



FREE
AND LOW-COST
Health & Wellness
Classes



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CLASS LOCATIONS

Palomar Medical Center Escondido
2185 Citracado Parkway
Escondido, CA 92029

Pomerado Outpatient Pavilion
15611 Pomerado Road
Poway, CA 92064

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

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

HOW TO REGISTER

To register for a class,
visit [PalomarHealth.org/Classes](https://www.palomarhealth.org/classes)
or call **760.472.5146**

GENERAL HEALTH

FEE: Free Unless Noted | Registration Required

Healthy Lifestyle & Weight Management Support

Pomerado Outpatient Pavilion, Education Classroom
Thursdays, July 12 – 26, August 9 – 23, September 20 – 27
10 – 11:30 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 as well as ways to help manage diabetes, high blood pressure and heart disease.

Baby Care Basics for Grandparents

Palomar Health San Marcos, 2nd Floor Classroom
Saturday, August 4 | 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 about breastfeeding, baby sleep safety, swaddling, comforting techniques, Sudden Infant Death Syndrome (SIDS) and car seat safety.

FEE: \$30 / couple

Caring For Your Kidneys

Palomar Health San Marcos, 2nd Floor Classroom
Monday, August 6 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom
Monday, August 6 | 6 – 7:30 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.

Common Skin Ailments

Pomerado Outpatient Pavilion, Education Classroom
Monday, August 6 | 1 – 2:30 p.m.

Join **Luanne Arangio-Law, RN, MEd**, for an informative overview of the most common skin ailments. She will discuss diagnostic tests, treatment options, possible outcomes and when to see your healthcare professional.

Understanding Skin Care

Pomerado Outpatient Pavilion, Education Classroom
Monday, August 20 | 6 – 7:30 p.m.

Join Dermatologist **Kate Ferris, MD**, as she shares healthy habits for good skin care and the benefits of non-invasive rejuvenating products and procedures.

Postural Awareness and Back Care

Palomar Health San Marcos, 2nd Floor Classroom
Thursday, August 23 | 10 – 11:30 a.m.

Improve your posture today! Join **Karissa Wells, DPT**, as she addresses common postural weaknesses and ways to decrease back pain.

How to Prepare for an Active Shooter Incident

Palomar Medical Center Poway, Conference Room C/D
Wednesday, August 29 | 6 – 8 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.

GENERAL HEALTH

FEE: Free Unless Noted | Registration Required

Effects of Aging on Your Voice and Swallowing

**Palomar Health San Marcos, 2nd Floor Classroom
Thursday, August 30 | 1 – 2:30 p.m.**

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

 **Speech Communication Support Groups are available. See page 13 for details.**

Rehabilitation Options for People with Parkinson’s Disease

**Pomerado Outpatient Pavilion, Education Classroom
Monday, September 10 | 1 – 2:30 p.m.**

Are you or someone you love living with Parkinson’s Disease, hoping to regain mobility and speech? You are not alone! Join LVST Certified Therapists **Erin Ayala, DPT, Michelle Nandipati, MS CCC-SLP**, and **Unrieta De Voe, PT, DPT**, for an educational session that is sure to inspire and improve your well-being. This class teaches well-researched techniques that have proven to be successful.

Tinnitus — A Ringing or Noise in the Ears

**Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, September 11 | 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.

Suicide Awareness and Prevention

**Pomerado Outpatient Pavilion, Education Classroom
Wednesday, September 12 | 1 – 2:30 p.m.**

According to the Centers for Disease Control and Prevention, the national suicide rate has increased 24 percent in the past 15 years. **Korey Goulette**, Clinical Nurse Specialist, Behavioral Health Services, will discuss how you can help to prevent suicide by learning the warning signs, engaging in conversation and getting help.

How to Love Your Liver

**Palomar Health San Marcos, 2nd Floor Classroom
Thursday, September 13 | 10 – 11:30 a.m.**

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

Balance Basics

**Pomerado Outpatient Pavilion, Education Classroom
Wednesday, September 26 | 1:30 – 3 p.m.**

Join Physical Therapist **Andrea McCuskey, PT, MS, OCS**, as she discusses the balance system, assessment of balance disorders and conditions that cause balance problems. Learn fall prevention basics and practice balance exercises.

**DON'T FORGET
TO REGISTER**

 PalomarHealth.org/Classes

 760.472.5146

Non-Clinical Caregiver Series

Are you a non-clinical caregiver caring for your spouse, partner, adult child, parents or friend? Caregivers may become overwhelmed as they are often not prepared or trained for the responsibilities required of them. Join Palomar Health and the Southern Caregiver Resource Center for an educational series on ways to manage your caregiving responsibilities, prepare for a visit to the doctor, as well as the emotional challenges of caring for someone else.

