

# Community Health Programs

## APRIL, MAY, JUNE 2019 COMMUNITY HEALTH PROGRAMS

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

### AGING

#### Healthy Aging and Longevity (In Spanish)

Mirella Diaz-Santos, PhD, UCLA psychologist, will discuss the impact of nutrition, exercise, sleep and medication management on your health, brain and daily functioning.

**When:** Monday, May 13 / 6:30 – 8 pm

**Where:** Pico Branch Library,  
2201 Pico Bl, Santa Monica

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar)  
or 800-516-5323

#### Sleepless in Calabasas

Susie Fong, MD, UCLA sleep medicine physician, will discuss what every senior needs to know to help with sleep in your silver years.

**When:** Friday, May 31 / 10 – 11:30 am

**Where:** Calabasas Senior Ctr, 300 Civic Ctr Way

**Info:** 818-224-1777 or  
[apm.activecommunities.com/cityofcalabasasrec](http://apm.activecommunities.com/cityofcalabasasrec)

#### Mind-Body Therapies for Mental Health & Aging

Helen Lavretsky, MD, MS, UCLA psychiatrist, will review mind-body therapies to help treat mood and cognitive disorders in aging patients.

**When:** Tuesday, Jun 4 / 1:30 – 3 pm

**Where:** WISE & Healthy Aging,  
1527 4th St, Santa Monica

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar)  
or 800-516-5323

#### Allergies in Seniors

Samantha Swain, MD, UCLA allergy and immunology medicine physician, will discuss strategies for seniors to help with allergies.

**When:** Wednesday, Jun 5 / 3 – 4 pm

**Where:** Calabasas Senior Ctr, 300 Civic Ctr Way

**Info:** 818-224-1777 or  
[apm.activecommunities.com/cityofcalabasasrec](http://apm.activecommunities.com/cityofcalabasasrec)

#### Day of Remembrance

Celebrate the memory of loved ones who were members of the Geriatric practice or the Alzheimer's and Dementia Care program by sharing stories and photos with staff and attendees.

**When:** Thursday, Jun 13 / 4 – 6 pm

**Where:** UCLA Medical Center, Santa Monica,  
1250 16th St, 15th St Garden

**RSVP:** [MichelleTnguyen@mednet.ucla.edu](mailto:MichelleTnguyen@mednet.ucla.edu)  
or 310-825-8253

### CANCER

#### East-West Culinary Medicine and Cancer

Felicia Yu, MD, UCLA internist, will discuss digestible nutrition tips for healthy individuals, cancer patients, cancer survivors and those caring for loved ones with cancer.

**When:** Thursday, Apr 25 / 3 – 4:30 pm

**Where:** Santa Monica Family YMCA,  
1332 6th St

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar)  
or 800-516-5323

#### Chemo Brain

Kathleen Van Dyk, PhD, UCLA neuropsychologist, will discuss cognitive problems associated with cancer treatment, also known as chemo brain.

**When:** Friday, Apr 26 / 1 – 2:30 pm

**Where:** Cancer Support Community Redondo Beach,  
109 W Torrance Bl, #100

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar)  
or 800-516-5323

#### Palliative Medicine and the Power of Language and Story

Sunita Puri, MD, USC Keck palliative care, and author of *That Good Night: Life and Medicine in the Eleventh Hour* (Viking/Penguin), discusses palliative medicine as treatment for patients seeking quality of life during their cancer journey.

**When:** Tuesday, May 14 / 7 – 9 pm

**Where:** Ronald Reagan Medical Ctr,  
757 Westwood Plaza, B130

**Info:** 310-794-6644

#### Multiple Myeloma: Options for Treatment and Research

Sarah Larson, MD, UCLA oncologist, will discuss multiple myeloma disease, current available treatments and exciting new research clinical trials involving immunotherapy.

**When:** Friday, May 17 / Noon – 1:30 pm

**Where:** Cancer Support Community Los Angeles,  
1990 S Bundy Dr, Ste 100

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar)  
or 800-516-5323

### CANCER (CONTINUED)

#### Hydration and Cancer

Howard Murad, MD, FAAD, UCLA dermatologist, and Carolyn Katzin, MS, CNS, UCLA oncology specialist, discuss the nutritional value of high water content foods and the role of hydration during treatment for cancer.

**When:** Tuesday, Jun 11 / 7 – 9 pm,

**Where:** Ronald Reagan Medical Ctr,  
757 Westwood Plaza, B130 RRM

**Info:** 310-794-6644

#### Immunotherapy and Cancer

Dr. Bartosz Chmielowski, UCLA hematologist and oncologist, discusses immunotherapy as an important modality in cancer treatment.

