













MORE THAN
40
FREE
AND LOW-COST
CLASSES

**PALOMAR
HEALTH**

Prevention+Plus

JULY – SEPTEMBER 2017



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CLASS LOCATIONS

Palomar Medical Center Escondido
2185 Citracado Parkway
Escondido, CA 92029

Palomar Medical Center Poway
(formerly Pomerado Hospital)
15615 Pomerado Road
Poway, CA 92064

Pomerado Outpatient Pavilion
15611 Pomerado Road
Poway, CA 92064

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

Palomar HealthSource
125 Vallecitos de Oro
San Marcos, CA 92069

HOW TO REGISTER

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

GENERAL HEALTH

FEE: Free Unless Noted | Registration Required

Healthy Lifestyle Support

**Pomerado Outpatient Pavilion, Education Classroom
Thursday, July 13 or September 14 | 10 – 11 a.m.**

Get help making sense of diet and health recommendations. Join **Janice Baker, RD, CDE**, to discuss current nutrition updates and meal planning ideas to help manage diabetes, high blood pressure and heart disease.

Hearing Loss

**Palomar Medical Center Escondido
Raymond Family Conference Center
Wednesday, July 19 | 6 – 7:30 p.m.**

Hearing loss is the invisible disability affecting millions of people. Ear, Nose and Throat Specialist **Michael Morelock, MD**, will discuss the causes of hearing loss and tips on how to live with the effects.

Caring for Your Kidneys

**Pomerado Outpatient Pavilion, Education Classroom
Monday, August 7 | 10 a.m. – Noon
Wednesday, September 6 | 6 – 8 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.

Intestinal Problems and Gut Health

**Pomerado Outpatient Pavilion, Education Classroom
Wednesday, August 9 | 12 – 1:30 p.m.**

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



GENERAL HEALTH

FEE: Free Unless Noted | Registration Required

Advance Directives: Who Will Make Medical Decisions for You When You Can't?

Palomar Health San Marcos, 2nd Floor Classroom
Friday, August 11 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, September 12 | 10 – 11:30 a.m.

Palomar Health strongly supports your right to make decisions about your medical care. Learn the importance of Advance Directives, the document ensuring your healthcare providers know your medical care decisions if you are no longer able to make them for yourself.

Urology Basics: What You Need to Know

Palomar Medical Center Escondido
Raymond Family Conference Center
Tuesday, August 22 | 6 – 7:30 p.m.

Urological issues can affect men and women at any age and can range from incontinence to prostate cancer. Urologist **Paul Polishuk, MD**, will discuss the most common urologic conditions and what you can do to improve your health.

What To Expect When A Loved One Has Dementia

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, August 23 | 1 – 2:30 p.m.

Having a clear understanding of dementia and its many stages will make a significant difference when dealing with a loved one who exhibits symptoms. Join **Luanne Arangio-Law, RN, MEd**, as she presents the basic facts you should know.

Balance Basics

Palomar Health San Marcos, 2nd Floor Classroom
Friday, August 25 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, September 26 | 1 – 2:30 p.m.

Have you ever felt dizzy, lightheaded or as if the room was spinning? Balance problems are among the most common reasons older adults seek help from a doctor. Join Physical Therapists **Andrea McCuskey, PT, MS, OCS**, and **Gina Valdez, DPT, CEAS**, as they discuss the body's balance system, assessment of balance disorders and conditions that cause balance problems. All attendees will practice balance exercises and leave knowing fall prevention basics.

Update on Vitamins and Supplements

Pomerado Outpatient Pavilion, Education Classroom
Thursday, August 30 | 12 – 1:30 p.m.

There are vitamins and supplements for every age and stage of life. And with all the different brands and types like pills, powders, liquids and chewable, how do you know what's best for you? Bring your questions and supplements and join Gastroenterologist **Alan Larson, MD**, as he discusses the safety and benefits of all of this and more based on current research.

GENERAL HEALTH

FEE: Free Unless Noted | Registration Required

Understanding Skin Care

**Pomerado Outpatient Pavilion, Education Classroom
Monday, September 18 | 6 – 7:30 p.m.**

Your skin is your body's canvas! Join Dermatologist **Kate Ferris, MD**, as she shares healthy habits for good skin care and the benefits of non-invasive rejuvenating products and procedures.

