














FREE
AND LOW-COST
Health & Wellness
Classes



| | |
|--|-------|
|  General Health..... | 1-3 |
|  Women's Health | 3 |
|  Heart Health | 4 |
|  Diabetes Health | 5 |
|  Weight Loss and Nutrition..... | 6 |
|  Integrative Medicine | 7 |
|  Bone & Joint Health | 7 |
|  BabySource | 8-9 |
|  OASIS for Ages 50+ | 10-11 |
|  CPR..... | 12 |
|  Support Groups | 13 |

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
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

Baby Care Basics for Grandparents

Palomar Health San Marcos, 2nd Floor Classroom

Saturday, January 26 | 9 a.m. – Noon

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 to support the new parents. Learn about breastfeeding, baby sleep safety, swaddling, comforting techniques, Sudden Infant Death Syndrome (SIDS) and car seat safety.

FEE: \$30 / grandparent couple

Caring for Your Kidneys

Palomar Health San Marcos, 2nd Floor Classroom

Tuesday, February 5 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom

Tuesday, February 5 | 6 – 7:30 p.m.

It is important to take care of your kidneys. If you have diabetes or high blood pressure, you may be at higher risk of kidney disease. Join **Janice Baker, RD, CDE**, as she reviews the most current recommendations to help reduce the risk of kidney disease or slow its progression.

The Perfect Time to Start a Fitness Program

Palomar Health San Marcos, 2nd Floor Classroom

Monday, February 11 | 6 – 7:30 p.m.

Does your New Year's resolution include weight loss and/or getting into shape? Orthopedics specialist **Jim Marte, PA-C**, will show you how to start a fitness program that you can sustain while avoiding common injuries.

Effects of Aging on Your Voice and Swallowing

Palomar Health San Marcos, 2nd Floor Classroom

Tuesday, February 12 | 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 swallow function.

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

Tinnitus — A Ringing or Noise in the Ears

Pomerado Outpatient Pavilion, Education Classroom

Tuesday, February 12 | 1 – 2:30 p.m.

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

Postural Awareness and Back Care

Pomerado Outpatient Pavilion, Education Classroom

Wednesday, February 20 | 1:30 – 3 p.m.

Improve your posture today! Join Doctor of Physical Therapy **Felice Gebhardt, DPT**, as she addresses common postural weaknesses and ways to decrease back pain.



SUPERFOOD STREET TACOS

Do you know that food can be used as medicine? Take charge of your health by using food wisely.

To give your cooking a healthy boost, visit palomarhealth.org/recipe and get an award-winning street taco recipe.

GENERAL HEALTH

FEE: Free Unless Noted | Registration Required

Strong for Surgery

Palomar Health San Marcos, 2nd Floor Classroom
Thursday, February 21 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom
Thursday, February 21 | 6 – 7:30 p.m.

Pomerado Outpatient Pavilion, Education Classroom
Thursday, March 21 | 10 – 11:30 a.m.

Planning for an upcoming surgery? It's important to be in the best nutrition shape possible for a good outcome and quick recovery. Join **Janice Baker, RD, CDE**, to learn important tips to be strong and healthy for surgery and optimize healing and rehabilitation.

Hearing Screenings

Palomar Health San Marcos, 2nd Floor Classroom
Monday, February 25 | 10 a.m. – Noon

Hearing loss is the invisible disability that affects millions of people. Audiologist **David Illich, AuD**, will provide free hearing screenings to accurately measure if you are experiencing hearing loss.

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

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, February 26 | 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.

How to Prepare for an Active Shooter Incident

Palomar Health San Marcos, 2nd Floor Classroom
Thursday, February 28 | 10 a.m. – Noon

Security expert **Bret Bandick** will describe what to do if you find yourself in an active shooter incident. He will be presenting a safety program taught nationwide called ALICE.

What to Expect When a Loved One Has Dementia

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, March 5 | 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 memory loss. Join **Luanne Arangio-Law, RN, MEd**, as she presents the basic facts you should know.

