



MORE
THAN
40
FREE

AND LOW-COST
CLASSES



PALOMAR HEALTH
WELLNESS CLASSES

Prevention+Plus

SEPTEMBER – DECEMBER 2016



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CLASS LOCATIONS

Palomar Medical Center
2185 Citracado Parkway
Escondido, CA 92029

Pomerado Hospital
15615 Pomerado Road
Poway, CA 92064

Palomar Health San Marcos
120 Craven Road
San Marcos, CA 92078

Palomar Health Downtown Campus
555 East Valley Parkway
Escondido, CA 92025

Pomerado Outpatient Pavilion
15611 Pomerado Road
Poway, CA 92064

HOW TO REGISTER

To register for a class,
visit [PalomarHealth.org/Classes](https://www.PalomarHealth.org/Classes)
or call **800.628.2880**

GENERAL HEALTH

FEE: Free Unless Noted | Registration Required

Fall Prevention

Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, September 27 | 1 – 2:30 p.m.

Older adults are hospitalized five times more often for fall related injuries than any other type of injury. The potential risks include physical conditions, poor health and safety hazards at home and in the community. Join Doctor of Physical Therapy **Beth McCarthy, DPT**, to learn some simple ways to decrease your risk of falling.

Sleep Health

Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, October 5 | 10 – 11:30 a.m.

Why is it important to do an in-lab sleep study? What can you expect to get out of the results? What aspects of your sleep affect your overall health and quality of life? Join **Anoop Karippot, MD**, and **Viviana Helmer, BS, RCP**, as they discuss the importance of sleep and how to manage your problems.

Caring for Your Kidneys

Palomar Medical Center, Raymond Family Conference Center
Wednesday, October 5 | 10 – 11:30 a.m.
Tuesday, November 1 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom
October 26 | 10 – 11:30 a.m.

Join **Janice Baker, RD, CDE**, as she reviews the most current recommendations to help reduce the risk of kidney disease or slow its progression.

Hospice and Palliative Care: Everything You Wanted to Know but Were Afraid to Ask

Pomerado Outpatient Pavilion, Education Classroom
Thursday, October 6 | 6 – 7:30 p.m.

This class will help clarify the benefits of both palliative care and hospice so that you and your loved ones can determine the best choice at the right time in your healthcare journey.



Become a Palomar Health Volunteer

Palomar Medical Center, Resource Center
Tuesday, October 11 | 10 – 11 a.m.

Volunteering can make a real difference to your life and the lives of those around you. We want to ensure that anyone thinking about giving their time can find a volunteering opportunity that is right for them. Join us for an informational session about the variety of opportunities that await you as a Palomar Health Volunteer!

Common Intestinal Problems and Use of Supplements for Gut Health

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, October 26 | 12:30 – 1:30 p.m.

Join Gastroenterologist **Alan Larson, MD**, for an informal question and answer session to discuss common intestinal problems and the use of supplements for gut health.

Understanding Tinnitus

Palomar Medical Center, Raymond Family Conference Center
Tuesday, November 1 | 6 – 7:30 p.m.

Tinnitus, a ringing or noise in the ears, is a common problem experienced by 1 in 5 people. Audiologist **David Illich, AuD**, will discuss symptoms, causes, risk factors, complications and treatment.



GENERAL HEALTH

FEE: Free Unless Noted | *Registration Required*

Good Fats, Bad Fats: Controlling Cholesterol

Pomerado Outpatient Pavilion, Education Classroom
Thursday, November 3 | 6 – 7:30 p.m.

Join **Elizabeth Salada, MD**, as she explores the dangers of bad cholesterol and how you can make simple lifestyle changes that make a big difference.

Chronic Obstructive Pulmonary Disease (COPD)

Palomar Medical Center, Raymond Family Conference Center
Thursday, November 10 | 6 – 7:30 p.m.

Pomerado Hospital, Conference Room C/D
Wednesday, December 14 | 6 – 7:30 p.m.

COPD is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Pulmonary Disease Specialist **Gregory Hirsch, MD**, will explain more about the symptoms, risk factors, treatment options and how best to cope with this disease.

Growing Older Gracefully Even with Chronic Illness

Palomar Medical Center, Raymond Family Conference Center
Thursday, November 10 | 10 – 11:30 a.m.

