Community Health Programs

JANUARY, FEBRUARY, MARCH 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 for more information.

BRAIN

Metastases to the Brain
Join UCLA neurosurgeon Won Kim, MD, for an overview about assessing and diagnosing brain metastases and advancements in the field helping to treat patients today.
When: Tuesday, Feb 12 / 7 – 9pm
Where: Ronald Reagan Medical Ctr, 757 Westwood Plaza, B130
Info: 310-794-6644

Cancer, Aging and Brain Health
Kathleen Van Dyk, PhD, UCLA geriatric psychiatrist, and Alexia Holovatyk, MS, will discuss brain function in older adults living with cancer and strategies for improving cognitive function and health.
When: Friday, Mar 29 / Noon – 1:30 pm
Where: Benjamin Ctr, 1990 S Bundy Dr, Ste 100
RSVP: plasticsurgery@mednet.ucla.edu

DIET & NUTRITION

Is Your Food Gluten-Free?
Janelle Smith, RD, UCLA dietitian, will discuss the latest information you need to know to follow a safe and healthy gluten-free diet.
When: Saturday, Feb 2 / 10 – 11:30 am
Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Auditorium
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

GASTROINTESTINAL PROBLEMS

Preventing Colon Cancer
Michal G. Quon, MD, UCLA gastroenterologist, will give a comprehensive and practical talk on colon cancer awareness, colonoscopies and other screening methods, as well as lifestyle changes to help prevent disease.
When: Tuesday, Mar 5 / 10 – 11:30 am
Where: WISE & Healthy Aging, 1527 4th St, Santa Monica
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

COSMETIC SURGERY

Body Contouring: Abdominoplasty and Liposuction
Jaco Festekjian, MD, UCLA plastic surgeon, will discuss the contemporary approaches to body contouring, including liposuction and the tummy tuck (abdominoplasty).
When: Thursday, Jan 31 / 6 – 7:30 pm
Where: 200 UCLA Medical Plaza, Ste 206
RSVP: plasticsurgery@mednet.ucla.edu

Facial Rejuvenation
Andrew Vardanian, MD, UCLA plastic surgeon, will discuss the surgical and nonsurgical options for cosmetic and facial rejuvenation, including Botox, fillers, chemical peels and laser skin resurfacing.
When: Thursday, Feb 7 / 6 – 7:30 pm
Where: 200 UCLA Medical Plaza, Ste 206
RSVP: plasticsurgery@mednet.ucla.edu

The Facelift
Andrew Da Lio, MD, UCLA plastic surgeon, will discuss facelift as a surgical option for facial rejuvenation.
When: Thursday, Feb 21 / 6 – 7:30 pm
Where: 200 UCLA Medical Plaza, Suite 206
RSVP: plasticsurgery@mednet.ucla.edu

The Mommy Makeover
Jaco Festekjian, MD, UCLA plastic surgeon, will discuss procedures women choose after child bearing, including breast lift, breast augmentation, abdominoplasty and liposuction.
When: Thursday, Mar 21 / 6 – 7:30 pm
Where: 200 UCLA Medical Plaza, Ste 206
RSVP: plasticsurgery@mednet.ucla.edu

SUPPORT GROUPS

UCLA Health and its community partners offer a number of support groups, available in person and by telephone, designed to support and inform patients, families and caregivers coping with a variety of diagnoses. For more information, visit: uclahealth.org/support-groups
Community Health Programs  JANUARY, FEBRUARY, MARCH 2019

FEATURED EVENT

HEALTHY LIVING WITH DIABETES
UCLA specialists will discuss the latest in Type 1 and Type 2 diabetes care, including research and technology in this free half-day event.
When: Saturday, Mar 2 / 8 am – 12:30 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Conference Ctr
RSVP: 800-516-5323

GASTROINTESTINAL PROBLEMS (CONTINUED)