Insomnia: A Dreamer's Nightmare

Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, March 5 | 6 – 7:30 p.m.

Do you have trouble falling asleep or staying asleep? Are you unsatisfied with the quality of your sleep? You may be experiencing insomnia. Join Sleep Specialist **Pegah Mashayekhi, DO**, as she discusses the basics of insomnia and simple tips to help you sleep better.

Balance Basics

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, March 6 | 1:30 – 3 p.m.

Palomar Health San Marcos, 2nd Floor Classroom
Tuesday, March 26 | 10 – 11:30 a.m.

Join Physical Therapists **Andrea McCuskey, PT, MS, OCS**, and **Lindsay Chesney, DPT**, as they discuss the balance system, assessment of balance disorders and conditions that cause balance problems. Learn fall prevention basics and practice balance exercises.

GENERAL HEALTH

FEE: Free Unless Noted | *Registration Required*

Lymphedema 101

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, March 20 | 1:30 – 3 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 Occupational Therapist **Darlene Maalouf, OTL, CHT, CLT**, to learn more about this disorder and management of its symptoms.

Stroke Awareness

Palomar Health San Marcos, 2nd Floor Classroom
Friday, March 22 | 10 – 11:30 a.m.

Stroke is the leading cause of serious, long-term disability in the United States. Join Neurologist **Remia Paduga, MD**, as she provides the tools to recognize a stroke before it's too late. Also learn the risk factors you can manage and those out of your control.

Trauma and Post-traumatic Stress Disorder

Pomerado Outpatient Pavilion, Education Classroom
Friday, March 29 | 2 – 3:30 p.m.

Over 50% of Americans report that they have experienced at least one traumatic event in their lifetime. Join this class for a discussion on what is trauma, what is post-traumatic stress disorder, and coping strategies for dealing with trauma.

WOMEN'S HEALTH

FEE: Free Unless Noted | *Registration Required*

Natural Hormone Balancing through Menopause

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, February 26 | 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.

Pelvic Floor Disorders

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

One out of every 5 Americans suffers from some type of pelvic floor dysfunction in their lifetime. And, it affects both women and men. Join Doctor of Physical Therapy **Lindsey Paczkowski, DPT**, 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.

Female Urinary Incontinence

Palomar Health San Marcos, 2nd Floor Classroom
Monday, March 25 | 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 **Brano Cizmar, MD**, as he discusses diagnosis and treatments.

**DON'T FORGET
TO REGISTER**

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

 760.472.5146

HEART HEALTH

FEE: Free Unless Noted | *Registration Required*

Palomar Health Loves YOUR Heart

Palomar Medical Center Escondido, Lobby
Thursday, 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

Heart Disease in Simple Terms

Pomerado Outpatient Pavilion, Education Classroom
Monday, February 4 | 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.

Eating for a Healthy Heart

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

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

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

Diabetes and Cardiovascular Disease

Pomerado Outpatient Pavilion, Education Classroom
Monday, February 25 | 6 – 7:30 p.m.

People with diabetes have an increased 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.

Cardiac Arrhythmias and Pacemakers

Palomar Health San Marcos, 2nd Floor Classroom
Thursday, February 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 HEALTH

FEE: Free Unless Noted | *Registration Required*

Diabetes and Nutrition

Palomar Health San Marcos, 2nd Floor Classroom

Tuesday, January 29 | 10 – 11:30 a.m.

Tuesday, March 5 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom

Tuesday, March 5 | 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, February 18 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom

Monday, February 18 | 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 share the facts about prediabetes and lifestyle changes that may help reduce your diabetes risks.

Diabetes and Cardiovascular Disease

Pomerado Outpatient Pavilion, Education Classroom

Monday, February 25 | 6 – 7:30 p.m.