If you or a loved one is facing a serious illness, there are ways you can celebrate the aging process even with the challenges. Cardiologist **Robert Stein, MD**, will discuss the book "*The Gift of Years. Growing Older Gracefully*" and teach you to embrace life's struggles and surprises.

Hearing Loss & Emerging Technologies

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, December 6 | 10 – 11:30 a.m.

Hearing loss is an ever-increasing problem in today's society, even among young people. This has influenced devices with high functional quality. Audiologist **David Illich, AuD**, will discuss the latest hearing devices and which one is right for you.

BONE & JOINT HEALTH



FEE: Free Unless Noted | Registration Required

Free Your Knees

Pomerado Hospital, Conference Room C/D
Wednesday, September 14 | 6 – 7:30 p.m.

Do you suffer from knee pain that makes it difficult to perform simple activities? Join Orthopedic Surgeon **Philip Balikian, MD**, as he discusses the latest treatment options, including minimally invasive partial and total knee replacement.

Heal Your Hips

Palomar Medical Center, Raymond Family Conference Center
Thursday, October 13 | 6 – 7:30 p.m.

Minimally invasive hip replacement may help people resume activities with confidence. Orthopedic Surgeon **Thomas Knutson, MD**, will discuss the causes of hip deterioration and advanced options for treatment.

Outsmarting Osteoporosis

Pomerado Outpatient Pavilion, Education Classroom
Thursday, October 13 | 6 – 7:30 p.m.

Low bone density can occur anytime and could lead to osteoporosis or broken bones. **Elizabeth Salada, MD**, discusses prevention, risks, symptoms, screenings and appropriate treatment.

Beat Back Pain

Palomar Medical Center, Raymond Family Conference Center
Wednesday, November 16 | 6 – 7:30 p.m.

Battling back pain? Neurosurgeon **Sunil Jeswani, MD**, will discuss causes, diagnosis and advanced options for back and neck pain relief.



Got the Shot?

Get Your Flu Shot Before Flu Season Begins

FEE: \$20 | Walk-ins Welcome (Ages 9 and Up)

Free for those in need. Medicare qualified with card.

	Palomar Medical Center Lobby	Palomar Health Downtown Lobby	Pomerado Hospital Lobby
9/20	6 – 8 p.m.		
9/22			3 – 5 p.m.
9/24	12 – 2 p.m.		
9/26			3 – 5 p.m.
9/27	6 – 8 p.m.	10 a.m. – 12 p.m.	
9/29			9 – 11 a.m.
9/30		2 – 4 p.m.	
10/5	6 – 8 p.m.		
10/7		9 – 11 a.m.	
10/8	9 – 11 a.m.		2 – 4 p.m.
10/11	6 – 8 p.m.		
10/12		10 a.m. – 12 p.m.	5 – 7 p.m.
10/19	3 – 5 p.m.		
10/24		6 – 8 p.m.	
10/25			6 – 8 p.m.
11/1		6 – 8 p.m.	10 a.m. – 12 p.m.
11/2	12 – 2 p.m.		
11/11	5 – 7 p.m.		
11/18		10 a.m. – 12 p.m.	
11/19			10 a.m. – 12 p.m.
12/2	4 – 6 p.m.		
12/9	10 a.m. – 12 p.m.		
12/10			11 a.m. – 1 p.m.
12/12			3 – 5 p.m.
12/14		4 – 6 p.m.	
12/15		10 a.m. – 12 p.m.	

Visit PalomarHealth.org/Flu for a full list.

DIABETES HEALTH

FEE: Free Unless Noted | Registration Required

Gestational Diabetes: *Nutrition and Management*

Pomerado Outpatient Pavilion, Education Classroom
Monday, October 17 | 9 – 11 a.m. or 3 – 5 p.m.

Learn about nutrition guidelines, blood sugar monitoring and lifestyle recommendations for pregnant women diagnosed with gestational diabetes.

Diabetes and Nutrition

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, October 18 | 3 – 5 p.m.
Tuesday, November 15 or December 6 | 6 – 8 p.m.

Palomar Medical Center, Resource Center
Tuesday, October 25, November 15 or December 6
10:30 a.m. – 12:30 p.m.

