Community Health Programs

APRIL/MAY/JUNE 2020 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

Aging and Brain Diseases
Gal Bitan, PhD, UCLA neurology, will focus on aging, different types of dementia, Alzheimer’s disease, other aging-related neurodegenerative diseases, recent developments in research, how to prevent these diseases and what to do if a loved one has been diagnosed.

When: Wednesday, May 27 / 1 – 2:30 pm
Where: Oasis Baldwin Hills, 4005 Crenshaw Blvd (inside Macy’s 3rd floor)
RSVP: connect.uclahealth.org/calendar or 800-516-5323

DERMATOLOGY

Skin Care for Women of Color
Sara Hogan, MD, UCLA dermatologist, will give an overview of dermatology and special considerations for ethnic skin, hair and nails.

When: Monday, June 8 / 1 – 2:30 pm
Where: Oasis Baldwin Hills, 4005 Crenshaw Blvd (inside Macy’s 3rd floor)
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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: April 13 & 27, May 4 & 18, June 8 & 22 / time may vary by date
Where: 2020 Santa Monica Blvd, Conf Rm, 2nd Fl
Porter Ranch
When: Apr 20, Jun 8 / 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.

When: April 7, May 5, Jun 2 / 9 – 11 am
Where: 2020 Santa Monica Blvd, Conf Rm, 2nd Fl
Info: 310-794-1299 or diabeteseducation@mednet.ucla.edu

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
When: Thursday of each month / time may vary by date
Where: 2020 Santa Monica Blvd, Conf Rm, 2nd Fl

INJURY

Foot and Ankle Injuries
When is it more than “just a sprain”? Ajay Gurbani, MD, UCLA orthopaedic surgeon, will discuss common foot and ankle injuries, focusing on diagnosis and treatments.

When: Wednesday, May 27 / 6:30 – 8 pm
Where: Santa Monica Family YMCA, 1332 6th St.
RSVP: connect.uclahealth.org/calendar or 800-516-5323

KIDNEY HEALTH

UKEEP! ADPKD: What You Should Know
UCLA CORE Kidney Program presents Anjay Rastogi, MD, PhD, Professor of Medicine and Clinical Chief of Nephrology. He will be going over what you should know about ADPKD, autosomal dominant polycystic kidney disease. Please join us for this very useful information. Free quarterly interactive and educational programs about kidney health, high blood pressure and much more. Free blood-pressure tests and other educational resources will be available on-site, as well.

When: Sunday, May 3 / 1 – 4 pm
Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Conf Ctr
RSVP: 800-516-5323

DERMATOLOGY (CONTINUED)

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 in March / time may vary by date
Where: 2020 Santa Monica Blvd, Conf Rm, 2nd Fl

BLOOD CLOTS

Blood Clots
Amrit Hansra, MD, UCLA interventional radiologist, will discuss the pathophysiology of blood clots, preventative measures, acute and chronic effects and treatment options.

When: Saturday, May 16 / 10:30 am – Noon
Where: UCLA Medical Center, Santa Monica, 1250 16 St, Auditorium
RSVP: connect.uclahealth.org/calendar or 800-516-5323

CANCER

Cancer-Related Cognitive Impairment
Kathleen Van Dyk, PhD, UCLA neuropsychologist, will discuss cognitive difficulties in cancer survivorship, cognitive changes after cancer and its treatment. She will focus on strategies that can improve cognition and day-to-day functioning.

When: Friday, Jun 19 / 1 – 2:30 pm
Where: Cancer Support Community Redondo Beach, 109 W Torrance Blvd, Ste 100
RSVP: connect.uclahealth.org/calendar or 800-516-5323

CPR

Save a Life!
Anyone can help save a life. Learn about Hands-only CPR, Stop the Bleed, Calling 9-1-1, and what to look for in a medical emergency.

When: Wednesday, Jun 10 / 1:30 – 3 pm
Where: WISE & Healthy Aging, 1527 4th St, Santa Monica
RSVP: connect.uclahealth.org/calendar or 800-516-5323

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MEMORY CARE

Understanding Alzheimer’s Disease (in Spanish)
Jesus Campagna, MS, UCLA Dept. of Neurology, will focus on pathology, risk factors and the Drug Discovery Lab approach to treating Alzheimer’s Disease.
When: Monday, Jun 15 / 6:30 – 8 pm
Where: Pico Branch Library, 2201 Pico Blvd, Santa Monica
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Dementia (ongoing)
Memory Care is a weekly, three-hour program for both caregivers and people experiencing memory loss. It teaches memory techniques, as well as strategies to lower stress and stimulate the mind and body. The program takes an innovative approach to memory loss by working directly with people with memory challenges and those involved with their care.
When: Tuesdays or Thursdays / 1 – 4 pm
Where: UCLA Longevity Center, 10945 Le Conte Ave
Info & Cost: 310-794-0676 or longevity@mednet.ucla.edu