Colon Cancer Screening
Robert M. Mochlina, MD, UCLA gastroenterologist, will discuss colon polyps, colon cancer and the importance of colonoscopy screenings.
When: Friday, Mar 15 / Noon – 1:30 pm
Where: Benjamin Ctr, 1990 S Bundy Dr, Ste 100
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Colonoscopy: What U Should Know
Priyam Tripathi, MD, UCLA gastroenterologist, will discuss the colonoscopy procedure; what to expect before, during and after the procedure; and other measures to help prevent colon cancer.
When: Wednesday, Mar 27 / 6:30 – 8 pm
Where: Collins & Katz Family YMCA, 1466 S Westgate Av
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

GYNECOLOGY

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, Feb 5 / 1 – 2:30 pm
Where: OASIS Baldwin Hills, 4005 Crenshaw Bl (Macy’s 3rd floor)
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

HEART

Heart Health: Body and Mind
Staff from UCLA’s Cardiac and Pulmonary Rehabilitation Program will present strategies to minimize your risk for heart disease, to help you stay fit and to manage stress.
When: Wednesday, Feb 20 / Noon – 1:30 pm
Where: Santa Monica Family YMCA, 1332 6th St
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: Jan 24, Feb 13, Feb 28 & Mar 13, 2 – 4 pm
Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Ctr
Info & RSVP: 888-695-4363 or kidneysmart.org

Kidney Disease: What You Should Know
UCLA nephrologists Anjali Rastogi, MD, PhD, Nilocof Nobakht, MD, and Mohammad Kangar, MD, conduct free educational programs about kidney health, high blood pressure and kidney-disease management. Interactive sessions include free blood-pressure tests and educational resources.
When: Sunday, Feb 24 / 1 – 4 pm
Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Ctr
RSVP: 800-516-5323

MENTAL HEALTH

Finding Humor in Mental Health
Ze’ev Korn, LCSW, UCLA psychotherapist, will explore ways to maintain, regain and keep your sense of humor to help your mental health.
When: Tuesday, Mar 19 / 2 – 3:30 pm
Where: Belmont Village, 15451 Ventura Bl, Sherman Oaks
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

MEMORY CARE

Stress and Mental Health (In Spanish)
Join a discussion about the mental and physical toll of stress in our daily lives, tools to cope with it, and community resources available to help.
When: Monday, Mar 4 / 6:30 – 8 pm
Where: Pico Branch Library, 2201 Pico Bl, Santa Monica
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Brain Booster (quarterly)
Brain Boosters will provide information on healthy aging research and exercises to enhance overall cognitive function. Limited seating available. Sessions are 90 minutes.
When: Please call for next session date.
Where: UCLA Lonergan Ctr, 10945 Le Conte Av
Info & Cost: 310-794-0680 or sgoldfarb@mednet.ucla.edu

MULTIPLE SCLEROSIS

REACH to Achieve Program (Ongoing)
This weekly wellness program includes fitness, memory, emotional well-being, recreation, nutrition and health education for those with MS.
Where: Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av
Info & Application: 310-481-1107

Beyond Diagnosis:
Moving Forward with MS
An evening program for those newly diagnosed with MS. Join MS professionals from the MS Achievement Center and the National MS Society in a conversation about the disease and wellness practices to live your best life with MS.
Where: Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av
Info & Application: 310-481-1107

CogniFitness
A four-week program for those with MS who are experiencing mild cognitive problems. Learn strategies to improve concentration, memory, organization, problem solving and critical-thinking skills.
Where: Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av
Info & Application: 310-481-1107

Living Well
This 12-week program helps those newly diagnosed with MS better understand MS and develop fitness and lifestyle practices to manage symptoms and enhance well-being.
Where: Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av
Info & Application: 310-481-1107

FEATURED EVENT

PLAY 4 KAY BREAST CANCER AWARENESS GAME
UCLA Women’s Basketball hosts its 13th annual Play 4 Kay Breast Cancer Awareness game versus Stanford University. Funds raised at the event will support UCLA breast cancer research and services and the Kay Yow Cancer Fund, established in honor of the former North Carolina State University women’s basketball coach, who died of breast cancer after 22 years as a breast cancer survivor.
When: Friday, Feb 15 / 6 pm
Where: UCLA Pauley Pavilion, 301 Westwood Plaza
Cost: Tickets are $2 with the promo code PLAY4KAY and on sale now through the UCLA Central Ticket Office.