Janice Baker, RD, CDE, will discuss the latest on managing diabetes, reducing risks of complications and healthy food choices.

BLOOD PRESSURE SCREENING

Check your blood pressure regularly for free. No registration required.

Pomerado Hospital, Lobby
2nd Tuesday of each month
10 a.m. – Noon

Palomar Medical Center, Lobby
4th Tuesday of each month
10 a.m. – 2 p.m.

HEART HEALTH

FEE: Free Unless Noted | Registration Required

Living Healthy After a Cardiac Event

Palomar Medical Center, Raymond Family Conference Center
Tuesday, October 4 | 6 – 7:30 p.m.

Have you or a loved one experienced a cardiac event? Cardiologist **Robert Stein, MD**, will discuss how lifestyle changes, medications and therapies can help you return to a full and active life.

Living with Congestive Heart Failure

Palomar Medical Center, Raymond Family Conference Center
Thursday, October 20 | 6 – 7:30 p.m.

Cardiologist **Robert Stein, MD**, will discuss the 2016 guideline-directed medications and therapies. Topics include newly approved medications, the importance of following your doctor's recommendations and making adjustments to your diet, exercise and lifestyle to achieve your best life even with congestive heart failure.

Coronary Artery Disease

Palomar Medical Center, Raymond Family Conference Center
Tuesday, October 25 | 6 – 7:30 p.m.

Coronary artery disease is the result of plaque buildup in the coronary arteries, leading to blockages that could cause a heart attack. Join Cardiologist **Mikhail Malek, MD**, for an informative class on the causes, prevention and treatment options for this disease.

Eating for a Healthy Heart

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, October 26 | 6 – 7:30 p.m.

Janice Baker, RD, CDE, teaches you how to make cardiac-friendly food choices to help maintain a healthy heart.

WOMEN'S HEALTH

FEE: Free Unless Noted | *Registration Required*

Balancing Hormones Naturally

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, October 19 | 6 – 7:30 p.m.

Acupuncture and Chinese herbal medicine are extremely effective in regulating pre- and post-menopausal hormone changes. **Dana Steindorf, LAc, MSTOM**, discusses how to treat hot flashes, irregular cycle, sleep disturbance, mood swings and other changes associated with hormones.

SoulCollage® For Female Cancer Survivors

Pomerado Outpatient Pavilion, Education Classroom
Friday, October 21, November 18 or December 16
10 a.m. – Noon

Surviving cancer may prompt many women to make changes in their lives. SoulCollage® is an explorative process in which small collages are constructed by intuitively selecting and arranging images (mostly from magazines). You then learn to give voice to your creation and open a doorway to your inner wisdom! Facilitated by cancer survivor and local Art Instructor **Jean Snow**.

FEE: \$10 / person (materials fee)

How Well Do You Know Your Breasts?

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, November 8 | 1 – 2 p.m.

Join **Susan Gimbel**, breast health navigator, as she discusses the importance of self-exams and general breast health for women, along with the latest breast screening recommendations.



Look Good, Feel Better

Pomerado Outpatient Pavilion, Education Classroom
Monday, November 14 | 1 – 3 p.m.

This class is designed to help women cope with the appearance-related effects of cancer treatment at any stage. All cosmetics and skin care products are complimentary.

FEE: Free – call 800.227.2345 to register.

 **Women's Cancer Support Groups are offered.**
See page 12 for details.

**DON'T FORGET
TO REGISTER**

 PalomarHealth.org/Classes

 **800.628.2880**

WEIGHT LOSS



FEE: Free Unless Noted | Registration Required

Bariatric Dietary Education

Pomerado Hospital, Conference Room C/D

Wednesday, September 7, October 5, November 2 or December 7 | 3 – 5 p.m.

Tuesday, September 20, October 18, November 15 or December 20 | 1:30 – 3 p.m.

Join Bariatric Dietitian **Karen Merdinger, RD**, for dietary education when preparing for weight-loss surgery and guidelines for a successful recovery.

Take Shape for Life® Weight Loss Program – Medifast®

Pomerado Outpatient Pavilion, 4th Floor Conference Room

Tuesday, September 13, October 11, November 15 or December 13 | 6 – 7:30 p.m.