Supportive Nutrition for Seniors

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

Nutrition needs can change as we age. Join **Janice Baker, RD, CDE**, for a discussion on senior nutrition concerns such as weight management, diets for medical needs and reducing risk of malnutrition.

What to Expect When A Loved One Has Dementia

**Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, August 14 | 1 – 2:30 p.m.**

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

It's About You: Who Will Make Your Medical Decisions When You Can't

**Palomar Health San Marcos, 2nd Floor Classroom
Friday, August 24 | 11 a.m. – 12:30 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.



I'm a Caregiver, What Now?

**Pomerado Outpatient Pavilion, Education Classroom
Tuesday, August 28 | 1 – 2:30 p.m.**

Find ways to manage your caregiving responsibilities, improve communication with those around you and the importance of staying organized.

Making the Most of Your Doctor Visits

**Pomerado Outpatient Pavilion, Education Classroom
Tuesday, September 11 | 1 – 2:30 p.m.**

Learn how to prepare, communicate and accomplish the most from a doctor visit.

Managing the Emotional Aspects of Caregiving

**Pomerado Outpatient Pavilion, Education Classroom
Tuesday, September 25 | 1 – 2:30 p.m.**

Discover how to recognize, understand and respond to the emotional challenges of being a caregiver as well gather resources available for caregiver and care receiver. Explore stress management techniques to keep you healthy and happy.

REGISTER TODAY

[PalomarHealth.org/Classes](https://www.palomarhealth.org/classes)

 **760.472.5146**

BRAIN HEALTH

FEE: Free Unless Noted | *Registration Required*

Stroke Awareness

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

HEART HEALTH

FEE: Free Unless Noted | *Registration Required*

Eating for a Healthy Heart

Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, August 14 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, August 14 | 6 – 7:30 p.m.

Join **Janice Baker, RD, CDE**, as she discusses maintaining a healthy heart through cardiac-friendly nutrition.

CONGRATULATIONS

PALOMAR HEALTH HEART & VASCULAR CENTER

Has been nationally recognized for delivering the highest quality in cardiovascular care by these agencies.

4



blue of california

Designated
BlueDistinction.
Center
Cardiac Care



Do You Have Atrial Fibrillation?

Palomar Medical Center Escondido
Raymond Family Conference Center
Thursday, August 23 | 6 – 7:30 p.m.

Join Cardiologist **Navinder Sawhney, MD**, as he discusses the most common type of abnormal heart rhythm, from signs and symptoms to diagnosis and treatment.

What is Coronary Artery Disease

Palomar Medical Center Escondido
Raymond Family Conference Center
Thursday, August 30 | 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.

Women and Heart Disease

Palomar Health San Marcos, 2nd Floor Classroom
Thursday, September 27 | 10 – 11:30 a.m.

Heart disease is the leading cause of death in the U.S., but affects men and women much differently. Cardiologist **Robert Stein, MD**, will discuss how heart disease affects women, including unique risk factors, symptoms and steps for prevention.

 *Mended Hearts Support Groups are available.
See page 13 for details.*

REGISTER TODAY

PalomarHealth.org/Classes

 760.472.5146

WOMEN'S HEALTH

FEE: Free Unless Noted | Registration Required

Look Good, Feel Better

Pomerado Outpatient Pavilion, Education Classroom
Monday, July 23 or September 24 | 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.

Pelvic Floor Disorders

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, August 29 | 1 – 2:30 p.m.

1 out of every 5 Americans suffer from some type of pelvic floor dysfunction in their lifetime. And, it affects both women and men. Join Doctor of Physical Therapy **Annique Melese, DPT, CSCS, OCS**, and learn 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.

Women, Love and Honor Thyslf

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

Calling all women! Join Obstetrician/Gynecologist **Camela McGrath, MD, FACOG**, to learn new strategies for coping with life and its daily stresses. Learn to love and honor yourself - flaws and all! This class will investigate who we really are when we are quiet, listen to our heart and spirit, and our intuition. Meditation, yoga, daily affirmations and Acts of Loving Kindness (ALK) will be discussed.

Natural Fertility and IVF Support

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, September 11 | 6 – 7:30 p.m.

Ioanna Vouloumanou, LAc, DAOM, will share how holistic integrative medicine and acupuncture can help your fertility and prepare you for a healthy pregnancy. Learn treatment options for naturally low egg/sperm count, low progesterone, thin uterine lining, hormone imbalance and options to support you through IVF and increase your success rate.

Female Urinary Incontinence

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

Ladies, do you leak urine or lose bladder control? Incontinence is a very common problem, but is not a normal part of aging; you don't have to "just live with it." Join Urogynecologist **Branco Cizmar, MD**, as he discusses symptoms and treatments.

