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

HOW TO REGISTER

To register for a class, visit PalomarHealth.org/Classes or call 800.628.2880
Caring For Your Kidneys
Pomerado Outpatient Pavilion, Education Classroom
Monday, January 29 | 10 – 11:30 a.m. or 6 – 7:30 p.m.
Monday, March 12 | 10 – 11:30 a.m. or 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.

Rehabilitation Options for People with Parkinson’s Disease
Pomerado Outpatient Pavilion, Education Classroom
Tuesday, January 30 | 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, and Michelle Nandipati, MS CCC-SLP, for an educational session that teaches well-researched techniques that have proven to be successful.

How Baby Boomers Can Avoid Injury While Staying Fit
Palomar Medical Center Escondido
Raymond Family Conference Center
Tuesday, January 30 | 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 program may lead to injury. Come join Jim Marte, PA-C, and learn how you can keep yourself safe while meeting your fitness goals for 2018!

Hearing Screenings
Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, February 6 | 10 a.m. – 1:30 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.

Balance Basics
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, February 7 | 1:30 – 3 p.m.
Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, March 20 | 10 – 11:30 a.m.
Have you ever felt dizzy, lightheaded, or as if the room was spinning around you? 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, assessment of balance disorders and conditions that cause balance problems. Plus learn fall prevention basics and practice balance exercises.

Understanding Tinnitus
Palomar Medical Center Escondido
Raymond Family Conference Center
Tuesday, February 13 | 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.
**Healthy Lifestyle Support**

Pomerado Outpatient Pavilion, Education Classroom  
Thursday, February 22 or March 22 | 10 – 11 a.m.

Make 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.

**Effects of Aging on Your Voice and Swallowing**

Palomar Health San Marcos, 2nd Floor Classroom  
Monday, February 26 | 10 – 11:30 a.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 swallowing.

**What is that Itch?**

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

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

**Grandparenting Today**

Palomar Health San Marcos, 2nd Floor Classroom  
Saturday, March 10 | 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 while supporting the new parents and caring for your grandchild. Learn about breastfeeding, baby sleep safety, swaddling, comforting techniques, sudden infant death syndrome and car seat safety.

FEE: $30 / couple

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

Pomerado Outpatient Pavilion, Education Classroom  
Monday, March 12 | 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.

**Skin Care**

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

Is taking care of your skin becoming a daunting task? Are you wondering where to begin? Plastic & Reconstructive Surgeon Chi Ha, MD, FACS, will discuss the basics of skin health as well as the four steps he recommends as a daily routine.

**Sleep Health**

Palomar Health San Marcos, 2nd Floor Classroom  
Thursday, March 22 | 1 – 2:30 p.m.

Join Sleep Specialists Anoop Karippot, MD, Pegah Mashayekhi, DO and Viviana Helmer, BS, RCP, as they discuss the importance of in-lab sleep studies and what aspects of your sleep affect your overall health and quality of life.
What to Expect When A Loved One Has Dementia
Palomar Health San Marcos, 2nd Floor Classroom
Thursday, March 15 | 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 shows symptoms of dementia. Join Luanne Arangio-Law, RN, MEd, as she presents the basic facts you should know.

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.

I’m a Caregiver, What Now?
Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, February 27 | 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
Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, March 13 | 1 – 2:30 p.m.
Learn how to prepare your loved one for a physician visit. Explore successful communication strategies so you can make the most of your time.

What to Expect When A Loved One Has Dementia
Palomar Health San Marcos, 2nd Floor Classroom
Thursday, March 15 | 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 shows symptoms of dementia. Join Luanne Arangio-Law, RN, MEd, as she presents the basic facts you should know.

Supportive Nutrition for Seniors
Palomar Health San Marcos, 2nd Floor Classroom
Monday, March 19 | 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.

Managing the Emotional Aspects of Caregiving
Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, March 27 | 1 – 2:30 p.m.
Discover how to recognize, understand and respond to the emotional challenges of being a caregiver as well as gather resources available for caregiver and care receiver. Explore stress management techniques to keep you healthy and happy.