Join Independent Health Coach **Susan Meram, MD**, as she provides a free introduction to the Take Shape for Life® Weight Loss Program using Medifast® products.

 **Weight Management Support Groups are offered on the fourth Tuesday of each month. See page 12 for details.**

Fighting Cancer with a Fork

Pomerado Outpatient Pavilion, Education Classroom

Wednesday, October 5 | 1 – 2:30 p.m.

Janice Baker, RD, CDE, discusses nutrition and lifestyle recommendations to reduce cancer risks.

Advances in Weight Loss and Metabolic Surgery

Pomerado Hospital, Conference Room C/D

Charles D. Callery, MD, FACS

**Tuesday, September 13, October 11, November 8 or December 13
3 – 5 p.m.**

**Thursday, September 22, October 27, November 17 or December 22
3 – 5 p.m.**

**Spanish: Thursday, September 15, October 20 or December 15
3 – 5 p.m.**

Palomar Health Downtown Campus, Graybill Auditorium

Ramin Sorkhi, MD

Wednesday, October 19 or December 7 | 6 – 7:30 p.m.

Are you 85 pounds or more overweight or considering weight-loss surgery to treat an obesity associated condition, relieve medical problems or achieve lasting weight control? Join Bariatric Surgeons **Charles D. Callery, MD, FACS** or **Ramin Sorkhi, MD**, for an introductory seminar about gastric bypass, adjustable gastric band and sleeve gastrectomy.

 **Weight-Loss Surgery Support Groups are offered. See page 12 for details.**

Fighting Fat Over 40 (2-Week Series)

Palomar Medical Center, Raymond Family Conference Center

Tuesdays, October 11 and 18 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom

Mondays, October 17 and 24 | 6 – 7:30 p.m.

It's not uncommon to see a few extra pounds on your scales after age 40. **Janice Baker, RD, CDE**, discusses the physiological changes that occur and strategies to boost metabolism and drop the pounds.

HOW TO REGISTER

To register for a class,
visit **PalomarHealth.org/Classes**
or call **800.628.2880**

INTEGRATIVE MEDICINE

FEE: Free Unless Noted | *Registration Required*

Stress and Acupuncture: A Perfect Match

Pomerado Outpatient Pavilion, Education Classroom
Monday, September 26 | 6 – 7:30 p.m.

Join **Ioanna Vouloumanou, LAc, DAOMc**, as she discusses how acupuncture and natural medicine reduce stress and can restore mental clarity, restful sleep and allow for peak performance in your life.

Cosmetic Acupuncture and Face Lift Massage

Pomerado Outpatient Pavilion, Education Classroom
Monday, December 5 | 6 – 7:30 p.m.

Ioanna Vouloumanou LAc, DAOMc, and **Michelle Thompson HHP, LMT**, will discuss acupuncture facial rejuvenation and facelift massage. Learn about natural and non-invasive options that slow the signs of aging in your face, can tune up your skin and bring back that youthful glow to your cheeks.

Introduction to Mindful Meditation (4-Week Series)

Pomerado Outpatient Pavilion, Education Classroom
Wednesdays, December 14, 21, 28 and January 4
5:15 – 6:15 p.m.

Join **Alan Larson, MD**, for an introduction into “Mindful Meditation” and learn how these relaxation techniques can assist you with stress reduction, pain management, reducing insomnia and improving overall health.

FEE: \$10/person (materials fee)

CPR

FEE: \$30 | *Registration Required*

CPR for Family & Friends (Non-Certified)

Palomar Health San Marcos, 2nd Floor Classroom
Saturday, September 24 | 9:30 a.m. – 12:30 p.m.

Pomerado Outpatient Pavilion, Education Classroom
Saturday, November 5 | 9:30 a.m. – 12:30 p.m.

This course teaches basic life-saving techniques and is recommended for anyone who may need to help others in distress but does not need certification. Perfect for new parents, grandparents and babysitters.

Visit PalomarHealth.org/Classes for a complete list of CPR class dates, times and locations.



Baby Care Basics

Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, September 14 | 6:30 – 9 p.m.

Pomerado Outpatient Pavilion, Education Classroom
Thursday, December 1 | 6:30 – 9 p.m.

