

Lifestyle Lab 2020

Learn Healthy Lifestyle Lessons at "The Lab"

Post-operation classes are taught by the experts at PIH Health Bariatric Surgery.

PIHHealth.org/Weightloss

DATE	TOPIC	SPEAKER
Tuesday, January 28, 2020 6:30 - 7:30 pm	Dancing with the Doc	Justin Braverman MD
Tuesday, February 25, 2020 6:30 - 7:30 pm	Preventing Common Cancers	Kathy A. Seymour BSN RN OCN
Tuesday, March 24, 2020 6:30 - 7:30 pm	Back on Track	Justin Braverman MD
Tuesday, April 28, 2020 6:30 - 7:30 pm	Stress and Depression	Karina Arias LCSW
Tuesday, May 26, 2020 6:30 - 7:30 pm	Healthy Shopping and Cooking for a Lifetime of Success	Rachel Lander-Canseco, Registered Dietitian
Tuesday, June 23, 2020 6:30 - 7:30 pm	Success Stories	PIH Health Patients

LOCATION

PIH Health Hospital - Whittier
Lower Level Conference Room
12401 Washington Blvd., Whittier, CA 90602
562.698.0811 Ext. 12918

