesses and employees.

**When:** Tuesday, Oct 15 / 7:30 – 11 am
**Where:** College of the Canyons;
Dr. Dianne G. Van Hook University Center, Ste 258, Santa Clarita

**RSVP:** Hello@scvchamber.com;
scvchamber.com/events/healthcare-forum

**Cost:** $85; Admission includes breakfast
KIDNEY CARE

UKEEP | Drugs and Medications: What You Should Know
Anjay Rastogi, MD, PhD, Pharmacologist, Professor of Medicine and Clinical Chief of Nephrology, will be going over what you should know about drugs and medications. Everyone will find this information very useful whether they have kidney disease or not.
Where: Sunday, Dec 8 / 1 – 4 pm
Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Ctr
RSVP: 310-516-5323

LGBT HEALTH

How to Support Transgender Youth
Jessica Bernacki, PhD, and Brandon Ito, MD, MPH, UCLA behavioral health providers, will discuss recommendations for supporting gender-diverse youth from childhood into young adulthood.
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Conf Room 3
RSVP: connect.uclahealth.org/calendar or 800-516-5323

PrEP for HIV Prevention
Ghassan Khoury, MD, UCLA infectious disease physician and HIV specialist, will give an overview of all you need to know about PrEP for HIV prevention.
Where: Tuesday, Nov 12 / 2:30 – 4 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Auditorium
RSVP: connect.uclahealth.org/calendar or 800-516-5323

MULTIPLE SCLEROSIS

REACH to Achieve Program (ongoing)
This weekly comprehensive wellness program focuses on fitness, yoga, memory, emotional well-being, recreation, nutrition and health education for individuals with multiple sclerosis.
Where: Marilyn Hilton MS Achievement Center
Info & Application: 310-267-4071

Free From Falls
This 8-week program is designed for people with multiple sclerosis who walk with or without a cane and may be at risk for falling. Learn about risks for falls, how to reduce those risks and exercises to improve balance and mobility.
Where: Marilyn Hilton MS Achievement Center
Info & Application: 310-481-1107

MULTIPLE SCLEROSIS (CONTINUED)

Beyond Diagnosis
A program for those newly diagnosed with MS. Join MS professionals from UCLA and the National MS Society in a conversation about the disease and wellness practices to help you live your best life with MS.
Where: Marilyn Hilton MS Achievement Center
Info & Application: 310-481-1107

PAIN MANAGEMENT

Back, Hip, Arm and Leg Pain
Juan Villablanca, MD, and Reza Jahan, MD, UCLA interventional neuroradiologists, will explore common causes of back, hip, arm and leg pain and available treatment options.
October
Where: Monday, Oct 7 / 6 – 8 pm
Where: Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, Conf Rm B124 A&B
RSVP: nschussel@mednet.ucla.edu
Seating is limited.

PEDIATRICS

Speech and Language in Children
Nicole Schusel, MS, CCC-SLP, UCLA speech-language pathologist, will discuss speech and language development in children and strategies to improve communication abilities at home.
Where: Monday, Oct 7 / 6 – 8 pm
Where: Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, Conf Rm B124 A&B
RSVP: nschussel@mednet.ucla.edu

PODIATRY

Bunions and Bunion Surgery
Bob Baravarian, DPM, will discuss bunions and the latest surgical and nonsurgical treatments.
Where: Tuesday, Oct 15 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Santa Monica, Ste 101
RSVP: 310-828-0011

Heel and Ankle Pain
Gary Briskin, DPM, will discuss common causes of heel and ankle pain, as well as surgical and nonsurgical therapies.
Where: Tuesday, Nov 19 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Santa Monica, Ste 101
RSVP: 310-828-0011

Ankle Arthritis and Ankle Replacement
Bob Baravarian, DPM, will discuss the latest advances in treating foot and ankle arthritis, including injection joint lubrication, arthroscopic cleanup, joint-preservation surgery, fusion surgery and ankle-replacement surgery.
When: Tuesday, Dec 17 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Santa Monica, Ste 101
RSVP: 310-828-0011

RESEARCH INFORMATION

Stem Cell Research: Bench to Bedside, Discovery Pathway to Treatments
Steve Peckman will present an overview of UCLA’s Broad Stem Cell Research Center, including treatments and cures for blinding eye diseases, cancer, genetic disorders, neurological diseases and injury treatment.
When: Monday, Nov 4 / 3 – 4:30 pm
Where: Santa Monica Family YMCA, 1332 6th St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