**When:** Tuesday, Jul 9 / 7 – 9 pm

**Where:** Ronald Reagan Medical Ctr,  
757 Westwood Plaza, B130 RRM

**Info:** 310-794-6644

### DEMENTIA

#### Middle-Aged Dementia Groups

Memory Care is a weekly, three-hour program for middle-aged dementia patients (age 65 and younger) and their loved ones. It teaches memory techniques and strategies to lower stress and stimulate the mind and the body and offers support for people with memory challenges and their caregivers.

**When:** Thursdays / 1 – 4 pm

**Where:** UCLA Longevity Ctr, 10945 Le Conte Av  
**Contact:** 310-794-0680

#### Coping with Dementia

This is a four-week (1.5 hours per session) program for patients recently diagnosed with mild dementia, Alzheimer's disease or other memory disorders and a family member or other care partner. Covered by Medicare and other insurances.

**Info:** 310-794-6314 or  
[cyniguez@mednet.ucla.edu](mailto:cyniguez@mednet.ucla.edu)



**SUPPORT GROUPS** UCLA Health and its community partners offer support groups to inform and help patients, families and caregivers coping with a variety of diagnoses. For more information, visit: [uclahealth.org/support-groups](http://uclahealth.org/support-groups)

## DIABETES

### Living with Type 2 Diabetes

This ADA-certified self-care class will help you gain important skills, knowledge and 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, Apr 8 & 22, May 6 & 20, June 10 & 24 / 8:30 am – 5 pm

**Where:** 2020 Santa Monica Blvd, 2nd Fl Conf Rm

#### Porter Ranch

**When:** Mondays, Apr 15 & Jun 17 / 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 different foods affect your blood sugar and how to plan healthy meals. A physician referral is required. Covered by most medical insurance policies.

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

#### Santa Monica

**When:** Tuesdays, Apr 9, May 14, June 11 / 9 – 11 am

**Where:** 2020 Santa Monica Blvd, 2nd Fl Conf Rm

#### Redondo Beach

**When:** Thursdays, Apr 18, May 16, Jun 20 / 3 – 5 pm

**Where:** 514 N Prospect Ave, 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:** Thursdays, Apr through Jun (time may vary by date)

**Where:** 2020 Santa Monica Bl, 2nd Fl Conf Rm

#### Torrance

**When:** Fridays, Apr through Jun / 3 – 5 pm

**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, guidance on the judicious use of supplements and nutrition counseling.

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

**When:** Tuesdays, Apr through Jun / 10 am – Noon

**Where:** 2020 Santa Monica Blvd, 2nd Fl Conf Rm

### Diabetes Overview

Trinidad Solis, MD, MPH, UCLA family medicine physician, will give an overview of diabetes. She will focus on prevention and treatment strategies.

**When:** Thursday, May 30 / Noon – 1:30 pm

**Where:** Santa Monica Family YMCA, 1332 6th St

**RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

## GASTROINTESTINAL

### GERD: What to Know About Acid Reflux

Lisa Lin, MD, UCLA gastroenterologist, will discuss the symptoms of acid reflux, how to test for it and treatments to relieve the disorder.

**When:** Thursday, May 23 / 2 – 3:30 pm

**Where:** Belmont Village, 10475 Wilshire Bl

**RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

## GENETICS

### Home DNA Testing: The Good, The Bad and The Ugly

Wayne Grody, MD, PhD, UCLA pathologist and molecular geneticist, will discuss home DNA tests, what to know about the test results and the importance of partnering with experts to interpret the results.

**When:** Saturday, Jun 22 / 10:30 am – Noon

**Where:** UCLA Medical Center, Santa Monica, 1250 16th St, Conf Rm 3

**RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

## KIDNEY DISEASE

### Kidney Smart Classes

This two-hour class provides information on kidney function, kidney disease and managing a diet that promotes healthy kidneys.

**When:** Thursdays, Apr 11 & 25, May 30 and Jun 27 / 2 – 4 pm

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16 St, Conf Center

**Info & RSVP:** 888-695-4363 or kidneysmart.org

## MEMORY CARE

### Memory Training Course (Quarterly)

This innovative, four-week educational program teaches people with mild memory concerns (not dementia) how to develop good memory habits and techniques to improve their memory.

**When:** Two hours per week, once a week.

Call for next session dates.