Since babies don't come with instructions, this class will provide you with the guidance needed to experience a more confident beginning. Learn about newborn characteristics, emotional bonding and attachment, health and nutrition, sleep and awake patterns, common illnesses, swaddling, diapering, feeding and bathing your baby.

FEE: \$30 / mom or couple



Preparation for Childbirth (Weekend Series)

Pomerado Outpatient Pavilion, Education Classroom
**September 17 & 18, October 15 & 16, November 19 & 20
or December 17 & 18**

Saturday | 9 a.m. – 3:30 p.m.

Sunday | 10 a.m. – 3:30 p.m.

Our weekend class includes the same information covered in our five-week series, but takes only two days to complete. Early registration is recommended. Please note, a tour of the birth center is **not** included and must be registered for separately.

FEE: \$70 / mom or couple (includes childbirth manual)

Preparation for Childbirth (5-Week Series)

Pomerado Outpatient Pavilion, Education Classroom
Tuesdays, September 20 – October 18 | 6:30 – 9 p.m.

Wednesdays, November 2 – December 7 | 6:30 – 9 p.m.

Palomar Health San Marcos, 2nd Floor Classroom

Wednesdays, September 21 – October 19 | 6:30 – 9 p.m.

Wednesdays, November 9 – December 7 | 6:30 – 9 p.m.

Prepare for a safe and satisfying birth experience with this intimate and informative childbirth preparation class. Early registration is recommended. Please note, a tour of the birth center is **not** included and must be registered for separately.

FEE: \$70 / mom or couple (includes childbirth manual)

Childbirth Preparation in a Day

Palomar Health San Marcos, 2nd Floor Classroom

Saturday, October 22 or December 10 | 9 a.m. – 4 p.m.

This informative one-day class is fast-paced and designed for the busy couple. Lecture and video topics include signs and stages of labor, coping skills, hospital procedures, medication options, cesarean birth and postpartum.

FEE: \$55 / mom or couple (includes childbirth manual)

Successful Breastfeeding

Pomerado Outpatient Pavilion, Education Classroom
Thursday, October 27 | 6:30 – 9 p.m.

Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, December 21 | 6:30 – 9 p.m.

Breastfeeding is “nature’s way” to feed a baby, but it doesn’t always come naturally. Enhance your opportunity for a positive breastfeeding experience with this informative class led by a certified lactation consultant.

FEE: \$25 / mom or couple

 **Breastfeeding Support Groups are offered.**
See page 12 for details.

Relaxation for Labor

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, November 2 | 6:30 – 8:30 p.m.

Learn about breathing and relaxation techniques that will help relax and soothe the body during contractions. This class builds upon the techniques introduced in the Childbirth Preparation series.

FEE: \$10 / mom or couple

Cesarean Birth Lecture

Call for dates, times and locations.

Expectant parents who anticipate a Cesarean birth and choose not to enroll in a childbirth class may attend this one-hour lecture about Cesarean birth that is part of our regular childbirth series.

FEE: \$10 / mom or couple

Birth Center Tour

Call for dates, times and locations.

Expectant parents who would like to see what their delivery experience will be like can tour the birth center at Pomerado Hospital or Palomar Health Downtown Campus. Tours are not part of the regular childbirth classes.

FEE: FREE / mom or couple (no children please)



**DON'T FORGET
TO REGISTER**

 PalomarHealth.org/Classes

 **800.628.2880**

OASIS:

DISCOVER LIFE AFTER 50

FEE: \$5 | Registration Required

To Register call 760.796.6020

In partnership with OASIS, a national education organization dedicated to enriching the lives of mature adults, Palomar Health offers a wide variety of health classes.



Foot Care 101

**Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, September 28 | 10 – 11:30 a.m.**

From heel to toe, your feet bear tremendous pressures from daily living. They often carry the first signs of systemic diseases such as diabetes, arthritis, circulatory disorders and kidney problems. **Kyoung Han, DPM**, will discuss common foot problems, prevention techniques and treatment options.

Understanding Tinnitus

**Pomerado Outpatient Pavilion, Education Classroom
Tuesday, October 18 | 10 – 11:30 a.m.**

Tinnitus, a ringing or noise in the ears, is a common problem experienced by 1 in 5 people. Audiologist **David Illich, AuD**, will discuss symptoms, causes, risk factors, complications and treatment.

