

# COMMUNITY HEALTH & EDUCATION PROGRAM CALENDAR

May 2019

For more information, please call: (310) 423-9581

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Center Strutters Walk for Fitness 8:00am-10:00am	2	3 Center Strutters Walk for Fitness 8:00am-10:00am	4
5 Center Strutters Walk for Fitness 8:00am-10:00am	6 Center Strutters Walk for Fitness 8:00am-10:00am	7	8 Center Strutters Walk for Fitness 8:00am-10:00am	9	10 Center Strutters Walk for Fitness 8:00am-10:00am	11
12 Center Strutters Walk for Fitness 8:00am-10:00am	13 Center Strutters Walk for Fitness 8:00am-10:00am	14 <b>Healthy Senior Lecture 2:00pm-4:00pm *See below</b>	15 Center Strutters Walk for Fitness 8:00am-10:00am <b>Community Center at Plummer Park Senior Health Fair 9:00am-12:00pm (S)</b>	16	17 Center Strutters Walk for Fitness 8:00am-10:00am	18
19 Center Strutters Walk for Fitness 8:00am-10:00am	20 Center Strutters Walk for Fitness 8:00am-10:00am	21	22 Center Strutters Walk for Fitness 8:00am-10:00am	23	24 Center Strutters Walk for Fitness 8:00am-10:00am	25
26 Center Strutters Walk for Fitness 8:00am-10:00am	27 Center Strutters Walk for Fitness 8:00am-10:00am	28	29	30 <b>Pan Pacific Senior Health Fair 10:00am-1:30pm (S)</b>	<b>LEGEND: I/S = Immunizations/Screenings I = Immunizations S = Screenings</b>	

**PROGRAM LOCATIONS:**

**City of West Hollywood  
Community Center at  
Plummer Park**  
7377 Santa Monica Blvd.  
West Hollywood, CA 90046

**Pan Pacific Senior  
Activity Center**  
141 S Gardner St  
Los Angeles, CA 90036

**Cedars-Sinai  
Thalians Auditorium  
(Healthy Senior Lecture)**  
8730 Alden Drive.  
Los Angeles, CA 90048  
\*Validated parking is available at  
the following locations:  
Lot 1 (North Tower),  
Lot 2 (Spielberg)  
Lot 4 (Sherbourne Drive)

**Beverly Center Mall  
(Center Strutters)**  
8500 Beverly Blvd.  
Los Angeles, CA 90048  
Parking Validated from  
9–10 a.m. at Concierge, Located  
on Grand Court, Level 6

\*May 14

Healthy Senior Lecture

“Hands-Only CPR”

Please call (310) 423-9581 to RSVP



# COMMUNITY HEALTH & EDUCATION | PROGRAM OVERVIEW

Since our beginning more than a century ago, a passion for helping others has been at the foundation of everything we do at Cedars-Sinai. Our Community Health and Education programs help the most vulnerable Los Angeles residents by bringing vital information and services to them, right in their own neighborhoods. We collaborate with a robust network of community partners to address serious health issues such as diabetes, heart disease and cancer.

## Healthy Senior Lecture Series

**WHY:** Older adults and their caregivers need reliable health information to prevent and manage disease, promote their health and follow public health recommendations and warnings.

**WHAT:** Our popular health education lecture series brings Cedars-Sinai physicians, nurses, dietitians, and others into the community to share life enhancing and lifesaving information about healthy living and disease prevention. Topics ranged from nutrition, diabetes, and weight management to prevention of stroke, colorectal cancer, and skin cancer.

### WHERE:

- Cedars-Sinai Medical Center and various community sites

**WHEN:** *Monthly*

## Community Health Fairs

**WHY:** At community health fairs, our team often identifies signs of serious health conditions such as hypertension, diabetes and heart disease that otherwise might go untreated. When we go to immigrant communities, we always have team members on hand who speak their language — including Spanish, Russian, Korean — to make sure people feel at ease and are able to get the answers they need.

**WHAT:** Recognizing that many Los Angeles residents lack access to regular healthcare, Cedars-Sinai offers health education and critical health screenings at multiple community health fairs. The most important purpose of Cedars-Sinai's Community Health Programs is helping people live the healthiest lives possible.

The central purpose of our community health fairs is to help individuals be healthier by seeking to engage the public in conversation about common health issues and concerns.

### WHERE:

- Telemundo Health Fair
- Beverly Hills Roxbury Park Senior Health Fair
- West Hollywood Senior Health Fair as well as other locations.

**WHEN:** *Annually*

## Community Health Screenings

**WHY:** Clinical preventive services can prevent disease or detect disease early, when treatment is more effective. These services include screenings for chronic conditions such as hypertension and diabetes; immunizations for diseases such as influenza and counseling about personal health behaviors.

**WHAT:** While offering free blood pressure, blood sugar and cholesterol tests, Cedars-Sinai professionals provide education that empowers individuals and families to become healthier. We also offer referrals to nearby, low-cost clinics when follow-up is needed.

### WHERE:

- Plummer Park in West Hollywood
- Pan Pacific Senior Activity Center
- People Coordinated Services Senior Multipurpose Center in Los Angeles

**WHEN:** *Monthly*

## Community Immunizations

**WHY:** One of the easiest and safest ways to avoid common but potentially life-threatening illnesses is to keep up with immunizations. Free flu vaccines are offered to vulnerable residents, including seniors, at health fairs and other community sites.

**WHAT:** During the October to March Flu Season, we organize community clinics and vaccines to vulnerable individuals in communities throughout Los Angeles.

**WHERE:** Senior centers, community groups and faith organizations

**WHEN:** *Annually*

## Center Strutters

**WHY:** Experts have said that walking could be the best exercise for seniors; it's an effective way to reduce the risk for chronic conditions and improve your overall health. Some of the benefits of walking for seniors include improved heart health, lowered blood sugar, reduced pain, promotes social engagement, and boosts mental health.

**WHAT:** Center Strutters Mall Walking

**WHERE:** Beverly Center Mall  
8500 Beverly Blvd, Los Angeles, CA 90048

**WHEN:** Mondays, Wednesdays, and Fridays 8–10 a.m.

*Parking Validation available 9–10 a.m.  
7th Floor Guest Services*