DON'T FORGET TO REGISTER
PalomarHealth.org/Classes
800.628.2880
HEART HEALTH

Do You Have Atrial Fibrillation?
Palomar Health San Marcos, 2nd Floor Classroom
Thursday, February 1 | 10 – 11:30 a.m.
Join Cardiologist Robert Stein, MD, as he discusses the most common type of abnormal heart rhythm, from signs and symptoms to diagnosis and treatment.

Heart Disease in Simple Terms
Pomerado Outpatient Pavilion, Education Classroom
Monday, February 5 | 1 – 2:30 p.m.
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.

Heart Failure 2018: 10 Life-Saving Treatments
Palomar Health San Marcos, 2nd Floor Classroom
Thursday, February 8 | 10 – 11:30 a.m.
Congestive 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 life-saving therapies.

Eating for a Healthy Heart
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, February 14 | 10 – 11:30 a.m.
Join Janice Baker, RD, CDE, as she discusses maintaining a healthy heart through cardiac-friendly nutrition.

What is Coronary Artery Disease?
Palomar Medical Center Escondido
Raymond Family Conference Center
Thursday, February 15 | 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.

Diabetes and Cardiovascular Disease
Pomerado Outpatient Pavilion, Education Classroom
Monday, March 5 | 6 – 7:30 p.m.
People with diabetes have a higher-than-average risk of having a heart attack or stroke. Join Janice Baker, RD, CDE, as she discusses taking care of your diabetes, the conditions that come with it and how you can help lower your chances of heart disease.

An Evening with Mayo Clinic
Do two hearts really beat as one? Men and women have many differences, including what they experience when it comes to their heart. Palomar Health and Mayo Clinic experts will share everything you need to know to keep every heart healthy.

February 2018
FEE: $50/person or $80/couple
(Includes dinner, physician discussion and exhibits)
Details coming soon!
Palomar Health Loves YOUR Heart

Palomar Medical Center Escondido and Palomar Medical Center Poway
Wednesday, February 14 | 11 a.m. – 1 p.m.

There’s no better time than Valentine’s Day to give your heart a little love. Join Palomar Health for a heart-filled open house where you can learn how to give your hardest working muscle the TLC it needs. From proper nutrition for your heart to cardiac rehabilitation and stroke prevention, we’ve got everything you need to know to help your heart beat a little stronger.

FEE: Free - No Registration Required

Integrative Spine Care
Palomar Medical Center Escondido
Raymond Family Conference Center
Tuesday, February 6 | 6 – 7:30 p.m.

Spine Surgeon Paul D. Kim, MD and Matt Alavi, LAc will discuss healthy alternatives to surgery that will keep your spine pain free. When surgery is necessary, learn how minimally invasive spine surgery may assist you with fewer side effects and faster recovery!

Free Your Knees
Palomar Medical Center Poway, Meeting Room E, 3rd Floor
Thursday, March 1 | 6 – 7:30 p.m.

Does the pain in your knees keep you from activities you once enjoyed without limitations? Orthopedic Surgeon James Bried, MD, will discuss the latest advances in treatment, including minimally invasive total knee and partial knee replacement.

Heal Your Hips
Palomar Medical Center Poway, Meeting Room E, 3rd Floor
Monday, February 12 | 6 – 7:30 p.m.

Are painful hips keeping you from doing the things you love? Join Orthopedic Surgeon Brad Cohen, MD, for an informative discussion on the causes of hip deterioration and advanced options for treatment.

REGISTRATION TODAY
PalomarHealth.org/Classes
800.628.2880
Women’s Health

Pelvic Floor Disorders
Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, February 27 | 10 – 11:30 a.m.
Pomerado Outpatient Pavilion, Education Classroom
Thursday, March 8 | 5:30 – 7 p.m.

Millions suffer from pelvic floor dysfunction, yet for most, the disease goes unidentified and untreated. One out of every five Americans suffer from some type of pelvic floor dysfunction in their lifetime. And, it’s not just a women’s disorder, 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.

Diabetes Health

Diabetes and Nutrition
Pomerado Outpatient Pavilion, Education Classroom
Monday, February 5 | 6 – 8 p.m.
Tuesday, February 6 | 10 a.m. – Noon
Tuesday, March 13 | 10 a.m. – Noon

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

Pelvic Organ Prolapse
Palomar Medical Center Escondido
Raymond Family Conference Center
Thursday, February 1 | 6 – 7:30 p.m.

