

# Community Health Programs

## JULY / AUGUST / SEPTEMBER 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](https://connect.uclahealth.org/calendar) for more information.

### CARE PLANNING

#### 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. Dr. Neil Wenger leads the sessions, which center around filling out an advance directive to clarify decisions about end-of-life care.

**When:** Thursdays, Aug. 12 / 6 – 7:30 pm and Sept. 23 / 6 – 7:30 pm

**Where:** Teleconference session

**Info & Registration:** [ACP@mednet.ucla.edu](mailto:ACP@mednet.ucla.edu)

### DIABETES

#### Living with Type 2 Diabetes

These ADA-certified self-care classes will help you gain the skills, knowledge and confidence to successfully manage your diabetes. Physician referral is required. Covered by most medical insurance policies.

**When:** Wednesdays / 2 – 4 pm

1st Wednesday of the month: Introduction to diabetes  
2nd Wednesday of the month: Nutrition for diabetes  
3rd Wednesday of the month: Diabetes medications  
4th Wednesday of the month: Reducing complications and problem solving

**Where:** Teleconference session

**Info and Scheduling:** 310-828-1050 or [diabeteseducation@mednet.ucla.edu](mailto:diabeteseducation@mednet.ucla.edu)

### 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:** [uclahealth.org/integrative-medicine](https://uclahealth.org/integrative-medicine)

### KIDNEY DISEASE

#### Monthly Chat with Dr. Rastogi and His Team

UCLA CORE Kidney Health Program presents our monthly chat with Anjay Rastogi, MD, PhD, professor and clinical chief of nephrology. Ask questions and learn about kidney disease prevention and management. Dr. Rastogi will discuss different kidney health topics, and patient advocates from the Circle of CORE will join the sessions. [uclahealth.org/CORE-Kidney](https://uclahealth.org/CORE-Kidney)

**When:** Sunday, Aug. 1 / 5 – 6 pm; Wednesday, Sept. 1 / 5 – 6 pm; Friday, Oct. 1 / 5 – 6 pm

**RSVP:** [tinyurl.com/rastogi-chat](https://tinyurl.com/rastogi-chat)

### 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, Sept. 11 / 9 am – noon

**Where:** Teleconference session

**RSVP:** [ucla.tremor@gmail.com](mailto:ucla.tremor@gmail.com)

### MULTIPLE SCLEROSIS

#### REACH to Achieve Program (ongoing)

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

**Where:** Marilyn Hilton MS Achievement Center

**Info & Application:** 310-267-4071

#### Free from Falls

This eight-week program on Saturday mornings is 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, Jul. 20 / 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, Aug. 17 / 5:45 – 6:45 pm

**Where:** Teleconference session

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

### FEATURED EVENT

#### 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: [uclahealth.org/integrative-medicine](https://uclahealth.org/integrative-medicine)

**When:** Wednesdays, Aug. 11, Sept. 8 and Oct. 13 / noon – 1 pm

**Where:** Teleconference sessions

**Register:** <https://uclahs.zoom.us/j/99670303710>