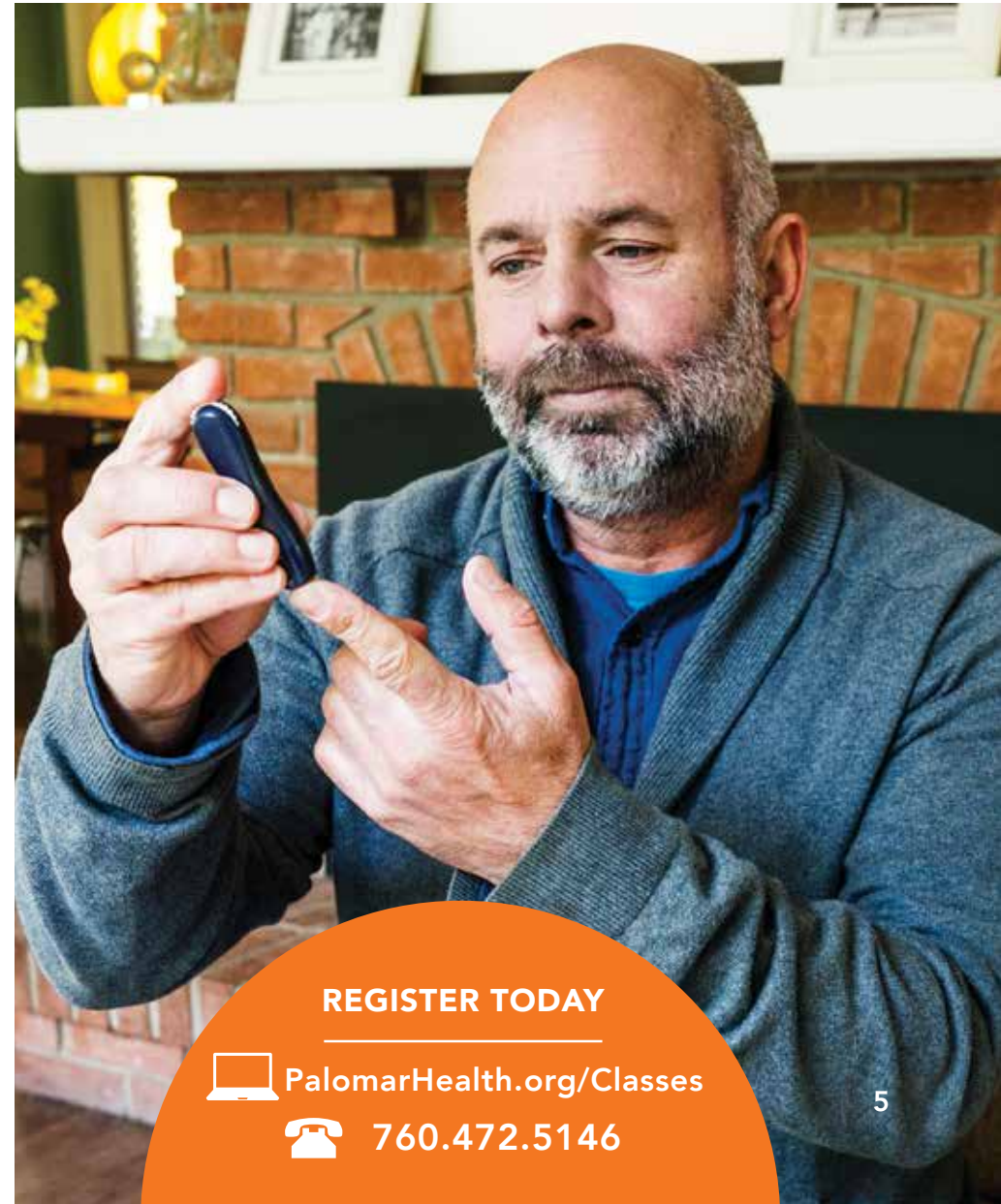
People with diabetes have an increased risk of having a heart attack or stroke. Join Janice Baker, RD, CDE, as she discusses taking care of your diabetes, the conditions that come with it and how you can help lower your chances of heart disease.

