

Community Health Programs

AUGUST / SEPTEMBER / OCTOBER 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

Advance 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, Aug. 17, Sept. 14 and Oct. 26, 6 – 7:30 pm

Where: Teleconference session

Register: ACP@mednet.ucla.edu

COGNITIVE HEALTH

Memory Training Course (monthly)

Memory Training is an innovative, four-session 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.

Where: Teleconference session

Info & cost: longevity@mednet.ucla.edu

Senior Scholars

The UCLA Longevity Center invites adults ages 50 and older to audit undergraduate courses taught by UCLA's distinguished professors.

When: Fall quarter begins Sept. 22; applications July 25 to Aug. 29

Where: Online and on UCLA campus

Info & cost: semel.ucla.edu/longevity/seniorscholars-program-longevity-center or srscholars@mednet.ucla.edu or 310-794-0679

Brain Boot Camp (monthly)

This interactive educational program provides participants with lifestyle strategies and tools to keep their brains vital and healthy.

When: Friday, Sept. 16 and Monday, Oct. 31, 10 – 11:30 am

Where: Teleconference session

Info & cost: longevity@mednet.ucla.edu

Sharper Mind Series (monthly)

This series focuses on the formula for living better and longer, including physical activity, nutrition, stress, sleep and cognitive training.

When: Friday, Sept. 16 and Monday, Oct. 31, 1:30 – 3 pm

Where: Teleconference session

Info & cost: longevity@mednet.ucla.edu

KIDNEY DISEASE

CORE Kidney Chat with Dr. Anjay Rastogi and CORE Kidney Team

Professor, Clinical Chief of Nephrology and Director of CORE Kidney Program, Anjay Rastogi, MD, PhD, and Circle of CORE patient advocacy group discuss a wide variety of topics related to kidney disease and high blood pressure, including prevention, diagnosis, management, nutrition and exercising, 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: Monday, Aug. 1, 5 – 6 pm; Thursday, Sept. 1, 5 – 6 pm; Saturday, Oct. 1, 5 – 6 pm

Where: Teleconference session

RSVP: tinyurl.com/rastogi-chat

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: Thursdays, Aug. 18, Sept. 22 and Oct. 20, 7 – 7:45 pm

Where: Teleconference session

RSVP: 310-463-3618 or 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, Oct. 22, 9 am – noon

Where: Teleconference session

RSVP: ucla.tremor@gmail.com

MULTIPLE SCLEROSIS

Exercise and MS

Learn from an MS exercise specialist how exercise can 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: Marilyn Hilton MS Achievement Center at UCLA

Info & application: 310-267-4071

Free From Falls

An eight-week program for those with MS who walk with or without a cane and may be at risk for falling. Learn how to reduce fall risks and about exercises to improve balance and mobility from an MS exercise specialist and other professionals at the Marilyn Hilton MS Achievement Center.

When: Mondays, 1 – 3 pm beginning in October

Where: Marilyn Hilton MS Achievement Center at UCLA

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, Aug. 16, 5:45 – 6:45 pm

Where: Teleconference session

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, Sept. 20, 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, Oct. 18, 5:45 – 6:45 pm

Where: Teleconference session

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 for the public to learn mindfulness techniques and practices to reduce stress and promote well-being. Free Monday and Thursday 12:30 pm meditations.

Where: Teleconference sessions

Info: uclahealth.org/marc

WEIGHT MANAGEMENT

Healthier Weight Management Webinar Series

This eight-week course is designed to promote lifestyle modifications for weight reduction and long-term weight maintenance. UCLA physicians and dietitians specializing in weight management lead the presentations on nutrition, exercise, stress management and more.

When: Tuesdays, 3 – 4 pm

Where: Teleconference sessions

Info & cost: uclahealth.org/clinicalnutrition/healthier-weight-management;
\$80 for eight-week course

FEATURED EVENT

Save-a-Life Workshop

Learn how to save a life! Learn the signs and symptoms of common emergencies like choking, heart attack, stroke and allergic reactions. Lifesaving skills like hands-only CPR, stopping severe bleeding and calling 9-1-1 — what to know, say and do — will all be covered.

When: Tuesday, Oct. 11, noon – 1 pm

Where: Teleconference session

RSVP: cpc.mednet.ucla.edu/save-a-life



UCLA patients need blood donations

The need for blood and plasma during the COVID-19 pandemic remains acute. Blood donation is a way for healthy people to make a significant contribution during this difficult time. The UCLA Blood & Platelet Center follows the precautions recommended by the American Association of Blood Banks to keep donors and staff safe. For more information and to schedule an appointment to donate, go to: uclahealth.org/gotblood