

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 for more information.

BONE HEALTH

Osteoporosis Update

Learn what osteoporosis is, how to prevent it and how to treat it.

When: Tuesday, Jan 21 / 2 – 3:30 pm

Where: Belmont Village, 10475 Wilshire Bl

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

Bone Health and Hyperparathyroidism

Masha Livhits, MD, UCLA endocrinologist, will discuss hyperparathyroidism, how it contributes to bone density loss and osteoporosis, and treatments to help maintain bone health.

When: Wednesday, Jan 29 / 10:30 am – Noon

Where: Sunrise of Westlake Village, 3101 Townsgate Rd

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

Exercise for People with Arthritis

Lauren Freid, MD, UCLA rheumatologist, will focus on osteoarthritis and the latest recommendations on exercise and physical activity for people living with arthritis.

When: Saturday, Feb 1 / 2:30 – 4 pm

Where: Belmont Village Burbank, 455 E Angeleno Av

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

CANCER

Prostate Cancer Update

David Khan, MD, UCLA radiation oncologist, will discuss current radiation therapy trends in the treatment of prostate cancer.

When: Wednesday, Feb 5 / 5 – 6:30 pm

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

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

CANCER (CONTINUED)

Colon Cancer Prevention and Screening Update

Rimma Shaposhnikov, MD, UCLA gastroenterologist, and Natalie Manitiuis, MPH, RDN, UCLA GI Dietitian, will discuss screening modalities for colon cancer, how often you should be screened and dietary tips to prevent colon cancer.

When: Monday, Mar 2 / 5:30 – 7 pm

Where: Cancer Support Community Valley/Ventura/Santa Barbara, 530 Hampshire Rd, Westlake Village

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

Healthy Breasts, Healthy U

Jeannie Shen, MD, UCLA breast surgeon, will discuss the factors that can increase a woman's likelihood of developing breast cancer, plus healthy lifestyle choices to lower your health risk.

When: Tuesday, Mar 17 / 6:30 – 8 pm

Where: Cancer Support Community Pasadena, 76 East Del Mar Bl, #215

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

Thyroid Disease

James Wu, MD, UCLA endocrinologist, will discuss the anatomy and function of the thyroid, how thyroid blood tests are viewed, concerns about a thyroid nodule and when surgery is necessary.

When: Thursday, Mar 19 / Noon – 1:30 pm

Where: Santa Monica Family YMCA, 1332 6th St

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

Colorectal Cancer Prevention

Gobind Sharma, MD, UCLA gastroenterologist, will give an overview on colorectal cancer, how and when to screen, screening options and simple steps one can take to prevent it.

When: Friday, Mar 20 / 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

DIABETES

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

When: Tuesdays, Feb 4, Mar 3 / 9 – 11 am

Where: 2020 Santa Monica Bl, Conference Rm 2nd Fl

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: Jan 13 & 27, Feb 10 & 24, March 9 & 23 / Time may vary by date

Where: 2020 Santa Monica Bl, Conference Rm 2nd Fl

Porter Ranch

When: Monday, Feb 10 / 8 am – 5 pm

Where: 19950 Rinaldi St, Ste 300

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 of each month / Time may vary by date

Where: 2020 Santa Monica Bl, Conference Rm 2nd Fl

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

When: Wednesdays in Jan & Feb, Tuesdays in March / Time may vary by date

Where: 2020 Santa Monica Bl, Conference Rm 2nd Fl

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 Goshtaseb, 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.

When: Thursday, Mar 26 / 6 – 8 pm

Where: James West Alumni Center

RSVP: SecondAct@alumni.ucla.edu

MEMORY

Optimizing Brain Health

This seminar will focus on adopting changes in diet, exercise and other lifestyle habits to foster a brain-healthy life.

When: Wednesday, Jan 29 / 2 – 3:30 pm

Where: WISE & Healthy Aging, 1527 4th St

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

Alzheimer's Disease Basics

Alzheimer's Disease is the most common form of dementia, currently affecting 5.8 million Americans. Learn more about this disease, who it most commonly affects and the latest treatments and medical options.

When: Wednesday, Feb 12 / 10:30 am – Noon

Where: JFS Freda Mohr Center, 6310 S San Vicente Bl, Ste 275

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

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 Ave

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

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.

When: Tuesday, Jan 28 / 2:30 – 4 pm

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

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

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: 310-267-4071

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

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 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

Got Shoulder and Knee Pain?

Joseph Burns, MD, and Ron Karzel, MD, will discuss treatment options for common shoulder and knee pain. Topics will include non-surgical options, injections and surgical options.

When: Saturday, Feb 1 / 9 – 11 am

Where: Southern California Orthopedic Institute, 6815 Noble Ave, Van Nuys

RSVP: mortgies@scoi.com, or 818-901-6600 x4301

PEDIATRICS

Speech and Language in Children

Nicole Schussel, M.S., CCC-SLP, UCLA Speech-Language Pathologist, will discuss speech and language development in children, as well as strategies for improving communication abilities at home. Designed for parents and caregivers of children under the age of 5.

When: Monday, January 27, 6 - 8pm

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.

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

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

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, Mar 28 / 9 am (registration), 9:30 am – Noon (lectures and Q&A)

Where: Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, Tamkin Auditorium, B level

RSVP: 310-571-5741 or ucla.tremor@gmail.com

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/walkwithadoc

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

5+ 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

Info: 424-259-7140

Cost: \$40 per month

5+ 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

5+ 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

5+ 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

5+ 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

5+ 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

5+ 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

5+ 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

5+ 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

5+ 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

5+ 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

5+ 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