TREMORS

How to Shake the Shakes
UCLA movement-disorders specialists will discuss treatment options to cope with tremors, including medicines, surgery (deep-brain stimulation) and noninvasive therapies.
When: Saturday, Nov 9 / 9 am registration, 9:30 am – Noon lectures and Q&A
Where: TownePlace Suites by Marriott, 10336 Richardson St, Loma Linda
RSVP: 310-571-5741 or ucla.tremor@gmail.com

VOLUNTEER

UCLA Health Volunteer Open House
Join Volunteer Services for a nonstudent open house to present all the rewarding opportunities available to volunteers. Refreshments and parking validation will be provided.
When: Friday, Nov 8 / 10 – 11:30 am
Where: Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, B Level Rooms B124 A & B
RSVP: smolina@mednet.ucla.edu

WALK WITH A DOC

Walk With a Doc
Join UCLA Health physicians for an informative, brief discussion on a current health topic, followed by a refreshing stroll at your own pace!
Info: uclahealth.org/walk-with-a-doc
UCLA HEALTH 50 PLUS IS A FREE MEMBERSHIP PROGRAM that offers individuals age 50 and older access to educational lectures, exercise opportunities, information on community and health resources, a free community flu-shot clinic and special events. Call 800-516-5323 or go to uclahealth.org/50plus to sign up. To learn more about our 50 Plus program and events, subscribe to our Focus: 50 Plus e-newsletter by e-mailing us at fiftyplus@mednet.ucla.edu

FEATURED EVENT

50+ REDISCOVERING U: THE ADVENTURE CONTINUES
Cheryl Hunter, best-selling author, and Meredith Maran, discuss reinvention and resilience, and offer workshops on Yoga as Medicine, Maximizing Brain Health, Globetrotting on a Budget, and Get Your Dance Groove On.

When: Saturday, Oct 19 / 1 – 4 pm
Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Ctr
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50+ Vaccinations for Older Adults
Learn which vaccinations are recommended for older adults to prevent diseases and maintain good health and vitality.

When: Tuesday, Oct 22 / 2 – 3:30 pm
Where: Belmont Village, 10475 Wilshire Blvd
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50+ Osteoporosis Update
Hannah Karp Wiefel, MD, UCLA family medicine physician, will discuss what osteoporosis is, how to prevent it and how to treat it.

When: Thursday, Oct 24 / 10:30 am – Noon
Where: ONEGeneration, 18255 Victory Blvd, Reseda
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50+ Cultivating Health and Longevity with East-West Medicine
Raina Tsuda, DAOM, UCLA acupuncturist, will discuss Eastern Medicine’s approach to cultivating health and longevity through nourishing the mind, diet, exercise and sleep.

When: Tuesday, Nov 12 / 6:30 – 8 pm
Where: Camarillo Health Care District, 3639 E Las Posas Rd
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50+ Conservative Treatments for Hand Osteoarthritis
Adrienne Tesarek, UCLA occupational therapist, will discuss the evidence supporting conservative therapeutic interventions for treating osteoarthritis in the finger joints.

When: Monday, Nov 18 / 1:30 – 3 pm
Where: WISE & Healthy Aging, 1527 4th St, Santa Monica
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50+ The Enlarged Prostate — What Every Man Needs to Know
Nicholas Donin, MD, UCLA urologist, will discuss the ABCs of prostate health in the aging male, covering diagnosis, evaluation and treatments for prostate problems.

When: Thursday, Nov 7 / 1 – 2:30 pm
Where: Santa Clarita Family YMCA, 26147 McBean Parkway, Valencia
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50+ Planning for End of Life
Learn about advance health care directives, palliative care and hospice care.

When: Tuesday, Nov 12 / 2 – 3:30 pm
Where: Collins & Katz Family YMCA, 1466 S Westgate Ave, West LA
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50+ Treating Back Pain
Paris N. Sadoughi, MD, UCLA pain management specialist, will discuss the causes of upper, middle and lower back pain, present treatment options and potential side effects of various treatments.

When: Wednesday, Dec 4 / 1:30 – 3 pm
Where: WISE & Healthy Aging, 1527 4th St, Santa Monica
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50+ High Blood Pressure
Renata Selak Stankovic, MD, UCLA internist, will discuss what you need to do to keep your blood pressure checked and at healthy levels to avoid health complications like heart disease, stroke and death.

When: Friday, Nov 29 / 10 – 11:30 pm
Where: Brookdale Northridge, 17650 Devonshire St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50+ Senior Scholars
The UCLA Longevity Center invites adults 50 years of age or older to audit undergraduate courses taught by UCLA’s distinguished professors.

Where: Locations vary by UCLA campus.
Info & Cost: semel.ucla.edu/longevity/senior-scholars-program-longevity-center or srscholars@mednet.ucla.edu or 310-794-0679