# Community Health Programs

**JANUARY/FEBRUARY/MARCH 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](http://connect.uclahealth.org/calendar) for more information.

## BONE HEALTH

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Osteoporosis Update</td>
<td>Tuesday, Jan 21</td>
<td>2 – 3:30 pm</td>
<td>Belmont Village, 10475 Wilshire Bl</td>
<td>RSVP: connect.uclahealth.org/calendar or 800-516-5323</td>
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<tr>
<td>Bone Health and Hyperparathyroidism</td>
<td>Wednesday, Jan 29</td>
<td>10:30 am – Noon</td>
<td>Sunrise of Westlake Village, 3101 Townsgate Rd</td>
<td>RSVP: connect.uclahealth.org/calendar or 800-516-5323</td>
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<tr>
<td>Exercise for People with Arthritis</td>
<td>Saturday, Feb 1</td>
<td>2:30 – 4 pm</td>
<td>Belmont Village Burbank, 455 E Angeleno Av</td>
<td>RSVP: connect.uclahealth.org/calendar or 800-516-5323</td>
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## CANCER (CONTINUED)

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<tbody>
<tr>
<td>Colon Cancer Prevention and Screening Update</td>
<td>Monday, Mar 2</td>
<td>5:30 – 7 pm</td>
<td>Cancer Support Community Valley/ Ventura/Santa Barbara, 530 Hampshire Rd, Westlake Village</td>
<td>RSVP: connect.uclahealth.org/calendar or 800-516-5323</td>
</tr>
<tr>
<td>Healthy Breasts, Healthy U</td>
<td>Tuesday, Mar 17</td>
<td>6:30 – 8 pm</td>
<td>Cancer Support Community Pasadena, 76 East Del Mar Bl, #215</td>
<td>RSVP: connect.uclahealth.org/calendar or 800-516-5323</td>
</tr>
<tr>
<td>Thyroid Disease</td>
<td>Tuesday, Mar 17</td>
<td>6:30 – 8 pm</td>
<td>Cancer Support Community Pasadena, 76 East Del Mar Bl, #215</td>
<td>RSVP: connect.uclahealth.org/calendar or 800-516-5323</td>
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## DIABETES

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<td>Basic Diabetes Nutrition Group Class</td>
<td>Tuesdays, Feb 4, Mar 3</td>
<td>9 – 11 am</td>
<td>Cancer Support Community Los Angeles, 1990 S Bundy Dr, Ste 100</td>
<td>RSVP: connect.uclahealth.org/calendar or 800-516-5323</td>
</tr>
<tr>
<td>Living with Type 2 Diabetes</td>
<td>Jan 13 &amp; 27</td>
<td>10 am – 11:45 am</td>
<td>Cancer Support Community Ventura/Santa Barbara, 530 Hampshire Rd, Westlake Village</td>
<td>RSVP: connect.uclahealth.org/calendar or 800-516-5323</td>
</tr>
<tr>
<td>Learning to Manage Gestational Diabetes</td>
<td>Mondays, Feb 4, Mar 3</td>
<td>8 am – 9:30 am</td>
<td>Cancer Support Community Ventura/Santa Barbara, 530 Hampshire Rd, Westlake Village</td>
<td>RSVP: connect.uclahealth.org/calendar or 800-516-5323</td>
</tr>
<tr>
<td>Integrative Medicine Class</td>
<td>Thursdays of each month</td>
<td>Time may vary by date</td>
<td>Cancer Support Community Ventura/Santa Barbara, 530 Hampshire Rd, Westlake Village</td>
<td>RSVP: connect.uclahealth.org/calendar or 800-516-5323</td>
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FEATURED EVENT
HEALTHY LIVING WITH DIABETES
This free half-day event includes a health fair, presentations on diabetes topics and breakout sessions for type 1 and type 2 diabetes.
When: Saturday, Mar 7 / 8:30 am – 12:30 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Conference Center
Info: uclahealth.org/endocrinology/diabetes
RSVP: 310-794-1299 or diabeteseducation@mednet.ucla.edu

GASTROINTESTINAL HEALTH
Healthy GI Tract
Anna Skay, MD, UCLA gastroenterologist, will focus on prevention and management of constipation, diarrhea and reflux disease, plus the importance of screening for colon cancer.
When: Monday, Feb 10 / 4 – 5:30 pm
Where: Brookdale Northridge, 17650 Devonshire St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Take Action: Prevent Colon Cancer
Join us at this free event to learn what you can do to prevent colon cancer – exhibits, information, resources, giveaways and a walk through an inflatable colon!
When: Saturday, Mar 14 / 9:30 am – 12:30 pm
Where: Pico Branch Library, 2201 Pico Bl
Info: 800-516-5323