**Where:** Locations vary

**Info & Cost:** 310-794-0680 or sgoldfarb@mednet.ucla.edu

### Brain Booster

Brain Booster will provide information on healthy aging research and exercises to enhance overall cognitive function. Limited seating available. Sessions are 90 minutes.

**Where:** UCLA campus

**Info & Cost:** Sherrie Goldfarb at 310-794-0680 or sgoldfarb@mednet.ucla.edu

## MEMORY CARE (CONTINUED)

### Brain Boot Camp (Ongoing)

This intensive course teaches healthy lifestyle tips to enhance memory ability for people with age-related memory concerns.

**Where:** UCLA Longevity Center, 10945 Le Conte Av, Ste 3119

**Info:** 310-794-6314 or cyniguez@mednet.ucla.edu

### Mental Health and Memory

Jennifer Logan, MD, UCLA family medicine physician, will give an overview of the causes and treatments of anxiety, depression and dementia and the way these diseases impact memory and recollection.

**When:** Monday, Jun 17 / 2:30 – 4 pm

**Where:** Kehillat Israel, 16019 W Sunset Bl, Pacific Palisades

**RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

## MULTIPLE SCLEROSIS

### REACH to Achieve Program (Ongoing)

This weekly comprehensive wellness program includes fitness, yoga, cognitive stimulation, emotional well-being, recreation, nutrition and health education for those with MS. Sessions are led by a team of health and wellness professionals.

**Where:** Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av

**Info & Application:** 310-267-4071

### Exercise and MS

This 12-week program will teach those with MS — who can easily walk a minimum of 25 feet with or without a cane or walker — how to use exercise to improve overall wellness and manage MS symptoms.

**Where:** Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av

**Info & Application:** 310-481-1107

## PLASTIC SURGERY

### Facial Rejuvenation

Andrew Vardanian, MD, UCLA plastic surgeon, will discuss the surgical and nonsurgical options for cosmetic and facial rejuvenation, including Botox, fillers and laser skin resurfacing.

**When:** Thursday, Apr 18 / 6 – 7:30 pm

**Where:** 200 UCLA Medical Plaza, Ste 206

**RSVP:** plasticsurgery@mednet.ucla.edu

### Rhinoplasty

Jason Roostaeian, MD, UCLA plastic surgeon, will discuss how rhinoplasty procedures can improve nasal airflow and aesthetic appearance of the face.

**When:** Thursday, May 2 / 6 – 7:30 pm

**Where:** 200 UCLA Medical Plaza, Ste 206

**RSVP:** plasticsurgery@mednet.ucla.edu

FEATURED EVENT

**2019 KIDNEY FAIR AT THE BEACH!**

Enjoy a fun and educational day at the beach with family, friends and four-legged friends. Meet health care experts at different stations to learn information about kidney disease, high blood pressure, diabetes, nutrition and more. Please join our spirit walk at the end in support of our patients with kidney disease.  
**When:** Sunday, May 5 / 11 am – 3 pm  
**Where:** Santa Monica Beach Park #1, Ocean Park Bl & Barnard Way  
**RSVP:** 310-954-2692

**PLASTIC SURGERY (CONTINUED)**

**Breast Augmentation**

Andrew Da Lio, MD, UCLA plastic surgeon, will discuss breast augmentation and the silicone, saline and cohesive gel implants currently on the market.  
**When:** Thursday, May 16 / 6 – 7:30 pm  
**Where:** 200 UCLA Medical Plaza, Ste 206  
**RSVP:** plasticsurgery@mednet.ucla.edu

**Is It Time for a Lift?**

Jaco Festekjian, MD, UCLA plastic surgeon, will discuss contemporary approaches to body contouring, such as neck lift, face lift and eyelid lift.  
**When:** Thursday, May 23 / 11 am – Noon  
**Where:** Calabasas Senior Ctr, 300 Civic Ctr Way  
**Info:** 818-224-1777 or apm.activecommunities.com/cityofcalabasasrec

**Lunchtime Liposuction and Other In-Office Procedures**

Andrew Vardanian, MD, UCLA plastic surgeon, will discuss the latest in office procedures for body contouring and facial rejuvenation, including lunchtime liposuction, chemical peels, laser skin resurfacing, Botox and dermal fillers.  
**When:** Thursday, Jun 13 / 6 – 7:30 pm  
**Where:** 200 UCLA Medical Plaza, Ste 206  
**RSVP:** plasticsurgery@mednet.ucla.edu

