



Every moment delayed could mean a moment missed. Schedule your cancer screening today.

Visit PIHHealth.org to learn more about our Preventative Screening Programs.

Health Education Calendar

DIABETES PREVENTION

What is Diabetes? Know the Basics and Risks

Learn about the risk factors and how to prevent the onset of diabetes.

To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 11/2 1:30 – 2:30 pm
Wed 2/1 1:30 – 2:30 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Tue 10/25* 6 – 7 pm
Thu 12/1 6 – 7 pm

Our Lady of Guadalupe
900 W. La Habra Blvd., La Habra
Thu 11/3* 6:30 – 7:30 pm

YWCA GLA Walnut Park
7515 Pacific Blvd., Walnut Park
Thu 10/13* 10 – 11 am

Community Resource Center
10750 Laurel Ave., Whittier
Tue 9/6* 9:30 – 10:30 am

SPIRITT Family Services
8000 Painter Ave., Whittier
Thu 9/1 4 – 5 pm

PREP Program
Pioneer High School
10800 Benavon St., Whittier
Thu 9/22* 6 – 7 pm

Helpline Youth Counseling
Liberty Plaza
14181 Telegraph Rd., Whittier
Wed 1/18 5 – 6 pm

Uptown Whittier YMCA
12510 Hadley St., Whittier
Wed 11/2 6:30 – 7:30 pm
(YMCA membership not required)

Norwalk Social Services Center
11929 Alondra Blvd., Norwalk
Fri 9/9* 10 – 11 am
Fri 12/2* 10 – 11 am

Friends of Family Health Center
501 S. Idaho St., La Habra

Mon 9/19 6:30 – 7:30 pm
La Habra Family Resource Center
301 W. Las Lomas Dr., La Habra
Tue 11/1 6 – 7 pm

Downey Adult School
12340 Woodruff Ave., Downey
Thu 12/1 10:30 – 11:30 am

Boys and Girls Club of Whittier
7905 Greenleaf Ave., Whittier
Tue 10/4* 5 – 6 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Tue 1/17* 6 – 7 pm

The Gary Center
341 Hillcrest St., La Habra
Fri 10/7* 10 – 11 am
Fri 1/6* 10 – 11 am

Family Fun Night
Join us for a one night event in honor of National Diabetes Awareness Month. Families and kids can participate in interactive games and activities that explore ways to increase physical activity, and make healthy food choices together. All local school districts are invited.
To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Fri 11/4 6 – 8:30 pm

Pre-Diabetes Class
This class focuses on lifestyle changes for those with pre-diabetes to reduce the risk of advancing to diabetes.
To Register: Call Ext. 11320

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Tues 9/27 and 11/22
9:30 am – 12 noon
Wed 10/26 6 – 8:30 pm

DIABETES MANAGEMENT

Diabetes Nutrition Education
Learn how to control your diabetes

through nutrition classes taught by a registered dietician. Registration required.
To Register: Call Ext. 25580

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Tuesdays, 10/18, 11/15, 12/20 and 1/17

Moving Forward with Diabetes: Regain Control and Live

Explore practical skills to take charge of Type 2 diabetes. Create your own management plan for better health. Family and caregivers welcomed.

Six-class series (meets once a week)
To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Wesley Health Center
8530 Firestone Blvd., Downey
Wed 10/12 – 11/16* 5:30 – 8 pm

Community Resource Center
10750 Laurel Ave., Whittier
Tue 1/17 – 2/21* 9 – 11:30 am

Diabetes Self-Management Class

Participants diagnosed with diabetes will learn the skills needed to manage and improve their condition.

To Register: Call Ext. 11320
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Tuesdays, 10/4 – 11/15
9:30 – 12 noon
Wednesdays, 10/5 – 11/16
6 – 8:30 pm

CANCER TOPICS

Cancer Survivorship Series

Empowers patients and their loved ones as they go through their journey. Each class will offer a different topic based on survivorship. Reservations required.
To Register: Call Ext. 12570

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Sat 10/29 10 am – 12 noon

Spirituality Workshop Series

Spirituality can help us move through life's challenges. This four week series explores ways to deepen your connection to yourself and spirit.

To Register or for more information: Call Ext. 12570

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier

Meditation for Relaxation and Wellbeing

Learn meditation techniques that produce a deep state of relaxation and a tranquil mind to assist with the stress of illness.

To Register: Call Ext. 12777

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Third Tuesday of the month, 4 – 5 pm

Reiki Healing Touch Sessions

Experience the calming feeling of Reiki healing touch. Patients and caregivers can experience the benefits in a group setting.