Pelvic organ prolapse occurs when a pelvic organ, such as your bladder, drops from its normal place in your lower belly and pushes against the walls of your vagina. As women age, pelvic organ prolapse and other pelvic floor disorders become more common. Join Urogynecologist Brano Cizmar, MD, as he discusses symptoms and treatment options ranging from exercise, physical therapy, pessary treatment as well as surgery.

Look Good, Feel Better
Pomerado Outpatient Pavilion, Education Classroom
Monday, January 22 or March 19 | 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

Note: Women’s Cancer Support Groups are available. See page 13 for details.

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

---

**Food as Medicine: Cooking Classes**

**January Topic – Healthy Lifestyles**
Palomar Medical Center Poway, Café Conference Room
Tuesday, January 9 | 4 – 5 p.m.
Palomar Medical Center Escondido, Café Conference Room
Thursday, January 11 | 4 – 5 p.m.

**February Topic – Heart Health**
Palomar Medical Center Poway, Café Conference Room
Tuesday, February 6 | 4 – 5 p.m.
Palomar Medical Center Escondido, Café Conference Room
Thursday, February 8 | 4 – 5 p.m.

**March Topic – Diabetes**
Palomar Medical Center Poway, Café Conference Room
Tuesday, March 6 | 4 – 5 p.m.
Palomar Medical Center Escondido, Café Conference Room
Thursday, March 8 | 4 – 5 p.m.

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. Leave with everything you need – healthy tips, recipe and shopping list – to create the healthy specialty.

**No Nonsense Weight Management (2-Week Series)**
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, January 31 and February 7 | 6 – 8 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.

---

**Advances in Weight Loss and Metabolic Surgery**

Palomar Medical Center Poway, Conference Room C/D
Charles D. Callery, MD, FACS
Tuesday, January 9, February 13 or March 13 | 3 – 5 p.m.
Thursday, January 25, February 22 or March 22 | 3 – 5 p.m.

**Spanish:**
Thursday, January 18, February 15 or March 15 | 3 – 5 p.m.

Palomar Medical Center Downtown Escondido
Graybill Auditorium
Ramin Sorkhi, MD
Wednesday, February 21 | 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.

**Note:** Weight Loss Surgery Support Groups are available. See page 13 for details.

**Supportive Nutrition for Seniors**
Palomar Health San Marcos, 2nd Floor Classroom
Monday, March 19 | 1 – 2:30 p.m.

As we age, nutrition needs can change. 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.
CHILDBIRTH PREPARATION

FEE: $70 | Registration Required

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 from one of the classes below.

Childbirth Preparation in a Day
Palomar Health San Marcos, 2nd Floor Classroom
Saturday, January 20, February 10 or March 17
9 a.m. – 4 p.m.
FEE: $70 / mom or couple (includes childbirth manual)

Preparation for Childbirth: In a Weekend
Pomerado Outpatient Pavilion, Education Classroom
January 13 & 14, February 10 & 11 or March 10 & 11
Saturdays | 9 a.m. – 3:30 p.m.
Sundays | 10 a.m. – 3:30 p.m.
FEE: $70 / mom or couple (includes childbirth manual)

Preparation for Childbirth: 5-Week Series
Palomar Health San Marcos, 2nd Floor Classroom
Wednesdays, March 28 – April 25 | 6:30 – 9 p.m.
Pomerado Outpatient Pavilion, Education Classroom
Tuesdays, January 9 – February 6 | 6:30 – 9 p.m.
Tuesdays, February 28 – March 28 | 6:30 – 9 p.m.
FEE: $70 / mom or couple (includes childbirth manual)
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 can 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, January 10 or March 7 | 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, January 17 or March 14 | 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

Relaxation for Labor
Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, January 24 or March 21 | 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

Grandparenting Today
Palomar Health San Marcos, 2nd Floor Classroom
Saturday, March 10 | 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 while supporting the new parents and caring for your grandchild. Learn about 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
INTEGRATIVE MEDICINE
FEE: Free Unless Noted | Registration Required

Aromatherapy and Essential Oils for Health and Wellness
Part 1
Pomerado Outpatient Pavilion, Education Classroom
Tuesday, February 20 | 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.