**PODIATRY**

**Bunions and Bunion Surgery**

Bob Baravarian, DPM, will discuss bunions and the latest surgical and nonsurgical treatments.  
**When:** Tuesday, Apr 16 / 5:45 – 6:45 pm (Date subject to change)  
**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.  
**When:** Tuesday, May 21 / 5:45 – 6:45 pm  
**Where:** 2121 Wilshire Bl, Santa Monica, Ste 101  
**RSVP:** 310-828-0011

**PODIATRY (CONTINUED)**

**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, Jun 18 / 5:45 – 6:45 pm  
**Where:** 2121 Wilshire Bl, Santa Monica, Ste 101  
**RSVP:** 310-828-0011

**RADIOLOGY**

**Fibroids Update**

Cheryl Hoffman, MD, UCLA interventional radiologist, will discuss new treatment options for fibroids, such as uterine fibroid embolization, which is performed through a small entry in the wrist.  
**When:** Tuesday, May 7 / 1 – 2: 30 pm  
**Where:** OASIS Baldwin Hills, 4005 Crenshaw Bl, Macy's 3rd Floor  
**RSVP:** uclahealth.org/50PlusSeminar 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, May 18 / 9 am registration, 9:30 am – Noon lectures and Q&A  
**Where:** French Hospital Medical Ctr, Copeland Health Education Bldg, 3rd Floor Auditorium, 1911 Johnson Ave, San Luis Obispo  
**RSVP:** 310-571-5741 or ucla.tremor@gmail.com

**VOLUNTEER SERVICES**

**UCLA Health Volunteer Open House**

Meet current volunteers and learn about UCLA Health volunteer opportunities. Valet parking and refreshments will be provided.  
**When:** Friday, May 10 / 10 – 11 am  
**Where:** Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, B Level, Room B124  
**RSVP:** 310-267-8180 or smolina@mednet.ucla.edu



**RESEARCH AND TRIALS**

UCLA conducts research on a wide range of medical disorders. Go online to learn more information about opportunities to participate in research and clinical trials: [uclahealth.org/clinical-trials](http://uclahealth.org/clinical-trials)

**WELLNESS**

**Walk with a Doc**

Join UCLA Health physicians for a mini-health talk and then go for a walk together.  
**Topanga**  
**When:** The first Saturday of each month / 8 – 9 am  
**Where:** The Village at Westfield Topanga, 6344 Topanga Canyon Bl, Ste 2040  
**Van Nuys**  
**When:** The second Sunday of each month / 9 – 10 am  
**Where:** Lake Balboa, 6300 Balboa Bl  
**Century City**  
**When:** The third Thursday of each month / 8 – 9 am  
**Where:** UCLA Health, Westfield Century City, 10250 Santa Monica Bl, Ste 2440  
**Culver City**  
**When:** Alternating second Wednesday or second Friday / 7:30 – 8:30 am  
**Where:** UCLA Health, Westfield Culver City, 6000 Sepulveda Bl, Ste 2660  
**Info:** [uclahealth.org/walkwithadoc](http://uclahealth.org/walkwithadoc)

**Heart Healthy Diet**

Amir Rabbani, MD, UCLA cardiologist, will discuss the latest research on heart healthy diets — what to eat to prevent heart disease and if you have heart problems, what to eat to maximize your health and well-being.  
**When:** Wednesday, May 8 / 10:30 am – Noon  
**Where:** Hawthorne Public Library, 12700 Grevillea Av  
**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**Exercise Recommendations for Adults**

Timothy Canan, MD, UCLA cardiologist, will review the new 2018 Physical Activity Guidelines on physical activity and exercise and discuss the physical and mental health benefits of maintaining an active lifestyle.  
**When:** Wednesday, May 22 / 6 – 7:30 pm  
**Where:** Camarillo Health Care District, 3639 E Las Posas Rd  
**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**Snoring: What Does It Mean?**

Susie Fong, MD, UCLA sleep medicine specialist, will examine the causes of snoring, how it can interrupt our partner's sleep, and how it can signal a medical condition such as obstructive sleep apnea.  
**When:** Tuesday, Jun 18 / 6:30 – 8 pm  
**Where:** Belmont Village, 10475 Wilshire Bl  
**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323



**WEBINARS ON DEMAND**

If you missed one of our UCLA MDChat Webinars, visit our library at: [uclahealth.org/uclamdchat](http://uclahealth.org/uclamdchat)

**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](http://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](mailto:fiftyplus@mednet.ucla.edu)

### 50+ Stay Active and Independent for Life (SAIL)

Join the SAIL fitness and education program led by UCLA physical therapists, designed for healthy seniors. First-time participants must receive a physical therapy screening ahead of time.

