

Community Health Programs

OCTOBER / NOVEMBER / DECEMBER 2021 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.

INTEGRATIVE MEDICINE

Virtual Yoga Therapy

Yoga therapy blends gentle physical postures with breathing techniques and meditation. Practice from your home, office or outdoors; no mat needed.

When: Tuesdays and Thursdays / noon — 12:30 pm

Where: Teleconference session

Register: tinyurl.com/virtual-yoga-therapy

Integrative Medicine Wellbeing Webinars

Join experts from the UCLA Health Integrative Medicine Collaborative as they present each month on intriguing topics, such as diet and immunity, resilience, cannabis and health and East-West approaches to pain management. Visit our website for up-to-date topic information: <http://www.uclahealth.org/integrative-medicine>

When: Wednesdays, Oct. 13 and Nov. 10 / noon – 1 pm

Where: Teleconference session

Register: tinyurl.com/wellbeing-webinars

Integrative Medicine Conference

Join experts from UCLA Health for our inaugural conference on integrative health — *An Integrated U: Healing from Bench to Bedside*. The conference will feature a full day of lectures on topics including Alzheimer's disease, East-West medicine, the gut microbiome and the brain, mindfulness, cannabis and personalized nutrition. There will also be many fascinating exhibits to explore.

When: Friday, Nov. 5 / 8 am — 4 pm

Where: UCLA Luskin Conference Center

Register: uclahealth.org/integrative-medicine

KIDNEY DISEASE

Monthly Chat with Dr. Rastogi and UCLA CORE Kidney Health Team

UCLA CORE Kidney Health Program presents our "Monthly Chat with Dr. Rastogi and UCLA CORE Kidney Team of Experts" that will take place the first day of every month. A wide variety of topics related to kidney disease and high blood pressure, including but not limited to, prevention, diagnosis, management, dialysis, transplantation and kidney health life choices will be discussed. In addition to our usual experts, we will also be joined by our Circle of CORE

patient advocates and support group. This will be an interactive session with an opportunity to ask questions during the event. You can also send your questions, prior to the event, via e-mail. You can e-mail us at COREKidney@mednet.ucla.edu.

When: Friday, Oct. 1 / 5 – 6 pm
Monday, Nov. 1 / 5 – 6 pm
Wednesday, Dec. 1 / 5 – 6 pm

Where: Teleconference session

RSVP: tinyurl.com/rastogi-chat

Kidney Health Q and A

Dr. Ira Kurtz, MD, FRCP, FASN, Distinguished Professor and Chief of the Division of Nephrology at UCLA, hosts a monthly Q and A session on all aspects of kidney disease. Dr. Kurtz will answer questions on the various causes of acute and chronic kidney disease and medications that injure the kidneys among other kidney related topics, including treatment options.

When: Thursdays, Nov. 18 and Dec. 16 / 7 – 7:45 pm

Where: Teleconference session

RSVP: lblum@mednet.ucla.edu

MOVEMENT DISORDERS

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. Lecture followed by Q&A.

When: Saturday, Dec. 11 / 9 am – noon

Where: Teleconference session

RSVP: ucla.tremor@gmail.com

MULTIPLE SCLEROSIS

REACH to Achieve Program (ongoing)

This weekly comprehensive wellness program focuses on fitness, yoga, memory, emotional wellbeing, recreation, nutrition and health education for individuals with multiple sclerosis.

Where: Marilyn Hilton MS Achievement Center

Info & Application: 310-267-4071

Free From Falls

An eight-week program designed for people with multiple sclerosis who walk with or without a cane and may be at risk for falling. Learn

about risks for falls, how to reduce those risks and exercises to improve balance and mobility.

Where: Marilyn Hilton MS Achievement Center

Info & Application: 310-267-4071

PODIATRY

Bunions and Bunion Surgery

Bob Baravarian, DPM, will discuss bunions and the latest surgical and nonsurgical treatments

When: Tuesday, Oct. 19 / 5:45 – 6:45 pm

Where: Teleconference session

RSVP: 310-828-0011 to receive the Zoom invitation

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, Nov. 16 / 5:45 – 6:45 pm

Where: Teleconference session

RSVP: 310-828-0011 to receive the Zoom invitation

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, Dec. 21 / 5:45 – 6:45 pm

Where: Teleconference session

RSVP: 310-828-0011 to receive the Zoom invitation

WELLNESS

Mindfulness Classes and Events (ongoing)

UCLA's Mindful Awareness Research Center offers free classes, workshops and events teaching mindfulness techniques and practices to reduce stress and promote wellbeing.

When: Monday and Thursday 12:30 pm meditations

Where: Teleconference session

Info: uclahealth.org/marc