



Preventive Health & Health Education Resource List

Eisenhower Medical Center Arthritis Fitness Program – 760-773 – 4535 – Exercise Classes

Eisenhower Medical Center Children's Center – 760- 340 – 2336 – Counseling groups for children, teens, and adults

Eisenhower Medical Center Cancer Program – 760- 568 – 1234

Eisenhower Medical Center Cardiology Program – 760-773-2080 – Exercise Classes, Learning to live with Heart Disease

Eisenhower Medical Center CPR – 760-773 – 1302

Memory Assessments: Wednesday and Friday morning (appt. needed) 568-1234

Eisenhower Medical Center Diabetes Education Program – 760-773 – 1403

Eisenhower Medical Center Support Groups (including Alzheimer's Family Support, American Cancer Society, Bereavement Support, Better Breather's Club, Diabetes Support, Heart Disease Support, and Parkinson's Support – 760-568-1234

Desert Regional Medical Center Wellness Classes and Programs – 1-800-491-4990
Gastric Bypass Support Group, Cardiac Rehabilitation, Pulmonary Rehabilitation, Diabetes Management, Stress Management, Depressive/Bipolar Group, Arthritis Movement Class, Art of Living, Better Breathers Club, Fibromyalgia Support Group, Gambler's Anonymous, Gamblers Anonymous, Sudden Death Support Group.
Cardiac Rehabilitation

Desert Regional Medical Center Grief Support Group 760-323-6642/Desert Regional Medical Center Cancer Support Groups: Breast Cancer, Spiritual Reflection, Cancer Caregivers, Look Good...Feel Better 760-416-4834

Desert Regional Medical Center Health Beginnings Classes: Essentials of Pregnancy, Sweet Success, Prepared Childbirth, Infant Feeding, Infant Care, Infant and Child CPR 760-416-4754

Desert Hot Springs Senior Center -Arthritis Classes/Yoga 760-329-0222

La Quinta Senior Center Health and Exercise Classes 760-777-7090

Mizell Senior Center Fitness Classes 323-5689



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Bay Therapy Group Better Breathers Club – Stretch for Fitness 760-416-9842

Children’s Discovery Museum CPR Classes for Infants, Children, and Adults (Spanish and English) 760-321-0602, ext.104

American Cancer Society – 1 –800-ACS –2345

American Lung Association 1-800-LUNG-USA

Al-Anon 760-674-9554

Alcoholics Anonymous 760-324-4880