



May 2, 2014

CONTACT: Bobette Brown  
PHONE: 858.675.5072  
E-MAIL: [Bobette.brown@palomarhealth.org](mailto:Bobette.brown@palomarhealth.org)

## **Palomar Health to Host FREE and Low-Cost Health-Education Classes and Screenings during May**

**SAN DIEGO, Calif.** – Palomar Health will host a variety of **FREE** and low-cost health-education classes and screenings led by physicians and other health professionals during the month of May. Following is a complete schedule with registration information.

### **Understanding Your Child's Behavior: 10-Week Series**

**Mondays, May 12 – July 14, 4:30 – 6:30 p.m.**

**Palomar Health Downtown Campus, Education Classroom, 1<sup>st</sup> Floor**

**555 East Valley Pkwy, Escondido, CA 92025**

Explore therapeutic interventions for behavioral concerns in children ages 0 – 5 with a trained parent educator. No childcare is provided. To register, call **800.628.2880** or visit [www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: Free – registration required**

### **Diabetes 101**

- **Tuesdays, May 13 – June 3, 1 – 2:30 p.m.**

**Pomerado Outpatient Pavilion, Education Classroom, 1<sup>st</sup> Floor**

**15611 Pomerado Road, Poway, CA 92064**

- **Thursdays, May 15 – June 5, 10 – 11:30 p.m. (June 5 class held 1 – 2:30 p.m.)**

**Palomar Health Downtown Campus, Café Conference Room, 2<sup>nd</sup> Floor**

**555 East Valley Pkwy, Escondido, CA 92025**

Join **Janice Baker, RD, CDE**, for informative classes on diabetes. Classes not taught as a series.

To register, call **800.628.2880** or visit [www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

- **Week 1** – Introduction
- **Week 2** – Nutrition
- **Week 3** – Medications
- **Week 4** – Baron's Grocery Store Tour (Rancho Bernardo Road location)

**FEE: Free – registration required**

***Note:** Diabetes support groups are offered on the first and second Wednesday and first Thursday of each month. Call 858.675.3284 for more info.*

## Blood Pressure Screening

- **Tuesday, May 13, Noon – 2 p.m. (2<sup>nd</sup> Tuesday of each month)**  
**Pomerado Hospital Lobby**  
**15615 Pomerado Road, Poway, CA 92064**
- **Tuesday, May 27, Noon – 2 p.m. (4<sup>th</sup> Tuesday of each month)**  
**Palomar Medical Center Lobby**  
**2185 Citracado Parkway, Escondido, CA 92029**

High blood pressure has no symptoms. That's why it's called the "silent killer" and is a leading risk factor for heart disease. Do you know your numbers? Less than 120/80 is best, while 140/90 or more indicates high blood pressure. Take advantage of **FREE** blood pressure screening opportunities offered regularly by Palomar Health.

**FEE: Free – walk-ins welcome, no registration required**

***Note:** Hypertension support groups are offered on the second Wednesday of each month. Call 858.675.3284 for more info.*

## Take Shape for Life – Medifast®

**Tuesday, May 13, 6 – 7:30 p.m.**

**Pomerado Outpatient Pavilion, Conference Room, 4<sup>th</sup> Floor**  
**15611 Pomerado Road, Poway, CA 92064**

Join **Susan Meram, M.D.** and **Kim Kerrigan, NP**, of Arch Health Partners, as they explore the pitfalls of dieting and how you can lose weight quickly and safely. Stay motivated while learning the skills to maintain a healthy weight. This is a medically supervised program with free coaching. To register, call **800.628.2880** or visit [www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: Free – registration required**

***Note:** "Take Shape for Life" support groups are offered on the third Tuesday of each month.*

## Advances in Weight Loss & Metabolic Surgery

- **Wednesday, May 14, 6 – 8:45 p.m.**  
**Pomerado Hospital, Conference Room C/D, 3<sup>rd</sup> Floor**  
**15615 Pomerado Road, Poway, CA 92064**
- **Wednesday, May 28, 6 – 8:45 p.m.**  
**Pomerado Hospital, Conference Room C/D, 3<sup>rd</sup> Floor**  
**15615 Pomerado Road, Poway, CA 92064**

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 **Charles D. Callery, M.D., F.A.C.S.**, medical director of the Palomar Health Bariatric Surgery Center for an introductory seminar about gastric bypass, adjustable gastric band, and the new sleeve gastrectomy. To register, call **800.628.2880** or visit [www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: Free – registration required**

## Hearing & Speech Screening

- **Thursday, May 15, 11:30 a.m. – 1:30 p.m.**  
**Pomerado Hospital, Café Conference Room, 3<sup>rd</sup> Floor**  
**15615 Pomerado Road, Poway, CA 92064**
- **Monday, May 19, 11:30 a.m. – 1:30 p.m.**  
**Palomar Medical Center, Café Conference Room, 3<sup>rd</sup> Floor**  
**2185 Citracado Parkway, Escondido, CA 92029**

In recognition of May being Better Speech and Hearing Month, Palomar Health Chief Audiologist **David Illich** and Speech Pathologists will be offering free screenings to help identify hearing loss or speech and swallowing deficiencies.

