AN EVENING WITH MAYO CLINIC: HEART HEALTH
SEE PAGE 4 FOR DETAILS.
# CLASS LOCATIONS

<table>
<thead>
<tr>
<th>Location</th>
<th>Address 1</th>
<th>Address 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Palomar Medical Center Escondido</td>
<td>2185 Citracado Parkway</td>
<td>Escondido, CA 92029</td>
</tr>
<tr>
<td>Palomar Medical Center Poway (formerly Pomerado Hospital)</td>
<td>15615 Pomerado Road</td>
<td>Poway, CA 92064</td>
</tr>
<tr>
<td>Pomerado Outpatient Pavilion</td>
<td>15611 Pomerado Road</td>
<td>Poway, CA 92064</td>
</tr>
<tr>
<td>Palomar Health San Marcos</td>
<td>120 Craven Road</td>
<td>San Marcos, CA 92078</td>
</tr>
</tbody>
</table>

# HOW TO REGISTER

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

## CLASS LOCATIONS

<table>
<thead>
<tr>
<th>Category</th>
<th>Week(s)</th>
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</thead>
<tbody>
<tr>
<td>General Health</td>
<td>1-3</td>
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<tr>
<td>Bone &amp; Joint Health</td>
<td>3</td>
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<tr>
<td>Heart Health</td>
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<tr>
<td>Diabetes Health</td>
<td>5</td>
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<tr>
<td>Brain Health</td>
<td>6</td>
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<tr>
<td>Women’s Health</td>
<td>6</td>
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<tr>
<td>Weight Loss &amp; Nutrition</td>
<td>7</td>
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<tr>
<td>BabySource</td>
<td>8-9</td>
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<tr>
<td>Integrative Medicine</td>
<td>10</td>
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<td>CPR</td>
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<tr>
<td>OASIS for Ages 50+</td>
<td>12</td>
</tr>
<tr>
<td>Support Groups</td>
<td>13</td>
</tr>
</tbody>
</table>
Balance Basics
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, April 18 | 1:30 – 3 p.m.
Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, June 19 | 10 – 11:30 a.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 balance system, balance disorders and conditions that cause balance problems. Learn fall prevention basics and practice balance exercises.

How to Love Your Liver
Pomerado Outpatient Pavilion, Education Classroom
Monday, May 7 | 6 – 7:30 p.m.
Palomar Health San Marcos, 2nd Floor Classroom
Monday, May 21 | 10 – 11:30 a.m.
Fatty liver disease, hepatitis and cirrhosis are becoming more widespread. Join Janice Baker, RD, CDE, for a review of liver conditions, treatments as well as nutrition and lifestyle choices that can help keep your liver happy.

Understanding Tinnitus
Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, May 8 | 1 – 2:30 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.

How Baby Boomers Can Avoid Injury While Staying Fit
Palomar Medical Center Escondido
Raymond Family Conference Center
Wednesday, May 16 | 6 – 7:30 p.m.
Whether it’s a New Year’s resolution or a physician’s recommendation, the decision to start exercising may benefit your mind and body. Unfortunately for some, starting an exercise regimen can sometimes lead to injury. Join Jim Marte, PA-C, and learn how you can keep yourself safe while meeting your fitness goals for 2018!

Rehabilitation Options for People with Parkinson’s Disease
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, May 16 | 1:30 – 3 p.m.
Palomar Health San Marcos, 2nd Floor Classroom
Thursday, June 14 | 10 – 11:30 a.m.
Are you or someone you love living with Parkinson’s disease and hoping to regain mobility and speech? You are not alone! Join LVST Certified Therapists for an educational session on well-researched techniques that are sure to inspire and improve your well-being.

Healthy Lifestyle Support
Pomerado Outpatient Pavilion, Education Classroom
Thursday, May 17 and June 21 | 10 – 11 a.m.
Need help making sense of diet and health recommendations? Join Janice Baker, RD, CDE, to discuss current nutrition updates and meal planning ideas as well as ways to help manage diabetes, high blood pressure and heart disease.
How to Prepare for an Active Shooter Incident
Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, May 22 | 6 – 7:30 p.m.
Bret Bandick, Palomar Health Security (District Manager), will describe what to do if you find yourself in an active shooting incident. He will be presenting a program taught nationwide called ALICE.