Effects of Aging on Voice and Swallowing

**Palomar Health San Marcos, 2nd Floor Classroom
Thursday, October 20 | 10 – 11:30 a.m.**

Though we often take for granted our ability to eat and speak, many people have difficulties with these tasks and experience pain and discomfort. Join Speech Pathologist **Jacqueline Larson**, as she discusses how the range of “normal” can change from age to age and the issues that may affect vocal quality and swallow function.

Varicose Vein Treatment

**Pomerado Outpatient Pavilion, Education Classroom
Tuesday, November 1
Lecture: 10 – 10:30 a.m. | Screening: 10:30 – 11:30 a.m.**

General Surgeon **Stefan Moldovan, MD**, will discuss diagnosis and effective treatment options for varicose veins. Plus, registrants will receive a free ultrasound screening of veins below the knees.

Caring for Your Kidneys

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, November 9 | 1 – 2:30 p.m.

Join **Janice Baker, RD, CDE**, as she reviews the most current recommendations to help reduce the risk of kidney disease or slow its progression.

Healthy Holiday Nutrition

Pomerado Outpatient Pavilion, Education Classroom
December 8 | 1 – 2:30 p.m.

Registered Dietitian/Nutritionist and Certified Diabetes Educator **Janice Baker** will discuss realistic strategies for maintaining healthy eating habits, weight management and fitness during the holiday season and beyond!

HOW TO REGISTER

To register for an OASIS class,
call **760.796.6020**

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PalomarHealth.org/Lifeline

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Coverage outside the home provided where AT&T wireless network coverage is available. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help.

SUPPORT GROUPS

Breastfeeding Support

Fridays | 1 – 2:30 p.m.
Pomerado Outpatient Pavilion
Education Classroom
Call 858.613.4053 for details.

Palomar Health Downtown Campus
Tuesdays | 2 – 3:30 p.m.
Important to call 760.739.2434
for details.

Center for Compassionate Care: Bereavement Support

Sponsored by The Elizabeth
Hospice. Call 800.797.2050 for
details.

Type 1 Diabetes Support Group

Wednesday, September 28
6 – 7:30 p.m.
Pomerado Outpatient Pavilion
Education Classroom

Head Injury, Trauma and Spinal Support System (HITSS)

Saturdays | 9 – 10:30 a.m.
Call 800.986.4487 for details.

Healthy Lifestyle Support

1st Thursday of each month
10 – 11 a.m.
Ramona Public Library
1275 Main Street, Ramona
Call 858.675.3179 for details.

Mended Hearts for Heart Disease Patients and Families

Meets monthly
Call 858.592.9069 for details.

Mothers of Twins & Triplets

Meets monthly
Call 858.722.7798 for details.

Speech Communication Support

Wednesdays | Noon - 1 p.m.
Palomar Health San Marcos
2nd Floor Classroom
Call 442.281.3230 for details.

Weight Loss Surgery Support

Meets monthly
Call 858.613.4022 for details.