To Register: Call Ext. 12777

The Ruby L. Golleher Oncology Center
12393 Washington Blvd., Whittier
First and Third Wednesday of the month, 6 – 8:30 pm

Yoga for Healing

Reconnect with your body through gentle yoga designed for those facing or recovering from the challenges of cancer or illness.

For Information: \$5 per class
To Register: Call Ext. 12777

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Saturdays, 10:30 – 11:30 am

*Class in Spanish



Health and wellness programs for you and your family.

Unless otherwise indicated, all health education programs and support groups are **free** of charge.

Two easy ways to register:

- Visit PIHHealth.org/Calendar
- Call **562.698.0811** and extension noted

NUTRITION

Families in it Together (FIT) for Health

In this program, parents/guardians and their kids (ages six-15) will explore ways to increase physical activity and make healthier food choices together, through interactive games and food demonstrations.

Age: Six to 15 with parent/guardian
Three-class series (meets once a week)
To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office

15725 E. Whittier Blvd., Whittier
 Sat 9/10 – 9/24 10 – 11:30 am
 Sat 10/8 – 10/22 10 – 11:30 am
 Sat 1/14 – 1/28 10 – 11:30 am
 Sat 2/11 – 2/25 10 – 11:30 am

Santa Fe Springs Teen Center

11740 Telegraph Rd., Santa Fe Springs
 Wed 10/5 – 10/19 6:30 – 8 pm

Southeast-Rio Vista YMCA

4801 E. 58th St., Maywood
 Sat 12/3 – 12/17* 10 – 11:30 am

McCaughan Gym at Apollo Park

12544 Rives Ave., Downey
 Thu 1/12 – 1/26 6 – 7:30 pm

Eating Healthy Never Tasted So Good

Small changes in what you eat can help prevent diabetes and other ongoing conditions. Explore ways to increase healthier eating at home and on the go.