Become a Palomar Health Volunteer

**Palomar Medical Center Poway, Conference Room C/D
Friday, September 29 | 10 – 11:30 a.m.**

Volunteering can make a real difference to your life and the lives of those around you. Join us for an informational session about the variety of opportunities that await you as a Palomar Health Volunteer!

**FEE: Free – Registration Required
Visit PalomarHealth.org/Classes or call 800.628.2880**

HOW TO REGISTER

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or call **800.628.2880**

PALOMAR HEALTH PRESENTS
An Evening with
MAYO CLINIC

Dine WITH THE **DOCS**

STROKE AWARENESS

**Thursday, August 10, 2017
6 – 8:30 p.m.**

Rancho Bernardo Inn | Bernardo Ballroom

Every 40 seconds someone has a stroke. Some are more serious than others and may even lead to serious, long-term disabilities. But almost 80% are preventable! Take control of your health and learn the ABCs of stroke awareness from leading Mayo Clinic and Palomar Health experts. From risk factors and warning signs to prevention and recovery, you will leave with the latest information to beat the odds and live your best life possible.

FEE: \$40/person*

*includes dinner, physician discussion and exhibits.

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

**PALOMAR
HEALTH**



HEART HEALTH

FEE: Free Unless Noted | *Registration Required*

Heart Valve Disease

Palomar Medical Center Escondido
Raymond Family Conference Center
Monday, July 31 | 6:30 – 8 p.m.

Heart valve disease occurs when one or more valves is not opening and closing properly with each heartbeat. Join Cardiologist **Hamed Bayat, MD**, to learn more about the diagnosis, symptoms, complications and treatments available to balance the blood flow to your heart.

Women and Heart Disease

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

Heart disease is the number one killer of both men and women. Join Cardiologist **Kandan Baban, MD**, as she discusses the unique signs, symptoms and risks of heart disease specific to women, as well as American Heart Association recommended guidelines for diet and exercise.

What is Coronary Artery Disease?

Palomar Medical Center Escondido
Raymond Family Conference Center
Monday, August 7 | 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.

Heart Disease In Simple Terms

Pomerado Outpatient Pavilion, Education Classroom
Monday, August 21 | 1 – 2:30 p.m.

The complexity of the heart can make it difficult to understand what happens when it doesn't function properly. **Luanne Arangio-Law, RN, MEd**, will discuss the anatomy and physiology of the heart in very basic terms along with risk factors, symptoms, diagnostics and treatment options for heart disease.

Afib and Stroke Prevention: The Role of the WATCHMAN™ Device

Palomar Medical Center Escondido
Raymond Family Conference Center
Wednesday, September 20 | 6 – 7:30 p.m.

If you have atrial fibrillation, your risk of a stroke may be higher due to your increased heart rate. But the WATCHMAN™, an FDA-approved implant, has proven to reduce those risks. Join Electrophysiologist **Navinder Sawhney, MD**, as he discusses this treatment option for stroke prevention.

What's New in Congestive Heart Failure

Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, September 6 | 1 – 2:30 p.m.

Congestive heart failure is a serious long-term condition, but you can live a full and enjoyable life with the right treatment and healthy lifestyle. Cardiologist **Robert Stein, MD**, will discuss the 2017 guideline-directed medications and therapies, the importance of following your doctor's recommendations and making the right adjustments to your diet, exercise and lifestyle.

 **"Mended Hearts for Heart Disease Patients and Families"**
Support Groups offered. See page 12 for details.

REGISTER
TODAY

 PalomarHealth.org/Classes

 800.628.2880

DIABETES HEALTH

FEE: Free Unless Noted | Registration Required

Diabetes and Nutrition

Pomerado Outpatient Pavilion, Education Classroom

Thursday, July 27 | 10 a.m. – Noon

Monday, July 31 or August 21 | 6 – 8 p.m.

Tuesday, August 22 or September 26 | 10 a.m. – Noon

Thursday, September 28 | 6 – 8 p.m.

Certified Diabetes Educator **Janice Baker, RD, CDE**, will discuss the latest on managing diabetes, reducing risks of diabetes-related complications and healthy food choices.

Type 1 Diabetes Support

Pomerado Outpatient Pavilion, Education Classroom

Wednesday, August 9 | 6 – 7:30 p.m.

Join Certified Diabetes Educator **Janice Baker, RD, CDE**, for group discussion, education and tips for living well with Type 1 diabetes. Family and friends are welcome.