Caring For Your Kidneys
Palomar Health San Marcos, 2nd Floor Classroom
Thursday, May 24 | 10 – 11:30 a.m.
Pomerado Outpatient Pavilion, Education Classroom
Thursday, May 24 | 6 – 7:30 p.m.
Janice Baker, RD, CDE, will review the most current recommendations to help reduce the risk of kidney disease or slow its progression.

Hearing Screenings
Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, June 5 | 10 a.m. – 2 p.m.
Hearing loss is truly the invisible disability which affects millions of people. Audiologist David Illich, AuD, will provide free hearing screenings to accurately measure if you are experiencing hearing loss.

What to Expect When A Loved One Has Dementia
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, June 13 | 1 – 2:30 p.m.
Join Luanne Arangio-Law, RN, MEd, as she discusses basic information and the many stages of dementia. This knowledge may assist you when dealing with a loved one who shows symptoms.

It’s About You: Who Will Make Your Medical Decisions When You Can’t
Pomerado Outpatient Pavilion, Education Classroom
Monday, June 18 | 1 – 2:30 p.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 yourself.

The Last Breath
Pomerado Outpatient Pavilion, Education Classroom
Tuesday, June 12 | 1 – 2:30 p.m.
Join Luanne Arangio-Law, RN, MEd, as she explores the last moments of life. Topics will include the effect on families, strategies to provide comfort, community resources such as palliative care and hospice, and how to prepare for the moments before, during and after the last breath. Historical, cultural and religious beliefs as well as philosophical concepts will also be discussed.

Lymphedema 101
Palomar Health San Marcos, 2nd Floor Classroom
Friday, June 15 | 11 a.m. – 12:30 p.m.
Lymphedema is a common condition that causes fluid build-up and swelling of a body part. Many people think they have to suffer with the side effects, but there are treatments available for this often painful condition. Join Palomar Health Occupational Therapists to learn more about this disorder and management of its symptoms.
Varicose Vein Treatment
Palomar Medical Center Escondido
Raymond Family Conference Center
Wednesday, June 20 | 6 – 7:30 p.m.
General Surgeon Stefan Moldovan, MD, will discuss diagnosis and effective treatment options for varicose veins.

Grandparenting Today
Palomar Health San Marcos, 2nd Floor Classroom
Saturday, June 30 | 10 a.m. – 12:30 p.m.
Are you a new grandparent and would like to learn what’s new in baby care? This class will help you navigate the changes of caring for your grandchildren and support the new parents. Learn the importance of breastfeeding, baby sleep safety, swaddling, comforting techniques, Sudden Infant Death syndrome and car seat safety.
FEE: $30 / couple

Panic Attacks
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, June 27 | 2 – 3:30 p.m.
Did you know that approximately 28% of the US population will experience at least one panic attack in their lifetime? Michelle Hemmings, PsyD, will discuss what panic attacks are, common triggers and the best way to prevent and treat an attack.

Growing Older Gracefully Even with Chronic Illness
Palomar Health San Marcos, 2nd Floor Classroom
Thursday, June 28 | 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. Join Cardiologist Robert Stein, MD, as he discusses the book, “The Gift of Years. Growing Older Gracefully” by Joan Chittister. Learn to overcome your fears of getting older and find beauty in aging well.

Beat Back Pain
Palomar Medical Center Escondido
Raymond Family Conference Room
Monday, May 7 | 6 – 7:30 p.m.
Battling back pain? Join Neurosurgeon Mark Stern, MD, for a discussion on causes, diagnosis and advanced treatment options for back and neck pain relief.

Free Your Knees
Palomar Medical Center Poway, Conference Room C/D
Wednesday, May 9 | 6 – 7:30 p.m.
Suffer from knee pain that makes it difficult to perform simple activities? Orthopedic Surgeon Philip Balikian, MD, will discuss the latest advances in treatment, including minimally invasive total knee and partial knee replacement.

Focus on Your Feet and Ankles
Palomar Medical Center Poway, Conference Room C/D
Tuesday, June 5 | 6 – 7:30 p.m.
Need relief from heel pain, or suffer from ankle arthritis? Orthopedic Surgeon Cyrus Taghavi, MD, will help you understand your foot or ankle condition and teach you about new treatments to keep you moving.