Type 1 Diabetes Support

Pomerado Outpatient Pavilion, Education Classroom

Monday, March 18 | 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.



REGISTER TODAY



PalomarHealth.org/Classes



760.472.5146

WEIGHT LOSS AND NUTRITION



FEE: Free Unless Noted | Registration Required

Advances in Weight Loss and Metabolic Surgery

Palomar Medical Center Poway

Conference Room C/D

Julie Ellner, MD

Thursday, January 10 or March 7 | 6 – 7:30 p.m.

Wednesday, February 13 | 6 – 7:30 p.m.

Palomar Medical Center Downtown Escondido

Graybill Auditorium

Ramin Sorkhi, MD

Wednesday, February 13 | 6 – 7:30 p.m.


Palomar Medical Center Poway

Conference Room C/D

Karen Hanna, MD

Tuesday, February 19 or March 19 | 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 **Ramin Sorkhi, MD, Julie Ellner, MD** or **Karen Hanna, 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.

Ron Shelton successfully lost 175 pounds and got his health, and life, back after bariatric surgery.

Learn more about Ron's story, and our Bariatric Center of Excellence, at PalomarHealth.org/BariatricRon.



No-Nonsense Weight Management (2-Week Series)

Palomar Health San Marcos, 2nd Floor Classroom

Mondays, January 28 and February 4 | 10 – 11:30 a.m.

Mondays, March 4 and 11 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom

Mondays, January 28 and February 4 | 6 – 7:30 p.m.

Mondays, March 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.

Fearless Feasting – Eating for Enjoyment and Good Health

Pomerado Outpatient Pavilion, Education Classroom

Thursday, February 14 or March 14 | 10 a.m. – Noon

Do you need help making sense of diet and health recommendations? Join **Janice Baker, RD, CDE**, for a discussion on current nutrition updates, meal planning ideas and ways to help manage diabetes, high blood pressure and heart disease.

Strong for Surgery

Palomar Health San Marcos, 2nd Floor Classroom

Thursday, February 21 | 10 – 11:30 a.m.

Pomerado Outpatient Pavilion, Education Classroom

Thursday, February 21 | 6 – 7:30 p.m.

Pomerado Outpatient Pavilion, Education Classroom

Thursday, March 21 | 10 – 11:30 a.m.

Planning for an upcoming surgery? It's important to be in the best nutrition shape possible for a good outcome and quick recovery. Join **Janice Baker, RD, CDE**, to learn important tips to be strong and healthy for surgery and optimize healing and rehabilitation.

INTEGRATIVE MEDICINE

FEE: Free Unless Noted | *Registration Required*

Acupuncture: How Does it Work?

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

Matt Alavi, LAc, DAOM, explains the basics of acupuncture, how it works and the many health benefits.

Natural Hormone Balancing through Menopause

Pomerado Outpatient Pavilion, Education Classroom
Tuesday, February 26 | 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.

Healthy Gut, Healthy Body, Healthy Mind

Pomerado Outpatient Pavilion, Education Classroom
Wednesday, March 13 | 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.

Secrets to Happiness (2-Part Series)

Pomerado Outpatient Pavilion, Education Classroom
Wednesdays, March 13 and 27 | 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 experiential workshop.

BONE & JOINT HEALTH

FEE: Free Unless Noted | *Registration Required*

Beat Back Pain

Palomar Health San Marcos, 2nd Floor Classroom
Thursday, March 7 | 6 – 7:30 p.m.

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

Free Your Knees

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

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

Heal Your Hips

Pomerado Outpatient Pavilion, Education Classroom
Monday, March 25 | 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.

HOW TO REGISTER

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

CHILDBIRTH PREPARATION

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

Childbirth Preparation in a Day

Palomar Health San Marcos, 2nd Floor Classroom
Saturday, January 5, February 2 or March 2 | 9 a.m. – 4 p.m.

Pomerado Outpatient Pavilion, Education Classroom
Saturday, January 19, February 16 or March 16 | 9 a.m. – 4 p.m.