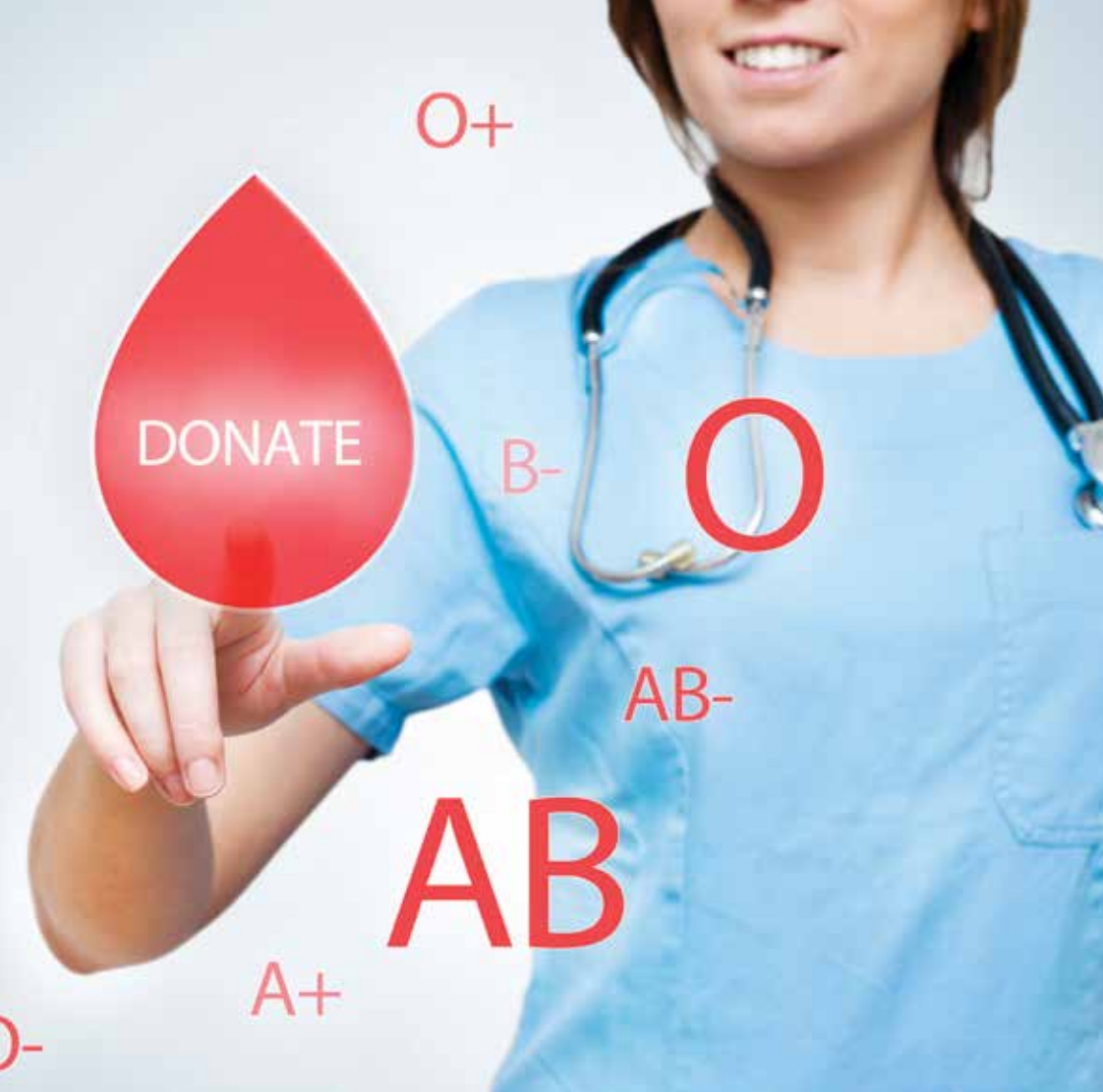
Weight Management Support

4th Tuesday of each month
6 – 7:30 p.m.
Pomerado Outpatient Pavilion
4th Floor Conference Room

Women's Cancer Support

1st and 3rd Wednesdays
10:30 a.m. – 12:30 p.m.
Pomerado Outpatient Pavilion
Education Classroom





Every Drop of Blood Counts

Help save lives by joining Palomar Health and San Diego Blood Bank to donate blood. Appointments are recommended, but walk-ins are welcome.

BLOOD DRIVE

Palomar Medical Center

Palomar Health San Marcos

October 26 | 10 a.m. – 3 p.m. November 1 | 10 a.m. – 3 p.m.

SCHEDULE AN APPOINTMENT

Visit www.sandiegobloodbank.org, click “Donate Blood,” select “Appointments” and provide TNPM as the sponsor code.

The views and opinions expressed throughout this publication are provided for informational purposes only and do not necessarily reflect those of Palomar Health. Featured articles and classes are not intended to substitute for professional medical advice, diagnosis or treatment, nor are they intended to reflect all possible opinions on a subject. We recommend that all patients seek the advice of their physician or other qualified health provider with any questions they may have regarding treatment options or a medical condition.

Palomar Health retains the right to cancel a community education class if minimum enrollment is not met. If you have a disability, please notify us 72 hours prior to the event so that we may provide reasonable accommodations. Off-site classes are also available for groups, businesses and other organizations that would like instruction on a particular health topic. Call 442.281.3270 for more information.

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SEPTEMBER – DECEMBER 2016

PalomarHealth.org/Classes