Why Does My Hand Hurt?
Palomar Medical Center Poway, Conference Room C/D
Call for Date | 6 – 7:30 p.m.
Do you suffer from hand problems such as carpal tunnel, arthritis, tendonitis or another severe condition? Join Hand Surgeon Arush Patel, MD, as he presents advanced treatments and therapy options to help you take hold of your condition.
HEART HEALTH
HEART HEALTH
HEART HEALTH

Eating for a Healthy Heart
Pomerado Outpatient Pavilion, Education Classroom
Thursday, May 10 | 10 – 11:30 a.m.
Join Janice Baker, RD, CDE, as she discusses maintaining a healthy heart through cardiac-friendly nutrition.

Heart Failure 2018: 10 Lifesaving Treatments
Palomar Health San Marcos, 2nd Floor Classroom
Thursday, May 10 | 10 – 11:30 a.m.
Heart failure is a serious long-term condition, but you can live a full and enjoyable life with the right treatment and active attention to your lifestyle. Cardiologist Robert Stein, MD, will discuss all aspects of heart failure including the most up-to-date studies and guidelines plus 10 current lifesaving therapies.

Atrial Fibrillation Management and Stroke Prevention Strategies
Palomar Medical Center Escondido
Raymond Family Conference Center
Thursday, May 24 | 6 – 7:30 p.m.
Atrial fibrillation is an irregular and often rapid heart rate that can increase your risk of stroke, heart failure and other heart-related complications. Join Electrophysiologist Navinder Sawhney, MD, as he discusses ways to manage AFib and help prevent a stroke.
Living Healthy After a Cardiac Event
Palomar Health San Marcos, 2nd Floor Classroom
Thursday, May 31 | 10 – 11:30 a.m.
If you or a loved one has had a cardiac event, join Cardiologist Robert Stein, MD, as he discusses lifestyle changes, medications and therapies that will enable you to return to a full and active life.

Heart Valve Disease
Palomar Medical Center Escondido
Raymond Family Conference Center
Thursday, June 21 | 6 – 7:30 p.m.
Heart valve disease occurs when one or more valves is not opening and closing properly with each heartbeat. Join Cardiologist Mikhail Malek, MD, to learn more about the diagnosis, symptoms, complications and treatments available to balance the blood flow to your heart.

Cardiac Arrhythmias and Pacemakers
Palomar Medical Center Escondido
Raymond Family Conference Center
Thursday, June 28 | 6 – 7:30 p.m.
Cardiac arrhythmias occur when the electrical impulses that coordinate your heartbeats don’t work properly, causing your heart to beat too fast, too slow or irregularly. Cardiologist Mikhail Malek, MD, will discuss diagnosis, symptoms, treatment options as well as the use of pacemakers to help control your heartbeat.

Diabetes and Nutrition
Palomar Health San Marcos, 2nd Floor Classroom
Monday, April 30 | 10 – 11:30 a.m.
Tuesday, May 22 | 10 – 11:30 a.m.
Pomerado Outpatient Pavilion, Education Classroom
Monday, April 30 | 6 – 7:30 p.m.
Tuesday, May 22 | 6 – 7:30 p.m.
Janice Baker, RD, CDE, will discuss the latest on managing diabetes, reducing risks of diabetes related complications and healthy food choices.

Prediabetes
Palomar Health San Marcos, 2nd Floor Classroom
Monday, May 14 | 10 – 11:30 a.m.
Pomerado Outpatient Pavilion, Education Classroom
Monday, May 14 | 6 – 7:30 p.m.
Prediabetes, or elevated blood sugar, puts you at higher-than-normal risk of developing type 2 diabetes, heart disease, and stroke. Learn the facts about prediabetes and lifestyle changes that may help reduce your diabetes risks.

Type 1 Diabetes Support
Pomerado Outpatient Pavilion, Education Classroom
Thursday, May 3 | 6 – 7:30 p.m.
Join Janice Baker, RD, CDE for group discussion, education and tips for living well with Type 1 diabetes. Family and friends are welcome.