**FEE: Free – walk-ins welcome, no registration required**

### **Coping with Dementia**

**Thursday, May 15, 6 – 7:30 p.m.**

**Pomerado Outpatient Pavilion, Education Classroom, 1<sup>st</sup> Floor**

**15611 Pomerado Road, Poway, CA 92064**

Join Psychiatrist **Badalin Helvink, M.D.**, as she discusses what to expect, how to be supportive, the progression of dementia and how best to cope. To register, call **800.628.2880** or visit [www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: Free – registration required**

### **Preparation for Childbirth: *In a Weekend***

**May 17 – 18, 9 a.m. – 3:30 p.m. (Saturday), 10 a.m. – 3:30 p.m. (Sunday)**

**Pomerado Outpatient Pavilion, Education Classroom, 1<sup>st</sup> Floor**

**15611 Pomerado Road, Poway, CA 92064**

Prepare for a safe and satisfying birth experience with this intimate and informative weekend class. A tour of the birth center is included. Early registration is recommended. To register, call **800.628.2880** or visit

[www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: \$70 / mom or couple (includes childbirth manual) – registration required**

### **Diabetes Education: *Spanish Edition***

**Saturday, May 17, 9 – 11 a.m.**

**Palomar Health Downtown Campus, Education Classroom, 1<sup>st</sup> Floor**

**555 East Valley Pkwy, Escondido, CA 92025**

Join Diabetes Educator **Irma Moore, R.N., NP**, as she reviews nutrition, medications, monitoring and healthy lifestyle choices for people with diabetes. To register, call **800.628.2880** or visit

[www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: Free – registration required**

### **Skin Cancer Screening**

**Saturday, May 17, 9 a.m. – noon**

**Arch Health Partners – 4S Ranch**

**16918 Dove Canyon Road, Suite 100, San Diego, CA 92127**

Join Dermatologist **Anne Truitt, M.D.**, for a free skin cancer screening in recognition of National Skin Cancer Awareness Month. To register, call **800.628.2880** or visit [www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: Free – registration required**

### **Successful Breastfeeding (Prenatal)**

**Monday, May 19, 6:30 – 9 p.m.**

**Palomar Health Downtown Campus, Birth Center Classroom, 4<sup>th</sup> Floor**

**555 East Valley Pkwy, Escondido, CA 92025**

Breastfeeding is “nature’s way” to feed a baby, but it doesn’t always come naturally. Enhance your opportunity for a positive breastfeeding experience with this informative class led by a certified lactation consultant. To register, call **800.628.2880** or visit [www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: \$25 / mom or couple – registration required**

*Note: Breastfeeding Support Groups are offered every Tuesday and Friday.*

### **Preparation for Childbirth: 5-Week Series**

**Tuesdays, May 20 – June 17, 6:30 – 9 p.m.**

**Palomar Health Downtown Campus, Birth Center Classroom, 4<sup>th</sup> Floor**

**555 East Valley Pkwy, Escondido, CA 92025**

Prepare for a safe and satisfying birth experience with this intimate and informative five-week childbirth preparation series. A tour of the birth center is included. To register, call **800.628.2880** or visit

[www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: \$70 / mom or couple (includes childbirth manual) – registration required**

### **HeartSaver CPR AED**

**Tuesday, May 20, 6 – 9 p.m.**

**Pomerado Hospital, Conference Room C/D, 3<sup>rd</sup> Floor**

**15615 Pomerado Road, Poway, CA 92064**

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. Course card is issued after successful completion of the course. To register, call

**800.628.2880** or visit [www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: \$45 / person – registration required**

### **Fighting Fat Over 40**

**Wednesday, May 21, 6 – 7:30 p.m.**

**Pomerado Outpatient Pavilion, Education Classroom, 1<sup>st</sup> Floor**

**15611 Pomerado Road, Poway, CA 92064**

It's not uncommon to see a few extra pounds on your scale after age 40. Join **Janice Baker, RD, CDE**, as she discusses the physiological changes that occur and strategies to boost metabolism and drop the pounds. To

register, call **800.628.2880** or visit [www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: Free – registration required**

### **HeartSaver First Aid**

**Thursday, May 22, 6 – 9 p.m.**

**Pomerado Hospital, Conference Room C/D, 3<sup>rd</sup> Floor**

**15615 Pomerado Road, Poway, CA 92064**

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 how to treat bleeding, sprains, broken bones, shock

and other first-aid emergencies. Course card is issued after successful completion of the course. To register,

call **800.628.2880** or visit [www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: \$45 / person – registration required**

### **Prediabetes: Making a U-Turn**

**Wednesday, May 28, 6 – 7:30 p.m.**

**Pomerado Outpatient Pavilion, Education Classroom, 1<sup>st</sup> Floor**

**15611 Pomerado Road, Poway, CA 92064**

Prediabetes means your blood glucose is high, but not enough to be classified as diabetes. Join **Janice Baker, RD, CDE**, as she discusses how simple changes in diet and lifestyle can help avoid type 2 diabetes. To register,

call **800.628.2880** or visit [www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: Free – registration required**

**Embracing Your Emotional Health**

**Thursday, May 29, 6 – 7:30 p.m.**

**Pomerado Hospital, Conference Room C/D, 3<sup>rd</sup> Floor**

**15615 Pomerado Road, Poway, CA 92064**

Join Palomar Health Champion **Carol LeBeau** and Psychiatrist **Badalin Helvink, M.D.**, for an intimate, small-group discussion addressing common emotional health issues facing people of all ages in recognition of Mental Health Awareness Month. Light refreshments will be served. To register, call **800.628.2880** or visit

[www.PalomarHealth.org/classes](http://www.PalomarHealth.org/classes).

**FEE: \$5 / person – registration required**

###