Brain Booster (quarterly)
Brain Boosters will provide information on healthy aging research and exercises to enhance overall cognitive function. Limited seating available.
When: Please call for next session date (90 minutes).
Where: UCLA Longevity Center, 10945 Le Conte Ave
Info & Cost: 310-794-0676 or longevity@mednet.ucla.edu

Brain Boot Camp
This interactive educational program provides participants with lifestyle strategies and tools to keep their brains vital and healthy.
When: Classes held monthly
Where: UCLA Longevity Center, 10945 Le Conte Ave
Info & Cost: Patricia Ramos at 310-794-6314 or pmramos@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 living with MS.
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

PEDIATRICS

Speech and Language in Children
Nicole Schussel, MS, CCC-SLP, UCLA Speech-Language Pathologist, will discuss speech and language development in children, as well as strategies for increasing and improving communication abilities at home. This talk is designed for parents and caregivers of children ages 3 and under, especially children who may be at risk of delayed communication development.
When: Monday, April 27 / 6 – 8pm
Where: Ronald Reagan UCLA Medical Ctr, 757 Westwood Blvd, Conf Rm B124 A&B
RSVP: nschussel@mednet.ucla.edu
Seating is limited.

PODIATRY

Bunions and Bunion Surgery
Bob Baravarian, DPM, will discuss bunions and the latest surgical and nonsurgical treatments.
When: Tuesday, Apr 21 / 5:45 – 6:45 pm
Where: 2121 Wilshire Blvd, 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 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, June 16 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Santa Monica, Ste 101
RSVP: 310-828-0011

STROKE

Stroke Prevention
What can you do to decrease your risk for stroke? Learn what steps you can take to help prevent a stroke from happening. And what strategies you can take if you or someone else is experiencing a stroke.
When: Thursday, May 21 / Noon – 1:30 pm
Where: Santa Monica Family YMCA, 1332 6th St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

THYROID

Thyroid Disorders Update
This presentation will give an overview of thyroid disorders, including symptoms, treatments and how to prevent thyroid problems.
When: Tuesday, Jun 16 / 2 – 3:30 pm
Where: Collins & Katz Family YMCA, 1466 S Westgate Ave, West LA
RSVP: connect.uclahealth.org/calendar or 800-516-5323

TRAUMA

Understanding Trauma
Karla Lagunas, LCSW, UCLA psychotherapist, will discuss what is trauma, how it can impact you in different ways, and what you can do to cope with a traumatic event.
When: Thursday, Jun 4 / 2 – 3:30 pm
Where: Sunrise of Westlake Village, 3101 Townsgate Rd
RSVP: connect.uclahealth.org/calendar or 800-516-5323
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!

Topanga
When: First Saturday of each month, 8 – 9 am
Where: UCLA Health, The Village at Westfield Topanga, 6344 Topanga Canyon Blvd, Suite 2040 (meet at the koi pond)

Van Nuys
When: The second Sunday of each month / 9 – 10 am
Where: Lake Balboa, 6300 Balboa Blvd (meet at the southwest portion of the lake, near the entrance to the parking lot)

Culver City
When: Alternating third Wednesday or second Friday / 7:30 – 8:30 am
Where: UCLA Health Culver City, 6000 Sepulveda Blvd, Suite 2660 (inside Westfield Mall, 2nd level)
Info: uclahealth.org/walkwithadoc

WEIGHT MANAGEMENT

Nutrition for Weight Management
Susan Ahern, MD, UCLA endocrinologist, will discuss different types of meal plans, how to develop an individualized nutrition plan, and current concepts in weight management nutrition.
When: Tuesday, May 19 / 6:30 – 8 pm
Where: Camarillo Health Care District, 3639 E Las Posas Rd
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Weight: Beyond a Number
Elizabeth Ko, MD, UCLA internist, will answer the question — is there an ideal weight for me? She will explore concepts, including body mass index and body composition, and review the optimal components of an exercise regimen.
When: Tuesday, May 26 / 2 – 3:30 pm
Where: WISE & Healthy Aging, 1527 4th St, Santa Monica
RSVP: connect.uclahealth.org/calendar or 800-516-5323

