Community Health Programs

APRIL / MAY / JUNE 2022 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.

CARE PLANNING

Advanced Care Planning
Advance care planning is a gift you give your loved ones who might otherwise struggle to make choices about your care in the event you are unable to. This session provides an introduction to care planning.
When: Wednesdays, May 18 and June 1
Where: Teleconference sessions
Register: Please email ACP@mednet.ucla.edu
RSVP: tinyurl.com/advanced-care-planning

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 sessions
Zoom Link: uclahs.zoom.us/s/98332866743

KIDNEY DISEASE

Kidney Health Q and A
Dr. Ira Kurtz, Distinguished Professor and Chief of the Division of Nephrology at UCLA, hosts a monthly Q & 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: Wednesday, April 20, Thursday, May 19 and Thursday, June 16, 7 – 7:45 pm
Where: Teleconference sessions
RSVP: ltblum@mednet.ucla.edu

Monthly Chat with Dr. Anjay Rastogi and CORE Kidney Team
Anjay Rastogi, MD, PhD, and Marc Coronel, kidney recipient and CORE Kidney Ambassador, discuss a wide variety of topics related to kidney disease and high blood pressure, including prevention, diagnosis, management, mental health, dialysis, transplantation and kidney-friendly life choices. We will be joined by our Circle of CORE patient advocates and support group. You can ask questions during the event or send your questions in advance to COREKidney@mednet.ucla.edu.
When: Sunday, May 1, Wednesday, June 1 and Friday, July 1, 5 – 6:30 pm
Where: Teleconference sessions
RSVP: tinyurl.com/rastogi-chat

LANGUAGE DEVELOPMENT

Let’s Talk About Communication!
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. Free for all parents and caregivers of children up to 5 years old.
When: Thursday, May 12, 7 – 9 pm
Where: Teleconference sessions
RSVP: nschussel@mednet.ucla.edu to receive Zoom link

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, June 18, 9 am – noon
Where: Teleconference sessions
RSVP: ucla.tremor@gmail.com

MULTIPLE SCLEROSIS

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.
When: Mondays, 1 – 3 pm
Where: Teleconference sessions
Info & Application: 310-267-4071

Exercise and MS
Learn from an MS exercise specialist how to use exercise to improve your overall wellness and help manage your MS symptoms. This 12-week program is for those who can easily walk 25 feet without a cane or walker.
When: Mondays, 1 – 3 pm
Where: Teleconference sessions
Info & Application: 310-267-4071

PODIATRY

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, May 17, 5:45 – 6:45 pm
Where: Teleconference sessions
RSVP: 310-828-0011 to receive 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, June 21, 5:45 – 6:45 pm
Where: Teleconference session
RSVP: 310-828-0011 to receive Zoom invitation

 Bunions and Bunion Surgery
Bob Baravarian, DPM, will discuss bunions and the latest surgical and nonsurgical treatments.
When: Tuesday, July 19, 5:45 – 6:45 pm
Where: Teleconference sessions
RSVP: 310-828-0011 to receive Zoom invitation

STRESS REDUCTION

Mindfulness Classes and Events (Ongoing)
UCLA Mindful Awareness Research Center offers classes, workshops and events to share mindfulness techniques and practices to reduce stress and promote well-being, including free Monday and Thursday 12:30 pm meditations.
Where: Teleconference sessions
Info: uclahealth.org/marc

FEATURED EVENT

Patient Family Advisory Council Celebration
Please join Johnese Spisso, president, UCLA Health, and CEO, UCLA Hospital System, for our annual Patient Family Advisory Council celebration to recognize our valued partnership with our patients and families. Learn how you can help enhance the patient experience and improve quality and safety outcomes at UCLA Health.
When: Thursday, April 21, 5:30 – 7 pm
Where: Teleconference session
Register: LindaGonzalez@mednet.ucla.edu or 424-259-7157 for Zoom information.