To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office

15725 E. Whittier Blvd., Whittier
 Wed 11/9 1:30 – 2:30 pm
 Wed 2/8 1:30 – 2:30 pm

Wesley Health Center

8530 Firestone Blvd., Downey
 Wed 10/5* 6 – 7 pm

PIH Health Hospital - Downey

11500 Brookshire Ave., Downey
 Tue 11/1* 6 – 7 pm
 Thu 12/8 6 – 7 pm

Our Lady of Guadalupe

900 W. La Habra Blvd., La Habra
 Thu 11/10* 6:30 – 7:30 pm

YWCA GLA Walnut Park

7515 Pacific Blvd., Walnut Park
 Thu 10/20* 10 – 11 am

Community Resource Center

10750 Laurel Ave., Whittier
 Tue 9/13* 9:30 – 10:30 am

SPIRITT Family Services

8000 Painter Ave., Whittier
 Thu 9/8 4 – 5 pm

PREP Program

Pioneer High School
 10800 Benavon St., Whittier
 Thu 9/29* 6 – 7 pm

Helpline Youth Counseling

Liberty Plaza
 14181 Telegraph Rd., Whittier
 Wed 1/25 5 – 6 pm

Uptown Whittier YMCA

12510 Hadley St., Whittier
 Wed 11/9 6:30 – 7:30 pm
 (YMCA membership not required)

Norwalk Social Services Center

11929 Alondra Blvd., Norwalk
 Fri 9/23* 10 – 11 am
 Fri 12/9* 10 – 11 am

Friends of Family Health Center

501 S. Idaho St., La Habra
 Mon 9/26 6:30 – 7:30 pm

La Habra Family Resource Center

301 W. Las Lomas Dr., La Habra
 Tue 11/8 6 – 7 pm

Downey Adult School

12340 Woodruff Ave., Downey
 Thu 12/8 10:30 – 11:30 am

Boys & Girls Club of Whittier

7905 Greenleaf Ave., Whittier
 Tue 10/11* 5 – 6 pm

Gus Velasco Neighborhood Center

9255 S. Pioneer Blvd., Santa Fe Springs
 Tue 1/24* 6 – 7 pm

The Gary Center

341 Hillcrest St., La Habra
 Fri 10/14* 10 – 11 am
 Fri 1/13* 10 – 11 am

Norwalk Social Services Center

11929 Alondra Blvd., Norwalk
 Fri 9/30* 10 – 11 am
 Fri 12/16* 10 – 11 am

Friends of Family Health Center

501 S. Idaho St., La Habra
 Mon 10/3 6:30 – 7:30 pm

La Habra Family Resource Center

301 W. Las Lomas Dr., La Habra
 Tue 11/15 6 – 7 pm

Downey Adult School

12340 Woodruff Ave., Downey
 Thu 12/15 10:30 – 11:30 am

Boys & Girls Club of Whittier

7905 Greenleaf Ave., Whittier
 Tue 10/18* 5 – 6 pm

Gus Velasco Neighborhood Center

9255 S. Pioneer Blvd., Santa Fe Springs
 Tue 1/31* 6 – 7 pm

The Gary Center

341 Hillcrest St., La Habra
 Fri 10/21* 10 – 11 am
 Fri 1/20* 10 – 11 am

Eating Healthy Begins at the Grocery Store

Join us for a grocery store tour to explore ways to enhance some of the food items you love with healthier options and portions. No purchase necessary.

To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office

15725 E. Whittier Blvd., Whittier
 Wed 9/28 10 – 11 am
 Wed 2/22 1:30 – 2:30 pm

The Gary Center

341 Hillcrest St., La Habra
 Fri 10/28* 8 – 9 am
 Fri 1/27* 8 – 9 am

Why Weight?

A weight management program that focuses on healthy eating and healthy behavior for achieving a healthy weight. This 16-week class is also appropriate for patients seeking bariatric surgery.

16-week class

Fee: \$25
To Register: Call Ext. 12918

PIH Health Whittwood Medical Office

15725 E. Whittier Blvd., Whittier
 Tuesdays, 10/11 – 12/13
 Thursdays, 10/13 – 12/8
 6:30 – 7:30 pm

All About Cholesterol

Explains the basics of heart healthy eating to improve cholesterol levels and reduce the risk of cardiovascular disease.

To Register: Call Ext. 12722

PIH Health Hospital - Whittier

12401 Washington Blvd., Whittier
 Wed 10/19 11 am – 12:30 pm
 Wed 12/14 6:30 – 8:30 pm

Healthy Heart Nutrition

Healthy food habits can help reduce three of the major risk factors for heart disease: high cholesterol, high blood pressure and excess body weight. Taught by a registered dietician.

To Register: Call Ext. 25580

PIH Health Hospital - Downey

11500 Brookshire Ave., Downey
 Wednesdays, 10/12, 11/9, 12/14 and 1/11, 6 – 7 pm

PREVENTATIVE SCREENING PROGRAMS

Lung Cancer Screening Program

A lung cancer screening procedure can help catch cancer early. If you are 55 to 80 years old and have smoked for over 30 years, are a current smoker or have quit within the last 15 years, call today to find out if a screening is right for you.

To Learn More: Call 562.967.2892

Breast Mammography

If you're the one in eight women who will be diagnosed with breast cancer, an annual mammogram is the key. Schedule yours today at one of our three convenient locations in Downey, Hacienda Heights or Whittier. Call 562.906.5692.

Colorectal Cancer Prevention Program

Colon cancer is most common in men and women age 50 and older, and the risk increases with age. Colon cancer can be prevented and screening is recommended beginning at age 50. Schedule your colonoscopy today.

Appointments: Call 562.945.4754

*Class in Spanish



Ready for a lifestyle change? PIH Health offers *Why Weight?*, a class that focuses on healthy behaviors and eating habits. Call 562.698.0811 Ext. 12918 and register today!

For the most current list of classes offered, visit PIHHealth.org/Calendar.

EXERCISE

Belly Dance

A great way to exercise abs and thighs (for women of all ages).

Five classes | Fee: \$35

To Register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

PIH Health Hospital - Downey

Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
Tuesdays and Thursdays, 7 – 8 pm

Movin' Better

This chair exercise class can increase flexibility, joint stability, balance, agility, muscular strength and cardiovascular endurance.

To Register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

PIH Health Hospital - Downey

Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
Thursdays, 12:15 – 1 pm

Pilates

A method of exercise and physical movement designed to stretch, strengthen and balance the body.

Five classes | Fee: \$40

To Register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

PIH Health Hospital - Downey

Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
Thursdays, 5:30 – 6:30 pm

Silver Pilates

Raised mats are used instead of floor mats to make this a more adaptable class.

Eight classes | Fee: \$40

To Register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

PIH Health Hospital - Downey

Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
Tuesdays, 12:15 – 1 pm

Yoga

Practice various poses to improve emotional balance and mental clarity while providing stress relief.