WELLNESS

UCLA Mindful Awareness Research Center (MARC)
MARC offers classes, workshops and events for the public to learn mindfulness techniques and practices to reduce stress and promote well-being. Free lunchtime meditations at the Hammer Museum and Reagan Hospital.
Info: uclahealth.org/marc or 310-206-7503

How to Prevent Common Mistakes in Health Care
Learn how you can participate in creating a health care culture of safety, trust and accountability, and how to prevent mistakes, oversights and potential harm caused by miscommunication.
When: Wednesday, Jun 3 / 2 – 3:30 pm
Where: WISE & Healthy Aging, 1527 4th St, Santa Monica
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Community Health Programs  APRIL/MAY/JUNE 2020
Stay Active and Independent for Life (SAIL)
Join the SAIL fitness and education program led by UCLA physical therapists and designed for healthy seniors. First-time participants must receive a physical therapy screening ahead of time.
When: Mondays and Thursdays / 9 – 10 am or 10 – 11 am
Where: St Monica Catholic Church, 725 California Ave
Info: 424-259-7140 or visit UCLA Rehabilitation, 1131 Wilshire Blvd, Ste 200, between 8 am and 5 pm for a screening
Cost: $40 per month (unlimited participation)

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: Saturday, May 2 / 9 am – Noon
Where: UCLA Medical Center, Santa Monica, 1250 16th Street, Conf Rm 3
RSVP: 800-516-5323

Cardiovascular Health
Learn about the symptoms, treatments and management of cardiovascular disease, as well as how to maintain cardiovascular health and prevent disease.
When: Tuesday, June 9 / 2:30 – 4 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Conf Rm 4
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Insomnia Update
Learn the importance of sleep and the latest research on how to get a good night’s sleep.
When: Tuesday, June 9 / 2:30 – 4 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Conf Rm 4
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Health Care Maintenance as U Age
Milica Simpson, MD, UCLA family medicine, will focus on screening exams, fall prevention and recommended supplements to maintain good health as you age.
When: Tuesday, May 19 / 11:30 am – 12:30 pm
Where: Malibu Senior Ctr, 23825 Stuart Ranch Rd
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Exercise as U 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 19 / 2 – 3:30 pm
Where: Collins & Katz Family YMCA, 1466 S Westgate Ave
RSVP: connect.uclahealth.org/calendar or 800-516-5323

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: Summer Session classes begin June 22 / Applications open May 4, close May 29
Where: Locations vary by UCLA campus.
Info & Cost: www.semel.ucla.edu/longevity/senior-scholars-program-longevity-center or srscholars@mednet.ucla.edu or 310-794-0679

Smart Health Using Smartphones and Technology
This session will show you how to use your smartphone and other technology as a helpful tool on your health and fitness journey. Learn tips and ideas for using modern technology to help encourage and maintain your well-being based on individual needs and interests.
When: Thursday, June 18 / 3 – 4:30 pm
Where: Auditorium at UCLA Medical Center, Santa Monica, 1250 16th St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

My Legs Hurt, Why?
Causes of leg discomfort, such as varicose veins, blood clots, peripheral artery disease, radiating nerve pain, and joint, muscle and bone pain will be discussed by Cheryl Hoffman, MD, UCLA interventional radiologist. She will also discuss minimally invasive options to treat these problems.
When: Tuesday, June 2 / 6:30 – 8 pm
Where: Torrance-South Bay YMCA, 2900 W Sepulveda Blvd
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Staying Upright: Why We Fall and What We Can Do to Prevent Falling
Maja Sanna, MD, UCLA geriatrician will discuss why falls become more prevalent as we age, different reasons for falling and what you can do to prevent falls from happening.
When: Thursday, Jun 11 / 10:30 am – Noon
Where: Belmont Village Rancho Palos Verdes, 5701 Crestbridge Rd
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Hearing Loss
Rebecca Belay Gegremichael, AuD, UCLA audiologist, will give a basic understanding of how the auditory system works, causes of hearing loss and treatment options.
When: Thursday, Jun 18 / Noon – 1:30 pm
Where: Santa Monica Family YMCA, 1332 6th St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Grief, Bereavement and Mourning
Learn about the general impact of loss — from loss of someone special, changes in medical conditions and transitions in our lives as we age. This seminar will also present the physical, psychological and spiritual reactions to grief, coping techniques and approaches to feelings that come with loss and grief, and give an overview of complicated grief and depression.
When: Thursday, Jun 25 / 1:30 – 3 pm
Where: Culver City Senior Center, 4095 Overland Ave
RSVP: connect.uclahealth.org/calendar or 800-516-5323