COMING SOON!

Wellbeing Beyond Breast Cancer

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

Are you being treated for breast cancer? Join Palomar Health's Occupational and Lymphedema Therapists for a discussion on shoulder issues, strength, tissue changes and lymphedema that are possible during and after breast cancer treatment.

BONE & JOINT HEALTH



FEE: Free Unless Noted | *Registration Required*

Beat Back Pain

Call for dates, times and locations.

Battling back pain? Join **Daniel Barba, MD**, for a discussion on causes, diagnosis and advanced options for back and neck pain relief.

Free Your Knees

Call for dates, times and locations.

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

Focus on Your Feet and Ankles

Call for dates, times and locations.

Need relief from heel pain or do you 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.

Heal Your Hips

**Palomar Medical Center Poway, Conference Room C/D
Wednesday, August 8 | 6 – 7:30 p.m.**

Minimally invasive hip replacement helps people resume activities with confidence. Orthopedic Surgeon **Jared Brummel, DO**, will discuss the causes of hip deterioration and advanced options for treatment.

INTEGRATIVE MEDICINE



FEE: Free Unless Noted | *Registration Required*

Stress Reduction Techniques

**Pomerado Outpatient Pavilion, Education Classroom
Wednesday, August 15 | 4 – 5:30 p.m.**

We are frequently overwhelmed by everyday stresses, fatigue and illness. Join **Alan Larson, MD**, as he shares easy-to-master mind-body techniques to reduce daily stress and anxiety.

Stress and Its Effect on the Mind, Body and Spirit

**Palomar Health San Marcos, 2nd Floor Classroom
Monday, August 20 | 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.

Natural Fertility and IVF Support

**Pomerado Outpatient Pavilion, Education Classroom
Tuesday, September 11 | 6 – 7:30 p.m.**

Ioanna Vouloumanou, LAc, DAOM, will share how holistic integrative medicine and acupuncture can help your fertility and prepare you for a healthy pregnancy. Learn treatment options for naturally low egg/sperm count, low progesterone, thin uterine lining, hormone imbalance and options to support you through IVF and increase your success rate.

HOW TO REGISTER

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visit [PalomarHealth.org/Classes](https://www.palomarhealth.org/classes)
or call 760.472.5146

Healthy Gut, Healthy Body, Healthy Mind

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, September 19 | 1:30 – 3 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.

New Options for Erectile Dysfunction

Pomerado Outpatient Pavilion, Education Classroom
Thursday, September 20 | 6 – 7:30 p.m.

Join **Jonathan Kalman, NMD**, as he provides new options and hope for men suffering from erectile problems.

Natural Chronic Pain Management

Pomerado Outpatient Pavilion, Education Classroom
Thursday, September 27 | 6 – 7:30 p.m.

Matt Alavi, LAc, will discuss treatment options for chronic pain with natural alternatives to opiates and pain medications.

NUTRITION

FEE: Free Unless Noted | *Registration Required*

Eating Disorders & Disordered Eating

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

Eating disorders are medical illnesses that involve extreme emotions, attitudes and behaviors focusing on weight and food issues. They can occur at any age in males and females. Join **Janice Baker, RD, CDE**, as she discusses types of disorders, recognizing warning signs, treatment options and the impact on health if left untreated.

DIABETES HEALTH

FEE: Free Unless Noted | *Registration Required*

Prediabetes

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

Pomerado Outpatient Pavilion, Education Classroom
Monday, July 30 | 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. **Janice Baker, RD, CDE**, will discuss the facts about prediabetes and lifestyle changes that may help reduce your diabetes risks.

Diabetes and Nutrition

Palomar Health San Marcos, 2nd Floor Classroom
Monday, August 13 | 10 – 11:30 a.m.

Tuesday, September 18 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom
Monday, August 13 | 6 – 7:30 p.m.
Monday, September 17 | 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.

Type 1 Diabetes Support

Pomerado Outpatient Pavilion, Education Classroom
Monday, September 24 | 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.

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

Pomerado Outpatient Pavilion, Education Classroom
Saturday, July 14, August 11 or September 15 | 9 a.m. – 4 p.m.

Palomar Health San Marcos, 2nd Floor Classroom
Saturday, July 21, August 18 or September 15 | 9 a.m. – 4 p.m.

Preparation for Childbirth (3-Week Series)

Pomerado Outpatient Pavilion, Education Classroom
Wednesdays, August 15 – 29 | 6:30 – 9 p.m.

Tuesdays, September 18 – October 2 | 6:30 – 9 p.m.