Preparation for Childbirth (3-Week Series)

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

Wednesdays, February 13 – 27 | 6:30 – 9 p.m.

Tuesdays, March 12 – 26 | 6:30 – 9 p.m.

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 above.

**DON'T FORGET
TO REGISTER**

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

 760.472.5146



BABYSOURCE

FEE: Varies | *Registration Required* | *No Children Please*

Birth Center Tour

Visit [Palomarhealth.org/Classes](https://www.palomarhealth.org/classes) or call 800.628.2880 for dates, times and location.

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)

Relaxation for Labor

Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, January 23 or March 27 | 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, January 26 | 9 a.m. – Noon**

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 to support the new parents. Learn about breastfeeding, baby sleep safety, swaddling, comforting techniques, Sudden Infant Death Syndrome (SIDS) and car seat safety.

FEE: \$30 / grandparent couple

Baby Care Basics

**Palomar Health San Marcos, 2nd Floor Classroom
Wednesday, February 13 | 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, February 20 | 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.**

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





OASIS: DISCOVER LIFE AFTER 50

FEE: Free | *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 East Park Avenue
Escondido, CA 92025

Palomar Health San Marcos

2nd Floor Classroom
120 Craven Road
San Marcos, CA 92078

Pomerado Outpatient Pavilion

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

Free Blood Pressure Screening

Escondido Senior Center

January 28, February 25 and March 25 | 9 – 11 a.m.

Check your blood pressure regularly.

Free, no registration required.

Diabetes and Nutrition

Palomar Health San Marcos, 2nd Floor Classroom

Tuesday, January 29 | 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.

Caring for Your Kidneys

Palomar Health San Marcos, 2nd Floor Classroom

Tuesday, February 5 | 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.

Twenty Medical Emergencies:

What to do Before the Ambulance Arrives

Escondido Senior Center

Thursday, February 7 | 1 – 2:30 p.m.

When you dial 911, do you know what to do until the ambulance arrives? Join **Luanne Arangio-Law, RN, MEd**, as she explores 20 common medical emergencies and how to act quickly and clearly during a medical emergency until help arrives.

Eating for a Healthy Heart

Palomar Health San Marcos, 2nd Floor Classroom

Monday, February 11 | 10 – 11:30 a.m.

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

What to Expect When a Loved One Has Dementia

Pomerado Outpatient Pavilion, Education Classroom

Tuesday, March 5 | 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 memory loss. Join **Luanne Arangio-Law, RN, MEd**, as she presents the basic facts you should know.

Fearless Feasting – Eating for Enjoyment and Good Health

Pomerado Outpatient Pavilion, Education Classroom

Thursday, March 14 | 10 a.m. – Noon

Do you need help making sense of diet and health recommendations? Join **Janice Baker, RD, CDE**, for a discussion on current nutrition updates, meal planning ideas and ways to help manage diabetes, high blood pressure and heart disease.

HOW TO REGISTER

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



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.

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.

**DON'T FORGET
TO REGISTER**

 PalomarHealth.org/Classes

 **760.472.5146**

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/Renewal)

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.

**CPR/
HEARTSAVER
FIRST AID
COMBO
\$70**

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. – Noon
Pomerado Outpatient Pavilion
Education Classroom
Call 858.613.6115 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.

FIND A DOCTOR WHO'S RIGHT FOR YOU

Our award-winning doctors are here to help keep you healthy and happy.



570

Affiliated
Physicians



46

Specialties



Most

Health Plans
Accepted

Learn more about this free referral service and stay healthy with one of our top doctors.

Contact **760.472.5146** or
PalomarHealth.org/doctor

**PALOMAR
HEALTH**



CONNECT WITH US



FREE

AND LOW-COST

Health & Wellness
Classes

**PALOMAR
HEALTH**

120 CRAVEN ROAD
SAN MARCOS, CA 92078

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

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

JANUARY – MARCH 2019

PalomarHealth.org/Classes