The Ins and Outs of Colonoscopy
Adarsh Thaker, MD, UCLA interventional endoscopist, will discuss colonoscopy and other screening options and the latest endoscopic techniques for removing colon polyps before they develop into colon cancer.
When: Monday, Mar 30 / 6:30 – 8 pm
Where: Cancer Support Community Pasadena, 76 East Del Mar Bl, #215
RSVP: connect.uclahealth.org/calendar or 800-516-5323

HEART
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, Feb 6 / 2 – 3:30 pm
Where: Belmont Village Encino, 15451 Ventura Bl
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Coronary Artery Disease Discussion
Timothy Canan, MD, UCLA cardiologist, will discuss signs and symptoms of coronary artery disease, risk factors to avoid and the newest treatments available.
When: Tuesday, Feb 11 / 6 – 7:30 pm
Where: Camarillo Health Care District, 3639 E Las Posas Rd
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Heart Disease Prevention and Supplements
Boris Arbit, MD, UCLA cardiologist, will discuss current evidence on over-the-counter supplements for the prevention of heart disease.
When: Thursday, Feb 13 / 10:30 am – Noon
Where: ONEGeneration, 18255 Victory Bl, Reseda
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Heart Valve Disease
Olcay Aksoy, MD, UCLA interventional cardiologist, will discuss the treatment of heart conditions, such as mitral valve disease and aortic valve disease, with minimally invasive options that do not require surgery.
When: Tuesday, Feb 18 / 7 – 8:30 pm
Where: UCLA Medical Center, Santa Monica, 1250 16 St, Conference Rm 3
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Women’s Heart Health
Megan Kamath, MD, UCLA cardiologist, will discuss warning signs to know if you are at risk of a heart attack and lifestyle changes to lower your cholesterol, blood pressure and health risk.
When: Wednesday, Feb 26 / 7 – 8:30 pm
Where: Santa Monica Family YMCA, 1332 6th St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

HYPERTENSION
High Blood Pressure
Rivkah Sevell, MD, UCLA internist, will discuss high blood pressure (hypertension), associated health risks, recent research data and lifestyle modifications to achieve an ideal blood pressure.
When: Monday, Feb 3 / 10:30 am – Noon
Where: Kehillat Israel, 16019 W Sunset Bl, Pacific Palisades
RSVP: connect.uclahealth.org/calendar or 800-516-5323

Is It a Stroke and What to Do
Learn what a stroke is, the warning signs and symptoms, and strategies to help if you think you or someone else is experiencing a stroke.
When: Tuesday, Mar 31 / 2 – 3:30 pm
Where: WISE & Healthy Aging, 1527 4th St, Santa Monica
RSVP: connect.uclahealth.org/calendar or 800-516-5323

KIDNEY HEALTH
Kidney Stones Update
Ray Goshtasb, MD, UCLA nephrologist, and Nishant Patel, MD, UCLA urologist, will discuss signs, symptoms, diagnosis and management of kidney stones.
When: Thursday, Feb 6 / 2 – 3 pm
Where: Beverly Hills Chamber of Commerce, 9400 S Santa Monica Bl, 2nd Fl
RSVP: connect.uclahealth.org/calendar or 800-516-5323

End-Stage Renal Disease Facts
Anjay Rastogi, MD, PhD, UCLA nephrologist, will discuss what you should know about ESRD, End Stage Renal Disease. Free blood-pressure tests and other educational resources also featured.
When: Sunday, Mar 1 / 1 – 4 pm
Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Ctr
RSVP: 800-516-5323

FEATURED EVENT
PLAY 4 KAY BREAST CANCER AWARENESS GAME
UCLA Women's Basketball hosts their 14th annual Play 4 Kay Breast Cancer Awareness game versus Oregon, in conjunction with the Iris Cantor - UCLA Women's Health Center, Revlon/ UCLA Breast Center and Santa Monica Breast Centers, Iris Cantor Center for Breast Imaging, Simms-Mann Center for Integrative Oncology, and UCLA Livestrong. Funds raised will support UCLA breast cancer research and services.
When: Friday, Feb 14 / 8 pm
Where: Pauley Pavilion, 301 Westwood Plz
Info: uclabruins.com/tickets
FEATURED EVENT

2ND ACT WINTER EVENT
Alan Castel, UCLA Psychology professor, discusses how selective memory takes shape in younger and older adults. Learn secrets that super-agers know about how to stay sharp and to age gracefully.
Where: Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, Tamkin Auditorium, B level
When: Tuesday, Jan 21 / 5:45 – 6:45 pm
RSVP: 310-828-0011

MINDFULNESS

Purpose and Connection: A Mindfulness Approach
Katherine Sarkarati, LCSW, UCLA psychotherapist, will discuss how to identify and connect with a sense of inner purpose and how to become a more active participant in your own life.
Where: Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, Conf Rm B124 A&B
RSVP: Please RSVP to nschussel@mednet.ucla.edu as seating is limited.