Preparation for Childbirth (5-Week Series)

Palomar Health San Marcos, 2nd Floor Classroom
Wednesdays, August 1 – 29 | 6:30 – 9 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)

Baby Care Basics

Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, July 11 or September 12 | 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

**DON'T FORGET
TO REGISTER**

 PalomarHealth.org/Classes

 760.472.5146

Successful Breastfeeding

Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, July 18 or September 19 | 6 – 9 p.m.

Breastfeeding is “nature’s way” to feed a baby. 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, July 25 or September 26 | 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, August 4 | 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 grandchild while supporting the new parents. Learn about breastfeeding, baby sleep safety, swaddling, comforting techniques, Sudden Infant Death Syndrome (SIDS) 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

WEIGHT LOSS



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 10, August 14 or September 11 | 3 – 5 p.m.
Thursday, July 26, August 23 or September 27 | 3 – 5 p.m.

Spanish:

Thursday, July 19, August 16 or September 20 | 3 – 5 p.m.

Palomar Medical Center Downtown Escondido
Graybill Auditorium
Ramin Sorkhi, MD
Wednesday, August 15 | 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, July 31 & August 7 | 10 – 11:30 a.m.
Thursday, August 30 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom
Tuesdays, July 31 & August 7 | 6 – 7:30 p.m.
Thursdays, August 30 & September 6 | 6 – 7:30 p.m.

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

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, 92025

Pomerado Outpatient Pavilion
(Behind Palomar Medical Center Poway)
Education Classroom, Lobby Level
15611 Pomerado Road
Poway, 92064

HOW TO REGISTER

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

Diabetes and Nutrition

Escondido Senior Center
Wednesday, July 11 | 10 – 11:30 a.m.

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

ABC's of Lung Health

Escondido Senior Center
Thursday, July 12 | 1 – 2:30 p.m.

Join **Luanne Arangio-Law, RN, MEd**, as she guides you through the basics of lung anatomy and common diseases to respiratory emergencies and treatment options.

How to Love Your Liver

Escondido Senior Center
Tuesday, July 17 | 10 – 11:30 a.m.

Join **Janice Baker, RD, CDE**, for a review of liver conditions and treatments, as well as nutrition and lifestyle choices that can help keep your liver happy.

Free Blood Pressure Screening

Escondido Senior Center
July 23, August 27, or September 24 | 9 – 11 a.m.

Check your blood pressure regularly.

Fee: Free, no registration required.

Caring for Your Kidneys

Escondido Senior Center
Wednesday, July 25 | 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.

Aromatherapy and Essential Oils for Health and Wellness

Pomerado Outpatient Pavilion, Education Classroom
Thursday, August 7 | Noon – 1:30 p.m.

Join **Matt Alavi, LAc, Dipl OM**, as he highlights the practice of using essential oils to enhance psychological and physical well-being.

Thyroid and Nutrition

Escondido Senior Center
Wednesday, August 15 | 10 – 11:30 a.m.

Join **Janice Baker, RD, CDE**, as she discusses the impact of your thyroid gland on your nutritional health and metabolism as well as common thyroid concerns.

No-Nonsense Weight Management

Escondido Senior Center
Wednesday, August 22 | 10 – 11:30 a.m.

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



Each year, the Centers for Disease Control (CDC) recommends a new flu vaccine to protect against the upcoming strains of influenza. Palomar Health partners with the San Diego Department of Health to provide free flu shots to all in need. Visit a Palomar Health Flu Shot Clinic and protect yourself this flu season.

FEE: \$20 | Walk-ins Welcome | Ages 9+

(Free for those in need. Medicare qualified with red, white & blue card.)

Saturday, September 15 | 10 a.m. – 3 p.m.

Palomar Medical Center Escondido, Parking Lot
2185 Citracado Parkway, Escondido 92029

Monday, September 17 | 11 a.m. – 2 p.m.

Palomar Medical Center Poway, Lobby
15615 Pomerado Road, Poway 92064

Questions?

Contact **Luanne Arangio-Law, RN, MEd** | 442.281.3828
Palomar Health Community Health Nurse Supervisor

Visit **PalomarHealth.org/Flu** in August for a full list.



Be the Difference for Someone You Love Learn CPR or First Aid



FEE: Varies | Registration Required



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.

REGISTER



PalomarHealth.org



760.472.5146

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 do 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.

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: \$50 / 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.

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

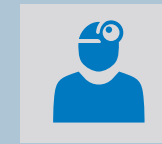
1st and 3rd Wednesdays
10:30 a.m. – 12:30 p.m.
Pomerado Outpatient Pavilion
Education Classroom
Call 858.613.6145 for details.

The views and opinions expressed throughout this publication are provided for informational purposes only and do not necessarily reflect those of Palomar Health. 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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JULY – SEPTEMBER 2018

PalomarHealth.org/Classes