Five classes | Fee: \$25

To Register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

PIH Health Hospital - Downey

11500 Brookshire Ave., Downey
Wednesdays, 5 – 6 pm

Tai Chi

Participants will experience gentle martial, meditative, and healing arts that help clear the mind, reduce stress, increase concentration, and improve balance.

Six-class series (meets once a week)

Fee: \$18

To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Hospital - Whittier

12401 Washington Blvd., Whittier
Tuesdays, 9 – 10 am

Mind Over Matter: One Step at a Time

Life's challenges can often get in the way. Create a personal plan to increase physical activity and manage stress to achieve lifelong wellness.

To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office

15725 E. Whittier Blvd., Whittier
Wed 9/21 10 – 11 am
Wed 11/16 1:30 – 2:30 pm
Wed 2/15 1:30 – 2:30 pm

PIH Health Hospital - Downey

11500 Brookshire Ave., Downey
Tue 11/8* 6 – 7 pm
Thu 12/15 6 – 7 pm

Our Lady of Guadalupe

900 W. La Habra Blvd., La Habra
Thu 11/17* 6:30 – 7:30 pm

YWCA GLA Walnut Park

7515 Pacific Blvd., Walnut Park
Thu 10/27* 10 – 11 am

Community Resource Center

10750 Laurel Ave., Whittier
Tue 9/20* 9:30 – 10:30 am

SPIRITT Family Services

8000 Painter Ave., Whittier
Thu 9/15 4 – 5 pm

PREP Program

Pioneer High School
10800 Benavon St., Whittier
Thu 10/6* 6 – 7 pm

Helpline Youth Counseling

Liberty Plaza
14181 Telegraph Rd., Whittier
Wed 2/1 5 – 6 pm

Uptown Whittier YMCA

12510 Hadley St., Whittier
Wed 11/16 6:30 – 7:30 pm
(YMCA membership not required)

HEALTHY AGING

AARP Smart Driver Courses

In partnership with AARP, participants will learn safe driving techniques. Program graduates may qualify for automobile insurance discounts (Must have completed an eight-hour course before taking a five-hour renewal course).

Age: 50+

Fee: \$15 for AARP members/\$20 for non-members

To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Hospital - Whittier

12401 Washington Blvd., Whittier

Eight-Hour Course

(Must attend both days)
Mon 11/14 9 am – 1 pm
Wed 11/16 9 am – 1 pm

Five-Hour Renewal Course

Wed 9/21 9 am – 1 pm

Advance Care Planning

Participants learn about advance healthcare directives and Physician Orders for Life-Sustaining Treatment (POLST). Recommended age 18 and up.

To schedule an appointment or for more information:

Call Ext. 82513 or email ssambulatory@PIHHealth.org

PIH Health Whittwood Medical Office

15725 E. Whittier Blvd., Whittier
Wednesdays, 10/5, 11/2, 12/7 and 1/4,
3 – 4:30 pm

SeniorNet Computer Classes for Adults 50+

Keep your mind sharp by learning new computer skills. Beginning and intermediate level classes, one and two day workshops and seminars are taught in a state of the art computer lab at the La Mirada Activity Center. Classes are taught by PIH Health senior volunteer instructors assisted by volunteer coaches.

For course descriptions, membership and class fees call 562.902.3177 or visit LMseniornet.com.

LIVING WITH CHRONIC DISEASES

Better Choices, Better Health Program (Chronic Disease Self- Management Program)

Explore practical skills to take control of your ongoing health condition(s) and create your own management plan for better health. Family and caregivers welcomed.

Six-class series (meets once a week)

To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

La Habra Family Resource Center

301 Las Lomas Dr., La Habra
Tue 9/13 – 10/18* 5:45 – 8:15 pm

Gus Velasco Neighborhood Center

9255 S. Pioneer Blvd., Santa Fe Springs
Mon 9/12 – 10/17* 9:30 am – 12 noon

Uptown Whittier YMCA

12510 Hadley Street, Whittier
Thu 10/6 – 11/10 5:30 – 8 pm
(YMCA membership not required)

Community Resource Center

10750 Laurel Ave., Whittier
Tue 10/11 – 11/15* 9 – 11:30 am

*Class in Spanish

Health and wellness programs for you and your family.

Unless otherwise indicated, all health education programs and support groups are **free** of charge.

Two easy ways to register:

- Visit PIHHealth.org/Calendar
- Call **562.698.0811** and extension noted

PREGNANCY AND NEW BABY

To view all the classes offered, visit PIHHealth.org/Calendar.