DIABETES HEALTH
FEE: Free Unless Noted | Registration Required

REGISTER TODAY
PalomarHealth.org/Classes
800.628.2880
BRAIN HEALTH
FEE: Free Unless Noted | Registration Required

Stroke Prevention
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, May 9 | 1 – 2:30 p.m.
Luanne Arangio-Law, RN, MEd, will present information on stroke in basic terms everyone can understand. Topics include the anatomy and physiology of the brain, types of strokes, signs and symptoms, diagnostic tests and treatment options, lifestyle changes and what to do in an emergency.

Atrial Fibrillation Management and Stroke Prevention Strategies
Palomar Medical Center Escondido
Raymond Family Conference Center
Thursday, May 24 | 6 – 7:30 p.m.
Atrial fibrillation is an irregular and often rapid heart rate that can increase your risk of stroke, heart failure and other heart-related complications. Electrophysiologist Navinder Sawhney, MD, will discuss ways to manage AFib and help prevent a stroke.

Stroke Awareness
Palomar Medical Center Escondido
Raymond Family Conference Center
Wednesday, May 30 | 6 – 7:30 p.m.
Stroke is the leading cause of serious, long-term disability in the United States. Join Neurologist Remia Paduga, MD, as she discusses risks factors, warning signs and preventative measures.

WOMEN’S HEALTH
FEE: Free Unless Noted | Registration Required

Look Good, Feel Better
Pomerado Outpatient Pavilion, Education Classroom
Monday, May 14 | 1 – 3 p.m.
This class is designed to help women cope with the appearance-related effects of cancer treatment at any state. All cosmetics and skin-care products are complimentary.
FEE: Free – registration required, call 800.227.2345
Women’s Cancer Support Groups are available. See page 13 for details.

Natural Hormone Balancing through Menopause
Pomerado Outpatient Pavilion, Education Classroom
Thursday, May 31 | 6 – 7:30 p.m.
Acupuncture and Chinese herbal medicine may help in regulating pre- and post-menopausal hormone changes. Join Ioanna Vouloumanou DAOM, LAc, as she discusses how to treat hot flashes, irregular cycle, sleep disturbance, mood swings and other changes associated with hormones.

Pelvic Floor Disorders, Incontinence and Physical Therapy
Palomar Medical Center Escondido
Raymond Family Conference Center
Tuesday, June 5 | 6 – 7:30 p.m.
Join Urogynecologist Brano Cizmar, MD, and Doctor of Physical Therapy Annique Melese, DPT, CSCS, OCS as they discuss symptoms and treatment options ranging from exercise, physical therapy, pessary treatment and surgery.
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, April 10, May 8 or June 12 | 3 – 5 p.m.
Thursday, April 26, May 24 or June 28 | 3 – 5 p.m.
Spanish: Thursday, April 19, May 17, or June 21 | 3 – 5 p.m.
Palomar Medical Center Downtown Escondido
Graybill Auditorium
Ramin Sorkhi, MD
Wednesday, April 18 or June 20 | 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 available. See page 13 for details.

No Nonsense Weight Management (2-Week Series)
Palomar Health San Marcos, 2nd Floor Classroom
Tuesdays, May 8 and 15 | 10 – 11:30 a.m.
Mondays, June 11 and 18 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom
Tuesdays, May 8 and 15 | 6 – 7:30 p.m.
Mondays, June 4 and 11 | 6 – 7:30 p.m.

It’s not uncommon to see a few extra pounds 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.

Nutrition for Healthy Lungs
Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, May 9 | 10 – 11:30 a.m.
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, May 9 | 6 – 7:30 p.m.
Those with chronic obstructive pulmonary disease (COPD) require a diet full of healthy foods to give their body the energy it needs to breathe and keep their muscles strong. Janice Baker, RD, CDE, will discuss how proper nutrition may assist with maintaining a healthy weight and strengthening your immune system to fight off infections.

Eating for a Healthy Heart
Pomerado Outpatient Pavilion, Education Classroom
Thursday, May 10 | 10 – 11:30 a.m.
Join Janice Baker, RD, CDE, as she discusses maintaining a healthy heart through cardiac-friendly nutrition.

Cooking Classes: Food as Medicine
Visit palomarhealth.org or call for dates, times and locations.
Join Palomar Health Hospitalist and Integrative Medicine Physician Sabiha Pasha, MD, and Registered Dietitian Kathryn Vasaeli, RDN, as they share nutritious cooking techniques to help you achieve optimal health.

