

PREVENTIVE HEALTH/HEALTH EDUCATION COMMUNITY EVENTS CALENDAR

DESERT REGIONAL MEDICAL CENTER	EISENHOWER MEDICAL CENTER	OTHER COMMUNITY CLASSES/SERVICES
Wellness Classes and Programs 1-800-491-4990	Arthritis Fitness Program 760-773-4535	Desert Hot Springs Senior Center 760-329-0222(Arthritis Classes, Yoga)
<ul style="list-style-type: none"> ➤ Gastric Bypass Support Group, Cardiac Rehabilitation, Pulmonary Rehabilitation, Diabetes Management, Stress Management, Depressive/Bipolar Group, Arthritis Movement Class, Art of Living Class, Better Breather's Club, Fibromyalgia Support Group, Gambler's Anonymous, alcoholics Anonymous, Sudden Death Support Group. 	Children's Center 760-340-2336 (Counseling groups for children, teens, and adults)	La Quinta Senior Center 760-777-7090 (Health and Exercise Classes)
		Mizell Senior Center 760-323-5689 (Fitness Classes)
		Bay Therapy Group 760-416-9842 (Better Breather's Club, Stretch for Fitness)
Grief Support Group 760-323-6642	Cancer Program 760-568-1234	Children's Discovery Museum 760-321-0602, ext. 104 (Infant, Children's and Adult CPR classes in English and Spanish)
Cancer Support Groups 760-416-4834	Cardiology Program 760-773-2080	American Cancer Society 1-800-ACS-2345
<ul style="list-style-type: none"> ➤ Breast Cancer Support Group, Spiritual Reflection Group, Cancer Caregivers Group, Look Good/Feel Better. 	<ul style="list-style-type: none"> ➤ Exercise Classes, Learning to Live with Heart Disease 	American Lung Association 1-800-LUNG-USA
		Al-Anon 760-674-9554
Healthy Beginnings Classes 760-416-4754	CPR Classes 760-773-1302	Alcoholics Anonymous 760-324-4880
<ul style="list-style-type: none"> ➤ Essentials of Pregnancy, Sweet Success, Prepared Childbirth, Infant Feeding, Infant Care, Infant and Child CPR 	Memory Assessments 760-568-1234 (Wednesday and Friday mornings. Appointment needed.)	
	Diabetes Education Program 760-773-1403	
	Support Groups 760-568-1234	
	<ul style="list-style-type: none"> ➤ Alzheimer's Family Support Group, American Cancer Society, Bereavement Support Group, Better Breather's Club, Diabetes Support Group, Heart Disease Support Group, Parkinson's support Group. 	

Empire Physicians Medical Group, in conjunction with its contracted health plans, coordinates Disease Management Programs for its members with chronic health conditions in an effort to improve their health status. Programs include Chronic Obstructive Pulmonary Disease, Diabetes Management, Coronary Artery Disease, CHF, Joint Replacement Preparation Classes, Back Care Classes, Nutrition and Exercise Classes, and Smoking Cessation Classes. For more information on these programs, please contact Empire Physicians Medical Group, Health Education Department, at (760) 770-8678, extension 264.