BLOOD PRESSURE SCREENING

Check your blood pressure regularly

Fee: Free, no registration required

Palomar Medical Center Poway
Lobby
2nd Tuesday of each month
10 a.m. – Noon

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



Each year, the Centers for Disease Control (CDC) recommends a new flu vaccine to protect against the upcoming strains of influenza. Visit a Palomar Health Flu Shot Clinic and protect yourself this flu season.

FEE: \$20 (free for those in need)

Walk-ins welcome, ages 9 and up.

Medicare qualified with card.

Palomar Medical Center Poway – Lobby

Friday, September 15 | 4 – 6 p.m.

Monday, September 18 | 10 a.m. – Noon

Palomar Medical Center Escondido – Lobby

Saturday, September 23 | Noon – 2 p.m.

Friday, September 29 | 4 – 6 p.m.

Palomar Medical Center Downtown Escondido – Lobby

Tuesday, September 26 | 4 – 6 p.m.

Visit PalomarHealth.org/flu for a full listing of community flu shot clinics in North County.

WOMEN'S HEALTH

FEE: Free Unless Noted | Registration Required

Look Good, Feel Better

Pomerado Outpatient Pavilion, Education Classroom
Monday, July 24 or September 18 | 1 – 3 p.m.

This class is designed to help women enhance their appearance after cancer treatment. All cosmetics and skincare products are complimentary.

FEE: Free – registration required, call 800.227.2345

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

Pelvic Floor Disorders

Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, August 8 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom
Monday, September 25 | 5:30 – 6:30 p.m.

One out of every five Americans suffer from some type of pelvic floor dysfunction in their lifetime. And, it's not just women. Men can have pelvic floor dysfunction too. Join Doctor of Physical Therapy **Elizabeth McCarthy, PT, DPT**, and **Annique Melese, DPT, CSCS, OCS**, as they discuss how physical therapy exercises and biofeedback can retrain the muscles and enhance pelvic floor strength and awareness, giving you more muscle control and less pain.

Balancing Hormones Naturally

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, August 23 | 6 – 7:30 p.m.

Acupuncture and Chinese herbal medicine are extremely effective in helping to regulate peri- and post-menopausal hormone changes. **Dana Steindorf, LAc, MSTOM**, will discuss how to treat hot flashes, irregular cycle, sleep disturbance, mood changes and other signs and symptoms associated with hormonal changes.

INTEGRATIVE MEDICINE

FEE: Free Unless Noted | Registration Required

Stress and Its Effect on the Mind, Body and Spirit

Pomerado Outpatient Pavilion, Education Classroom
Monday, August 14 | 1 – 2:30 p.m.

Join **Luanne Arangio-Law, RN, MEd**, for a closer look at how stress affects the mind, body and spirit. Topics will include acceptance, mindfulness, positive coping mechanisms, relaxation techniques, physical signs and symptoms, forming new habits and necessary lifestyle changes.

Aromatherapy and Essential Oils for Health and Wellness

Pomerado Outpatient Pavilion, Education Classroom
Thursday, August 29 | 6 – 7:30 p.m.

Use of aromatherapy and essential oils may improve your mood and treat pain, nausea and anxiety. Join **Matt Alavi, LAc, Dipl OM**, as he highlights the practice of using essential oils to enhance psychological and physical well-being.

HOW TO REGISTER

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

WEIGHT LOSS & NUTRITION

FEE: Free Unless Noted | *Registration Required*

Advances in Weight Loss and Metabolic Surgery

Palomar Medical Center Poway, Conference Room C/D
Charles D. Callery, MD, FACS

Tuesday, July 11, August 8 or September 12 | 3 – 5 p.m.

Thursday, July 27, August 24 or September 28 | 3 – 5 p.m.

***Spanish:* Thursday, July 20, August 17 or September 21 | 3 – 5 p.m.**

Palomar Medical Center Downtown Escondido, Graybill Auditorium
Ramin Sorkhi, MD

Wednesday, August 16 | 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** and **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.

Food As Medicine: Healthy Cooking Classes Cancer Edition

Palomar Medical Center Poway, Café Conference Room
Thursday, July 20 | 3 – 4 p.m.

Palomar Medical Center Escondido, Café Conference Room
Friday, July 21 | 2 – 3 p.m.

Join Palomar Health physicians and dietitians as they teach healthy cooking techniques that will benefit those living or supporting a loved one with cancer. Even if you just want to eat better, you'll leave with tips, a recipe and shopping list for healthier meal prep.