Aromatherapy and Essential Oils for Health and Wellness
Part 2
Pomerado Outpatient Pavilion, Education Classroom
Tuesday, March 20 | 6 – 7:30 p.m.
Matt Alavi, LAc, Dipl OM, will provide a basic introduction to aromatherapy and essential oils then discuss which essential oils may assist you relieve stress, help with sleep problems, ease painful menstrual cramps, work as an antiseptic and lift your mood.

Healthy Gut, Healthy Body, Healthy Mind
Pomerado Outpatient Pavilion, Education Classroom
Wednesday, February 21 | 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 immune health, hormone balance and mood regulation. Learn how to heal the gut and achieve better health.

Stress and Its Effect on the Mind, Body and Spirit
Pomerado Outpatient Pavilion, Education Classroom
Tuesday, March 6 | 1 – 2:30 p.m.
Join Luanne Arangio-Law RN MEd, for a closer look at how stress effects 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.
FIGHT THE FLU
It Starts with You

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

Fee: $20 | Walk-ins welcome, ages 9 and up.
(Free for those in need. Medicare qualified with red white and blue card)

January 3, 2018 | 2 – 4 p.m.
Palomar Medical Center
Downtown Escondido, Lobby
555 E. Valley Parkway
Escondido, CA 92025

January 8, 2018 | 2 – 4 p.m.
Palomar Medical Center Poway, Lobby
15615 Pomerado Road
Poway, CA 92064

January 11, 2018 | 3 – 5 p.m.
Palomar Medical Center Escondido, Lobby
2185 Citracado Parkway
Escondido, CA 92029

January 12, 2018 | 2 – 4 p.m.
Palomar Medical Center Poway, Lobby
15615 Pomerado Road
Poway, CA 92064

January 22, 2018 | 2 – 4 p.m.
Palomar Medical Center Poway, Lobby
15615 Pomerado Road
Poway, CA 92064

January 23, 2018 | 3 – 5 p.m.
Palomar Medical Center Escondido, Lobby
2185 Citracado Parkway
Escondido, CA 92029

January 25, 2018 | 3 – 5 p.m.
Palomar Medical Center Downtown
Escondido, Lobby
555 E. Valley Parkway
Escondido, CA 92025

January 26, 2018 | 2 – 4 p.m.
Palomar Medical Center Poway, Lobby
15615 Pomerado Road
Poway, CA 92064

CPR for Family & 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. The class is perfect for new parents, grandparents and pool owners.
FEE: $30 / person

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 intended for occupations such as teachers, daycare providers and dental assistants. Course card is issued after successful completion.
FEE: $45 / person (book included)

Visit PalomarHealth.org/Flu for a full list of flu clinics.
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**

**Escondido Senior Center**
210 Park Avenue
Escondido 92025

**Free Blood Pressure Screening**

Escondido Senior Center  
Mondays, January 22, February 26, March 26 | 9 – 11 a.m.  
Check your blood pressure regularly.  
Fee: Free, no registration required.

**Caring for Your Kidneys**

Escondido Senior Center  
Wednesday, January 31 | 10 a.m. – Noon  
Join Janice Baker, RD, CDE, as she reviews the most current recommendations to help reduce the risk of kidney disease or slow its progression.

**How to Love Your Liver**

Escondido Senior Center  
Wednesday, February 7 | 10 – 11:30 a.m.  
Fatty liver disease, hepatitis and cirrhosis are becoming more prevalent. 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.

**Eating for a Healthy Heart**

Escondido Senior Center  
Wednesday, February 14 | 1 – 2:30 p.m.  
Janice Baker, RD, CDE, teaches how to make cardiac-friendly food choices to help maintain a healthy heart.

**Diabetes and Nutrition**

Escondido Senior Center  
Wednesday, February 28 | 10 – 11:30 a.m.  
Janice Baker, RD, CDE, will discuss the latest on managing diabetes, reducing risks of diabetes related complications and healthful food choices.

**Supportive Nutrition for Seniors**

Escondido Senior Center  
Wednesday, March 7 | 10 – 11:30 a.m.  
As we age, nutrition needs can change. 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.

**Understanding Tinnitus**

Escondido Senior Center  
Tuesday, March 13 | 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.
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 858.592.9069 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.

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

PalomarHealth.org/Classes