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SENIORS (CONTINUED)

Seniors and Sports Medicine
Philip Cohen MD, UCLA sports medicine expert, discusses why the many ways seniors can walk, swim, and exercise to stay in shape, as well as why sports medicine is important for seniors.

When: Thursday, February 21 / 10 – 11:30 am
Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Auditorium
Info: 818-224-1777 or apm.activecommunities.com/cityofcalabasasrec

Wellness

Walk With a Doc
Join UCLA Health physicians for a healthy stroll.

Woodland Hills
When: Saturdays, Jan 5, Feb 2 & Mar 2 / 8 – 9 am
Where: UCLA Health, The Village at Westfield Topanga, 6344 Topanga Canyon Bl, Ste 2040
Van Nuys
When: Sundays, Jan 13, Feb 10 & Mar 10 / 9 – 10 am
Where: Lake Balboa, 6300 Balboa Blvd (near the entrance to the parking lot)

Wellness

Yoga as Medicine
Elizabeth Ko, MD, UCLA internist and certified yoga instructor, will speak on the benefits of yoga and lead a yoga practice session. Bring a mat if you have one. Attendees receive a pass good for one day at the Santa Monica Family YMCA.

When: Thursdays, Jan 17, Feb 21 & Mar 21 / 8 – 9 am
Where: UCLA Health, Westfield Century City, 10250 Santa Monica Bl, Ste 2440
Info: uclahealth.org/walkwithadoc

Prediabetes: Your Chance to Prevent Type 2 Diabetes
Alison Kalani, MD, UCLA family medicine, will discuss how lifestyle changes can reduce your risk of developing prediabetes, a serious medical condition affecting one in three U.S. adults.

When: Wednesday, Jan 30 / 2 – 3:30 pm
Where: Keihillet Israel, 16019 W Sunset Bl, Pacific Palisades
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Wellness

U Can Prevent Cancer
Jarod DuVall, MD, UCLA internist, will discuss cancer screening options, lifestyle changes and other choices you can make to help prevent cancer.

When: Tuesday, Feb 19 / 2 – 3:30 pm
Where: Belmont Village, 15451 Ventura Bl, Sherman Oaks
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

Exercise, Diet and Your Health
Tina Kapadia, DO, MPH, UCLA hospitalist, will discuss how exercising regularly and eating smart combats diabetes and cholesterol and leads to improved cardiovascular health.

When: Tuesday, Mar 19 / 6:30 – 8 pm
Where: Camarillo Health Care District, 3639 E Las Posas Rd
RSVP: uclahealth.org/50PlusSeminar or 800-516-5323

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

When: Classes held monthly
Where: UCLA Longevity Ctr, 10945 Le Conte Av
Info: 310-794-6314 or cfanous@mednet.ucla.edu

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, for 1 month. Call for next session dates.
Where: Locations vary
Info & Cost: 310-794-0680 or sgoldfarb@mednet.ucla.edu

Women's Health

Women and Healthy Aging
Gary W. Small, MD, Director, UCLA Longevity Center, will discuss healthy aging in women, including lifestyle strategies for staying active and tools for combating memory loss.

When: Tuesday, Jan 15 / Noon – 1:30 pm
Where: El Caballero Country Club, 18300 Tarzana Dr, Tarzana
RSVP: theexecutives.org/womensgroup

Bone Up on Bone Health
Deepashree Gupta, MD, UCLA endocrinologist, will discuss the strategies women can employ for maintaining strong bone health.

When: Tuesday, Mar 5 / Noon – 1:30 pm
Where: El Caballero Country Club, 18300 Tarzana Dr, Tarzana
RSVP: theexecutives.org/womensgroup

SENIORS

Vaccinations for Seniors
Jarod DuVall, MD, UCLA internist, provides insights into the latest recommendations for seniors on vaccinations for pneumonia, shingles, flu and more.

When: Friday, Jan 18 / 1 – 2:30 pm
Where: Founders Hall, 100 Civic Ctr Way, Calabasas
Info: 818-224-1777 or apm.activecommunities.com/cityofcalabasasrec

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
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 other special events. Call 800-516-5323 or go to uclahealth.org/50plus to sign up.