May – Diabetes
June – Healthy Lifestyles

HOW TO REGISTER
To register for a class, visit PalomarHealth.org/Classes or call 800.628.2880
CHILDBIRTH PREPARATION
FEE: $70 (includes childbirth manual)

Prepare for a safe and satisfying birth experience with these intimate and informative childbirth preparation classes. Lecture and video topics include signs and stages of labor, coping skills, hospital procedures, medication options, cesarean birth and postpartum. 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. Select one of the classes below.

Childbirth Preparation in a Day
Palomar Health San Marcos, 2nd Floor Classroom
Saturday, April 21, May 19 or June 16 | 9 a.m. – 4 p.m.

Preparation for Childbirth (3-Week Series)
Pomerado Outpatient Pavilion, Education Classroom
Tuesdays, April 17 – May 1 | 6:30 – 9 p.m.
Wednesdays, May 23 – June 6 | 6:30 – 9 p.m.

Preparation for Childbirth (5-Week Series)
Palomar Health San Marcos, 2nd Floor Classroom
Wednesdays, May 30 – June 27 | 6:30 – 9 p.m.

Preparation for Childbirth (In a Weekend)
Pomerado Outpatient Pavilion, Education Classroom
April 14 & 15, May 19 & 20 or June 9 & 10
Saturday | 9 a.m. – 3:30 p.m.
Sunday | 10 a.m. – 3:30 p.m.

BABYSOURCE
FEE: Varies | Registration Required

Birth Center Tour
Visit Palomarhealth.org/Classes or call 800.628.2880. Expectant parents who would like to see what their delivery experience will be like may tour a Palomar Health Birth Center. Registration recommended during fourth month of pregnancy. Tours are not part of the regular childbirth classes.

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

Pregnancy and Nutrition
Pomerado Outpatient Pavilion, Education Classroom
Monday, June 25 | 6 – 7:30 p.m.
Healthy nutrition is especially important during the entire timeline of pregnancy, including preconception, during pregnancy, and after delivery for healthy years beyond childbearing. Janice Baker, RD, CDE, will review gestational diabetes, healthy weight gain and nutrition needs during and beyond pregnancy.
Baby Care Basics
Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, May 9 | 6 – 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.
FEE: $30 / mom or couple

Successful Breastfeeding
Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, May 16 | 6 – 9 p.m.
Breastfeeding is nature’s way of feeding a baby and this class is designed to enhance your breastfeeding experience. A certified lactation educator will cover nursing positions and techniques, nutrition, nipple care, breast pumps, storage of breast milk and returning to work.
FEE: $30 / mom or couple

Breastfeeding Support Groups are available. See page 13 for details.

Relaxation for Labor
Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, May 23 | 6:30 – 8:30 p.m.
Breathing and relaxation techniques help relax the body during contractions. This class builds upon the techniques introduced in the Preparation for Childbirth classes.
FEE: $20 / mom or couple

Baby Care Basics for Grandparents
Palomar Health San Marcos, 2nd Floor Classroom
Saturday, June 30 | 10 a.m. – 12:30 p.m.
Are you a new grandparent and would like to learn what’s new in baby care? This class will help you navigate the changes of caring for your grandchildren and support the new parents. Learn the importance of breastfeeding, baby sleep safety, swaddling, comforting techniques, Sudden Infant Death syndrome and car seat safety.
FEE: $30 / couple

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

DON'T FORGET TO REGISTER
PalomarHealth.org/Classes
800.628.2880
Stress and Its Effect on the Mind, Body and Spirit
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, April 25 | 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.

Healthy Gut, Healthy Body, Healthy Mind
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, May 2 | 6 – 7:30 p.m.
Join Dana Steindorf, LAc, MSTOM, as she discusses the importance of digestion and the health of the GI system in relation to proper detoxification, immune health, hormone balance and mood regulation. Learn how to heal the gut and achieve better health.

Natural Hormone Balancing through Menopause
Pomerado Outpatient Pavilion, Education Classroom
Thursday, May 31 | 6 – 7:30 p.m.
Acupuncture and Chinese herbal medicine may help in regulating pre- and post-menopausal hormone changes. Join Ioanna Vouloumanou, LAc, DAOM, as she discusses how to treat hot flashes, irregular cycle, sleep disturbance, mood swings and other changes associated with hormones.