- Breastfeeding 101
- Getting Ready for Your Baby**
- Cesarean Section Class**
- Big Kids/Sibling Orientation
- Childbirth Basics – English, Spanish, Chinese
- Great Expectations
- Maternity Care Center – Tea for Two and Stork Tea
- Infant/Toddler Safety – English**, Spanish, Chinese
- Childbirth Refresher
- A Journey through Childbirth**

**Not held in December

To register or for more information on classes, dates and times, call **562.698.0811 Ext. 25580** for PIH Health Hospital - Downey or **Ext. 17541** for PIH Health Hospital - Whittier.

EMOTIONAL HEALTH AND WELL-BEING

Smoking Cessation

A facilitator from the American Lung Association provides participants with information, support and tips on how to quit smoking.

Seven-class series (meets once a week)
To Register: Call **Ext. 12549**

PIH Health Hospital - Whittier

12401 Washington Blvd., Whittier
Wed 10/5 – 11/16 6 – 8 pm
Wed 1/11 – 2/22 6 – 8 pm

Essential Skills for Moving Forward

This five-class series is designed for those who have recently lost a loved one and may need help in the following areas: maintaining good health (exercise and nutrition), cooking for one, banking, and auto and home maintenance.

For more information: Call **Ext. 65236**

PIH Health Hospital - Whittier

12401 Washington Blvd., Whittier

Savvy Caregiver Express

Join us for a three-class series where caregivers will explore skills and knowledge needed to care for a loved one with Alzheimer's disease.

Three-class series (meets once a week)

To Register: Call **Ext. 81085** or email Community.Health@PIHHealth.org

PIH Health Hospital - Whittier

12401 Washington Blvd., Whittier
Thu 10/6 – 10/20 10 am – 12 noon
Tue 1/17 – 1/31 4 – 6 pm

Making Home Safe

Explore ways to improve the safety risk factors at home and help your loved one with Alzheimer's or related dementia, stay at home and in the community for as long as possible.

To Register: Call **Ext. 81085** or email Community.Health@PIHHealth.org

PIH Health Hospital - Whittier

12401 Washington Blvd., Whittier
Tue 11/15 4 – 5 pm

CPR

Heartsaver First Aid, CPR and AED

Become certified in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED), or First Aid-CPR-AED. This class is also for those in non-healthcare fields looking to fulfill job requirements.

To Register: Call **Ext. 81085** or email Community.Health@PIHHealth.org

PIH Health Hospital - Whittier

12401 Washington Blvd., Whittier

CPR and AED

Fee: \$40

Wed	9/14	6 – 9 pm
Thu	11/17	6 – 9 pm
Wed	12/7	6 – 9 pm

First Aid, CPR and AED

Fee: \$70

Sat	10/1	9 am – 4 pm
Sat	11/5	9 am – 4 pm

Heartsaver First Aid, CPR and AED Skills Session

Are you short on time? This course may be for you. After doing Part I of Heartsaver First Aid-CPR-AED online, complete Part II and III with us to earn your certification. Appointment required.

To Register: Call **Ext. 81085** or email Community.Health@PIHHealth.org

PIH Health Hospital - Whittier

12401 Washington Blvd., Whittier

CPR and AED

Fee: \$30

First Aid, CPR and AED

Fee: \$55

SUPPORT GROUPS

Alzheimer's Disease

For families. Call **Ext. 12453**.

Bariatric

For those considering bariatric surgery and those who have already had the procedure. No registration required.

Tuesdays, 9/13, 10/11, 11/8 and 12/13, 7:30 – 8:30 pm

Breast Cancer

Call **562.696.5964**.

Breastfeeding

Provide knowledge and support. Every Thursday. Call **Ext. 25580**.

Compulsive Eaters Anonymous

(CEA-HOW). Call **Ext. 81085**.

Journey Through Cancer

Discussions include nutrition, coping with feelings, relationships, fears and living a 'new normal'.

Third Thursday of each month, 11 am. Call **Ext. 12570**.

Living with Loss

Bereavement support program. Call **Ext. 12500**.

Mended Hearts

For heart surgery patients and their families.

Call **Ext. 12391**.

Mental Health Family Support Group

(Conducted in Spanish) (Salud Mental-Grupo de Apoyo para la familia). Call **Ext. 81085**.

Neonatal Intensive Care Unit (NICU) Parents

For Parents with a child in the NICU. Call **Ext. 17351**.

Perinatal Bereavement

Call **Ext. 17882**.

Scleroderma Support Group

Call **Ext. 81085**.

Stroke

Second Tuesday of every month, 2 – 3:30 pm, Call **Ext. 12453**.

*Class in Spanish