MULTIPLE SCLEROSIS

REACH to Achieve Program (ongoing)
This weekly wellness program focuses on fitness, memory, emotional well-being, recreation, and nutrition and health education for individuals living with multiple sclerosis.
Where: Marilyn Hilton MS Achievement Center
Info & Application: 310-481-1107

Beyond Diagnosis
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 help you live your best life with MS.
Where: Marilyn Hilton MS Achievement Center
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 Center
Info & Application: 310-481-1107

ORTHOPAEDICS

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, Mar 17 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Santa Monica, Ste 101
RSVP: 310-828-0011

Podiatry

Bunions and Bunion Surgery
Bob Baravarian, DPM, will discuss bunions and the latest surgical and nonsurgical treatments.
When: Tuesday, Jan 21 / 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.
When: Tuesday, Feb 18 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Santa Monica, Ste 101
RSVP: 310-828-0011

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 Bl, Ste 2040
Van Nuys
When: Second Sunday of each month / 9 – 10 am
Where: Lake Balboa, 6300 Balboa Bl
Culver City
When: Alternating 3rd Wednesday or 2nd Friday / 7:30 – 8:30 am
Where: UCLA Health Culver City, 6000 Sepulveda Bl, Ste 2660
Info: uclahealth.org/walkwithado
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

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, 9 – 10 am / Thursdays, 10 – 11 am
Where: St Monica Catholic Church, 725 California Ave
RSVP: 424-259-7140
Cost: $40 per month

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: Saturday, Feb 8 / 9 am – Noon
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Conference Rm 3
RSVP: 800-516-5323

50 Hearing Loss
Megan Greenya, AuD, UCLA audiologist, will discuss different types of hearing loss, causes and treatment options, plus updates on current hearing-aid technologies.
When: Wednesday, Feb 12 / 2 – 3:30 pm
Where: WISE & Healthy Aging, 1527 4th St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50 Incontinence Update
Learn about the different types of incontinence and treatment options.
When: Tuesday, Feb 18, 2 – 3:30 pm
Where: Collins & Katz Family YMCA, 1466 S Westgate Av
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50 The Challenges of Aging Well
This workshop will debunk myths in our culture about people age 65 and older and explore how your physical and mental attitude and condition can meet the challenges of aging.
When: Thursday, Feb 20 / Noon – 1:30 pm
Where: Santa Monica Family YMCA, 1332 6th St
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50 New Treatments for Knee Arthritis
Sid Padia, MD, UCLA interventional radiologist, will discuss new minimally invasive treatments designed for people with knee pain who are not candidates for knee replacement surgery.
When: Monday, Feb 24 / 1 – 2:30 pm
Where: Culver City Senior Center, 4095 Overland Av
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50 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, Mar 10 / 2 – 3:30 pm
Where: Belmont Village, 10475 Wilshire Bl
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50 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 24 / 2 – 3:30 pm
Where: Oasis Baldwin Hills, 4005 Crenshaw Bl, inside Macy’s 3rd fl
RSVP: connect.uclahealth.org/calendar or 800-516-5323

50 Memory Training Course (quarterly)
Memory Training is an innovative, four-week educational program for improving memory designed for people with mild memory concerns (not dementia). Participants will develop good memory habits and techniques to improve their memory.
When: Two hours per week, once a week, for one month. Please call for next session date.
Where: Locations vary
Info & Cost: Sherrie Goldfarb at 310-794-0680 or SGoldfarb@mednet.ucla.edu

50 Brain Booster (quarterly)
Brain Boosters will provide information on healthy aging research and exercises to enhance overall cognitive function. Limited seating available. Ninety minutes.
When: Please call for next session date
Where: UCLA Longevity Center, 10945 Le Conte Ave
Info & Cost: Sherrie Goldfarb at 310-794-0680 or SGoldfarb@mednet.ucla.edu

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 2020 classes begin March 30. Applications will be accepted January 31 through February 28.
Where: Locations vary by UCLA campus
Info & Cost: semel.ucla.edu/longevity/srscholars or srscholars@mednet.ucla.edu or 310-794-0679

50 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