Understanding Food Labels

Palomar Health San Marcos, 2nd Floor Classroom
Monday, July 24 | 11 a.m. – 12:30 p.m.

Pomerado Outpatient Pavilion, Education Classroom
Thursday, August 17 | 6 – 7:30 p.m.

Registered Dietician **Janice Baker, RD, CDE**, will help you decipher the numbers, claims and nutrition facts that are often a source of food shopping confusion.

No Nonsense Weight Management

Pomerado Outpatient Pavilion, Education Classroom

Wednesday, August 2 | 6 – 8 p.m.

Wednesday, September 27 | 6 – 8 p.m.

It's not uncommon to see a few extra pounds creep on your scale. Join **Janice Baker, RD, CDE**, as she discusses the physiological changes that occur and strategies to boost metabolism and drop the pounds.

Eating Disorders = Disordered Eating

Pomerado Outpatient Pavilion, Education Classroom

Tuesday, August 22 | 6 – 8 p.m.

Eating disorders are serious and put those who suffer at risk for life-threatening medical and psychological complications. Registered Dietician **Janice Baker, RD, CDE**, will discuss important facts, risk factors, treatment options and nutrition needs for recovery.

Childbirth Preparation in a Day

Palomar Health San Marcos, 2nd Floor Classroom
Saturday, August 5 or September 9 | 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 health. Early registration recommended as class size is limited. Please note a tour of the birth center is **not** included and must be registered for separately. See Birth Center Tour on next page.

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



Relaxation for Labor

Pomerado Outpatient Pavilion, Education Classroom
Monday, July 10 | 6:30 – 8:30 p.m.

Learn breathing and relaxation techniques to help you and your partner focus your energy to manage pain and relax your body during contractions.

FEE: \$10 / mom or couple

Preparation for Childbirth (3-Week Series)

Pomerado Outpatient Pavilion, Education Classroom
Tuesdays, July 18 – August 1 | 6:30 – 9 p.m.
Tuesdays, September 5 – September 19 | 6:30 – 9 p.m.

During this three week series, learn how to prepare for a safe and satisfying birth experience in this intimate and informative preparation class. Topics include labor and delivery, hospital procedures, Cesarean birth, postpartum health and introduction to comfort techniques. Early registration recommended as class size is limited. Please note a tour of the birth center is **not** included and must be registered for separately. See Birth Center Tour on next page.

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

Preparation for Childbirth in a Weekend

Pomerado Outpatient Pavilion, Education Classroom
July 22 & 23; August 19 & 20; September 23 & 24
Saturday | 9 a.m. – 3:30 p.m.
Sunday | 10 a.m. – 3:30 p.m.

In a weekend, learn how to prepare for a safe and satisfying birth experience in this intimate and informative preparation class. Topics include labor and delivery, hospital procedures, Cesarean birth, introduction to comfort techniques, postpartum health and infant feeding. Early registration recommended as class size is limited. Please note a tour of the birth center is **not** included and must be registered for separately. See Birth Center Tour on next page.

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

Successful Breastfeeding

Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, July 26 or September 13 | 6 – 9 p.m.

Pomerado Outpatient Pavilion, Education Classroom
Thursday, August 24 | 6 – 9 p.m.

Breastfeeding is nature's way to feed a baby and this class is designed to enhance your experience. A certified lactation consultant will cover nursing positions and techniques, nutrition, nipple care, breast pumps, storage of breast milk and returning to work.

FEE: \$25 / mom or couple

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

Preparation for Childbirth (5-Week Series)

Palomar Health San Marcos, 2nd Floor Classroom
Wednesdays, August 2 – August 30 | 6:30 – 9 p.m.
Wednesdays, September 20 – October 18 | 6:30 – 9 p.m.

During this five week series, learn how to prepare for a safe and satisfying birth experience in this intimate and informative preparation class. Topics covered are labor and delivery, hospital procedures, Cesarean birth, introduction to comfort techniques, postpartum health and infant feeding. Early registration recommended as class size is limited. Please note a tour of the Birth Center is **not** included and must be registered for separately. See Birth Center tour on this page.

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

Cesarean Birth Lecture

Call for dates, times and locations.

One-hour lecture for expectant parents who anticipate a Cesarean birth.

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 a Palomar Health Birth Center. **Registration recommended during fourth month of pregnancy.** Tours are **not** part of the Preparation for Childbirth classes.

