



HEALTH
CONNECTION
BULLETIN



METHODIST HOSPITAL
The Next Generation of Care

March–April 2011

A Methodist Hospital publication for our 50+ community • www.methodisthospital.org • 626-821-6978

Tuesday, March 22
1:30 – 2:30 p.m.

Healthy Eating:
Living Longer, Living Stronger

Victoria Pacheco, MS, RD

Arcadia Community Center
365 Campus Drive

Nutrition plays a vital role in our health and well-being. Find out the latest research about healthy eating and ways to boost your immune system.

You can live longer and live stronger by eating the right foods to improve your overall health.

For reservations, call the Arcadia Community Center, 626-574-5130.

Tuesday, April 26
1:30 – 2:30 p.m.

Sleep:
The Restorative Time of Day

Charles Imbus, MD, Neurologist

Arcadia Community Center
365 Campus Drive

Sleep is the time for you to physically relax, breathe slowly, lower your blood pressure and your pulse and escape worries through dreaming.

This crucial time of the day is too often stolen by pressures of the mind (or the bladder), restlessness of the soul (or the legs) or struggles with breathing (such as sleep apnea).

Learn more about this mysterious time of day and what can be done when you have problems sleeping.

For reservations, call the Arcadia Community Center at 626- 574-5130.



METHODIST HOSPITAL

The Next Generation of Care

300 West Huntington Drive
P.O. Box 60016
Arcadia, CA 91066-6016

RETURN SERVICE REQUEST

Dated Material

NON-PROFIT

US POSTAGE

PAID

PERMIT NO. 683

ARCADIA, CA

www.methodisthospital.org

Free Diabetes Education Classes at Methodist Hospital

Each month Methodist Hospital offers a free four-week series of classes on diabetes for new diabetics or diabetics who need help with the management of their diabetes. The next two series of sessions will be April 5, 12, 19, and 26, and May 3, 10, 17 and 24. Registration is required. Call the community outreach office at 626- 821-2344.

Mended Hearts Support Group

The Mended Hearts Support Group will introduce you to others who have had cardiac surgery or have been recently diagnosed with heart disease. The support group meets at 2 p.m. on the third Wednesday of every month at Methodist Hospital. For information, call the cardiac rehab center at 626 574-3422.

Grief & Loss Support Group

Methodist Hospital offers a free support group for grief and loss. For information, call Debra Jackson, spiritual care department, at 626-574-3433.

Parkinson's and Movement Disorder Support Group

The Arcadia Senior Services and the SoCal Movement Disorder Society meets every third Friday of the month at 2 p.m. Group meetings are held at the Arcadia Community Center, 365 Campus Drive. For information, contact Arcadia Senior Service at 626-574-5130.