Focus: 50 Plus, UCLA Health 50 Plus e-newsletter includes information on health topics, a doctor-written column on specific health issues, a calendar highlighting upcoming community events and more.

It begins with U: What topics would you like to see in the newsletter? To provide suggestions or subscribe, e-mail 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 & Enrollmen:** 424-259-7140 or visit UCLA Rehab at 1131 Wilshire Bl, Ste 200, between 8 am and 5 pm for a screening.
**Cost:** $40 per month (unlimited participation).

50 Incontinence Update
Learn about symptoms, treatments and prevention for incontinence.

**When:** Tuesday, Jan 15 / 3 – 4:30 pm
**Where:** Belmont Village, 10475 Wilshire Bl
**RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

50 The Role of Nutrition in Healthy Aging
Jasmine Lee, MD, MS, UCLA family medicine physician, will discuss the role of nutrition in healthy aging and speak on the foods and nutrients that can boost memory and brain function and preserve eye health.

**When:** Thursday, Jan 31 / 1 – 2:30 pm
**Where:** Culver City Senior Ctr, 4095 Overland Av
**RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

50 Balance and Falls
Amy S. Wang, MD, UCLA internist, will discuss common risk factors for falls, plus strategies to prevent falls and stay safe and steady as you age.

**When:** Thursday, Feb 21 / 1:30 – 3 pm
**Where:** Torrance-South Bay Family YMCA, 2900 W Sepulveda Bl
**RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

50 Keeping Your Joints Healthy
Theresa A. Poulos, MD, UCLA family medicine physician, will discuss common muscular strains — such as sore neck, achy shoulders, pinched lower back and heel pain — and the exercises you can perform to prevent and treat your pain.

**When:** Thursday, Feb 7, 2 – 3:30 pm
**Where:** Belmont Village, 10475 Wilshire Bl
**RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

50 Tech Help for U
UCLA undergraduate students offer free one-on-one coaching (30-to-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, Feb 9 & Mar 9 / 9 am – Noon
**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Conf Rm 3
**RSVP:** 800-516-5323

50 Insomnia Update
Learn the importance of sleep and the latest research on how to get a good night’s sleep.

**When:** Tuesday, Feb 12 / 2 – 3:30 pm
**Where:** Collins & Katz Family YMCA, 1466 S Westgate Ave
**RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

50 Osteopenia: Importance of Diagnosis
Pauline Limchaiyawat, MD, MS, UCLA endocrinologist, will discuss the symptoms of osteopenia, treatments to combat the disease and strategies to prevent osteoporosis.

**When:** Tuesday, Feb 26 / 7 – 8:30 pm
**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Auditorium
**RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

50 Osteoporosis Update
Learn how to maximize bone health to prevent osteoporosis and fractures and what can be done once osteoporosis is diagnosed.

**When:** Tuesday, Mar 12 / 2 – 3:30 pm
**Where:** Collins & Katz Family YMCA, 1466 S Westgate Av
**RSVP:** uclahealth.org/50PlusSeminar 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.

**When:** Spring quarter classes begin April 1. Application closes Mar 1.
**Where:** Locations vary by UCLA campus
**Info & Cost:** www.semel.ucla.edu/longevity/senior-scholars-program-longevity-center or srsscholars@mednet.ucla.edu or 310-794-0679

50 Human Optimization
Learn the strategies to help optimize an active lifestyle, including improved balance, strength, endurance, fall prevention and sleep hygiene.

**When:** Wednesday, Mar 6 / Noon – 1:30 pm
**Where:** Santa Monica Family YMCA, 1332 6th St
**RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

50 Advance Health Care Planning
Learn how to communicate your health care wishes to your family and friends, appoint someone as your surrogate decision maker, and review health care decision-making documents.

**When:** Wednesday, Feb 27 / 1 – 2:30 pm
**Where:** OASIS Baldwin Hills, 4005 Crenshaw Bl (Macy’s 3rd floor)
**RSVP:** uclahealth.org/50PlusSeminar or 800-516-5323

WEBINARS ON DEMAND If you missed one of our UCLA MDChat Webinars, visit our Webinars on Demand library to view programs led by UCLA physicians. For more information, visit: uclahealth.org/uclamdchat