What Do YOU Want to Know About Acupuncture and Functional Medicine
Pomerado Outpatient Pavilion, Education Classroom
Tuesday, June 19 | 6 – 7:30 p.m.
Do you have questions about acupuncture and functional medicine? Bring your questions and join Matt Alavi, LAc, Dipl OM, Ioanna Vouloumanou, LAc, DAOM, and Dana Steindorf, LAc, MSTOM, for a “Question and Answer” discussion on topics ranging from infertility, gut health and natural pain relief.

Secrets to Happiness (2-Part Series)
Pomerado Outpatient Pavilion, Education Classroom
Wednesdays, June 13 and 20 | 4 – 5:30 p.m.
Everyone wants to be happy, but we are frequently overwhelmed by everyday stresses, fatigue and illness. Join Alan Larson, MD, as he shares scientific “secrets” to happiness and how you can get your smile back in this fun experimental workshop.
Performing CPR in the first few minutes of cardiac arrest can double or triple a person’s chance of survival. Around 80 percent of out-of-hospital cardiac arrests happen at home.

**Family and Friends (Non-Certified)**
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 / person (book included)

**Heartsaver CPR and AED (Certified)**
This course teaches adult CPR skills and AED use, as well as how to relieve choking in an adult. Infant and child modules are included. This course is designed for teachers, daycare providers and dental assistants. Course card is issued after successful completion.

**FEE:** $45 / person (book included)

**Heartsaver First Aid (Certified)**
This course teaches critical skills to respond to and manage an emergency in the first few minutes until Emergency Medical Services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course is designed for teachers and assistants and daycare providers. Course card is issued after successful completion.

**FEE:** $45 / person (book included)

**BLS for Healthcare Providers (Certified)**
This course teaches both single-rescuer and team basic life support skills, including use of an AED, ambu bag, mouth-to-mask ventilations and high quality chest compressions including: adult, child and infant rescue techniques. This course is for EMS responders, doctors, nursing staff and dental hygienists. Course card is issued after successful completion.

**FEE:** $45 / person (book included)

**Advanced Life Support Courses (Certified)**
These advanced courses are provided monthly for ACLS, PALS and NRP. Please call 858.613.4444 for more information and to register.
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 Location**

<table>
<thead>
<tr>
<th>Class Location</th>
<th>Date and Time</th>
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<tbody>
<tr>
<td><strong>Nutrition for GI Health</strong></td>
<td><strong>Escondido Senior Center</strong></td>
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<tr>
<td>**Wednesday, April 4</td>
<td>10 – 11:30 a.m.**</td>
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<tr>
<td><strong>Free Blood Pressure Screening</strong></td>
<td><strong>Escondido Senior Center</strong></td>
</tr>
<tr>
<td>**Monday, April 23 and June 25</td>
<td>9 – 11 a.m.**</td>
</tr>
<tr>
<td><strong>Caring for Your Kidneys</strong></td>
<td><strong>Escondido Senior Center</strong></td>
</tr>
<tr>
<td>**Wednesday, May 16</td>
<td>10 – 11:30 a.m.**</td>
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<tr>
<td><strong>Diabetes and Nutrition</strong></td>
<td><strong>Escondido Senior Center</strong></td>
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<tr>
<td>**Wednesday, May 23</td>
<td>10 – 11:30 a.m.**</td>
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<tr>
<td><strong>Twenty Medical Emergencies: What to do Before the Ambulance Arrives</strong></td>
<td><strong>Escondido Senior Center</strong></td>
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<tr>
<td>**Thursday, June 21</td>
<td>1 – 2:30 p.m.**</td>
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**HOW TO REGISTER**

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

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

Mondays | 2 – 3:30 p.m.
Palomar Medical Center Escondido
2nd Floor Resource Center
Call 442.281.3089 for details.

Note: No meetings on holidays.

**Center for Compassionate Care: Bereavement Support**
Sponsored by The Elizabeth Hospice. Call 800.797.2050 for details.

Note: No meetings on holidays.

**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 858.486.7033 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 858.613.6145 for details.

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.
Free and Low-Cost Health & Wellness Classes

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.

Prevention+Plus
APRIL – JUNE 2018

PalomarHealth.org/Classes