**When:** Mondays and Thursdays / 10 – 11 am

**Where:** St. Monica Catholic Church, 725 California Av

**Info & Enrollment:** 424-259-7140 or visit UCLA Rehabilitation, 1131 Wilshire Bl, Ste 200, between 8 am and 5 pm for a screening.

**Cost:** \$40 per month (unlimited participation)

### 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.

**When:** Spring quarter session begins April 1

**Where:** Locations vary by UCLA campus.

**Info:** [www.semel.ucla.edu/longevity/srscholars](http://www.semel.ucla.edu/longevity/srscholars) or [srscholars@mednet.ucla.edu](mailto:srscholars@mednet.ucla.edu) or 310-794-0679

**Cost:** \$150 per course

### 50+ Cardiovascular Update

Learn about prevention, symptoms and treatments of cardiovascular diseases as well as what lifestyle changes you can make to stay healthy.

**When:** Tuesday, Apr 16 / 2 – 3:30 pm

**Where:** Collins & Katz Family YMCA, 1466 S Westgate Av, West LA

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

### 50+ New Recommendations for Aspirin

Boris Arbit, MD, UCLA cardiologist, will present the latest research on the role of aspirin, fish oil and vitamin D to prevent heart attacks and strokes.

**When:** Thursday, Apr 25 / 10 – 11:30 am

**Where:** ONEGeneration, 18255 Victory Bl, Reseda

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

### 50+ Total Joint Replacement & Recovery

Adam Sassoon, MD, UCLA orthopaedic surgeon, will discuss the indications, technical aspects and postoperative recovery for total hip replacements and partial/total knee replacements.

**When:** Thursday, May 2 / 7 – 8:30 pm

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Auditorium

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

### 50+ Tech Help for U

UCLA undergraduate students offer free one-on-one coaching (30 – 45 minute sessions) to UCLA Health 50-Plus members about electronic devices. Bring your fully charged smartphone, tablet, laptop or e-reader to have your questions answered.

**When:** Saturdays, May 4 & Jun 1 / 9 am – Noon

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Conf Rm 3

**RSVP:** 800-516-5323, by appointment

### 50+ Exercise as You Age

Learn about the importance of exercise throughout life, the latest guidelines and recommendations for people over 50 and strategies to incorporate exercise into your life.

**When:** Tuesday, May 14 / 2 – 3:30 pm.

**Where:** Collins & Katz Family YMCA, 1466 S Westgate Av, West LA

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

### 50+ Social Connections: Good for Your Health

Learn how social connections in your later years can improve your health and strategies to employ for you to stay socially connected.

**When:** Wednesday, May 15 / 2 – 3:30 pm.

**Where:** UCLA Medical Center, Santa Monica, 1250 16th St, Conf Rm 3

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

### 50+ Aging, BPH and Cancer

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, May 16 / 6 – 7:30 pm

**Where:** Santa Clarita Family YMCA, 26147 McBean Pkwy, Valencia

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

### 50+ Conservative Management of Osteoarthritis

Arielle Levy, DPT, UCLA physical therapist, will discuss the symptoms of osteoarthritis and review conservative options available for improving pain and disability.

**When:** Monday, May 20 / 1:30 – 3 pm

**Where:** WISE & Healthy Aging, 1527 4th St, Santa Monica

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

### 50+ Living a Brain Healthy Lifestyle

This presentation will discuss the latest research on what you can do to keep your brain healthy as you age and what are ways to reduce your risk of developing dementia.

**When:** Thursday, Jun 6 / Noon – 1:30 pm

**Where:** Hawthorne Public Library, 12700 Grevillea Av

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

### 50+ Thyroid Disorders Update

This presentation will give an overview of thyroid disorders, including symptoms, treatments and how to prevent thyroid problems.

**When:** Tuesday, Jun 11 / 2 – 3:30 pm

**Where:** Collins & Katz Family YMCA, 1466 S Westgate Av

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

### 50+ Understanding Medicare

Learn what Medicare covers, doesn't cover and how to fill the gaps.

**When:** Wednesday, June 19 / 6:30 – 8 pm

**Where:** UCLA Medical Center, Santa Monica, 1250 16th St, Conf Rm 3

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

### 50+ Hearing Loss

Denise Nicholson, AuD, UCLA audiologist, will discuss different types of hearing loss, causes, treatment options and updates on current hearing aid technologies.

**When:** Friday, Jun 21 / 1 – 2:30 pm

**Where:** OASIS Baldwin Hills, 4005 Crenshaw Bl, Macy's, 3rd Fl

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323