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



DON'T FORGET
TO REGISTER

 [PalomarHealth.org/Classes](https://www.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.

OASIS Class Locations

- Escondido Senior Center
210 Park Avenue
Escondido, CA 92025
- Palomar Health San Marcos
120 Craven Road
San Marcos, CA 92078

ABCs of Lungs and Breathing

Escondido Senior Center
Thursday, July 20 | 1 – 2:30 p.m.

Join **Luanne Arangio-Law, RN, MEd**, for a discussion on lung anatomy, common diseases, respiratory emergencies and treatments.

Understanding Tinnitus

Escondido Senior Center
Tuesday, July 25 | 1 – 2 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.

Effects of Aging on Your Voice and Swallowing

Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, August 1 | 10 – 11:30 a.m.

Do you experience pain and discomfort when eating, speaking or swallowing? Speech Pathologist **Jacque Larson** will discuss how the range of “normal” can change from age to age and the issues that may affect vocal quality and swallow function.

Growing Older Gracefully Even with Chronic Illness

Palomar Health San Marcos, 2nd Floor Classroom
Thursday, August 24 | 2 – 3:30 p.m.

Aging gracefully isn't always easy but you can take charge! Join Cardiologist **Robert Stein, MD**, as he discusses the book “*The Gift of Years. Growing Older Gracefully*” so you can cherish aging as a natural part of an active life. You will learn how to accept and celebrate the aging process, from challenges and struggles to purpose and surprises.



HOW TO REGISTER

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



CPR

FEE: \$30 | Registration Required

CPR for Family & Friends (Non-Certified)

Palomar HealthSource

Saturday, August 5 | 9:30 a.m. – 12:30 p.m.

Pomeroado Outpatient Pavilion, Education Classroom

Saturday, September 9 | 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, pool owners and babysitters.

FEE: \$30 / Registration Required

Visit PalomarHealth.org/Classes or call 800.628.2880 for a complete list of CPR class dates, times and locations.

American Heart Association (AHA) Basic/Advanced Life Support and Heartsaver First Aid Courses are sponsored by the Palomar Health Training Center. The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.

Prepared and Confident

More than 7 million people have counted on Philips Lifeline to feel safe at home and on the go



There's a Lifeline solution for you.

Lifeline offers a range of choices to help you maintain your independence. Whether you need the go-anywhere protection of **GoSafe**, the automatic fall detection of **AutoAlert**, or the peace of mind offered by **HomeSafe**, we have you covered.

Call today!

Palomar Health Lifeline

888-704-2774

PalomarHealth.org/Lifeline

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.

**PALOMAR
HEALTH**

**PHILIPS
Lifeline**

SUPPORT GROUPS

Breastfeeding Support

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

Mondays | 2 – 4 p.m.
Palomar Medical Center Escondido
2nd Floor Resource Center
Call 442.281.3089 for details.

Center for Compassionate Care: Bereavement Support

Sponsored by The Elizabeth
Hospice. Call 800.797.2050 for
details.

Head Injury, Trauma and Spinal Support System (HITSS)

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

Women's Cancer Support

1st and 3rd Wednesdays
10:30 a.m. – 12:30 p.m.
Pomerado Outpatient Pavilion
Education Classroom
Call 800.227.2345 for details.

***Look Good, Feel Better class also
available. See page 6.**





Minor Injuries &
Common Illnesses



Skin
Conditions



Preventative
Medicine



Screenings



Vaccinations



Cosmetic
Services



Other
Services



ALBERTSONS/SAV-ON PHARMACY

Escondido

1509 East Valley Parkway
Escondido, CA 92027

San Elijo Hills

1571 San Elijo Road South
San Marcos, CA 92078

To learn more, visit PalomarHealth.org/Expresscare

OPEN 7 DAYS A WEEK

Monday – Friday
9 a.m. – 8:30 p.m.

Saturday
9 a.m. – 4:30 p.m.

Sunday
10 a.m. – 5:30 p.m.

No appointment needed.
No insurance required.

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.

MORE THAN

40

FREE

AND LOW-COST
CLASSES

CONNECT WITH US



**PALOMAR
HEALTH**

120 CRAVEN ROAD
SAN MARCOS, CA 92078

PRSR STD
U.S. POSTAGE
PAID
SAN DIEGO, CA
PERMIT NO.
2838

Prevention+Plus

JULY – SEPTEMBER 2017

PalomarHealth.org/Classes