

For reservations at any of our events,
please call 1-800-554-7879 today!

Ongoing Events

“It’s A Joint Effort” – Joint Replacement Surgery Pre-Operative Education Class

2nd and 4th Thursday of each month – July 10 & July 24; August 14 & August 28

9:30 a.m. to 11:00 a.m. in Meeting Room #1

Hospital tour available following class...

Before having your joint replacement surgery at Placentia-Linda Hospital, we encourage you to attend this class.

Topics include pre-registration; what you can expect; recovery; preparing your home prior to surgery; nutrition; and more.

Stay Fit & Well Exercise & Mobility Class Especially for Seniors

Presented by Placentia-Linda Hospital and the Yorba Linda/Placentia Family YMCA

Mondays, Wednesdays & Fridays

8:30 a.m. to 9:30 a.m.

Offsite Location: Placentia United Methodist Church, 2050 Valencia Ave., Placentia 92870

Due to construction and parking issues at Placentia-Linda, this event will again be held offsite in 2008. Cost is \$25 per month, payable to the YMCA. Placentia-Linda Premier Advantage for Seniors member cost is \$20 per month. This exercise class is fun and is set up just for seniors with chair exercises, use of bands, weights and light cardio. The above fees reflect the cost with a YMCA annual membership fee, which is \$45 per year. For Non-YMCA members, please add \$5.

Stay Fit & Well Senior Yoga

Presented by Placentia-Linda Hospital and the Yorba Linda/Placentia Family YMCA

Tuesdays and Thursdays

11 a.m. to Noon

Offsite Location: Boys & Girls Clubs of Brea/Placentia/Yorba Linda, 132 E. Crowther Ave., Placentia 92870

This class focuses on helping participants increase range of motion, improve posture, restore flexibility and increase balance and core strength. Cost is \$20 per month, payable to the YMCA. Placentia-Linda Premier Advantage for Seniors member cost is \$15 per month. The above fees reflect the cost with a YMCA annual membership fee, which is \$45 per year. For Non-YMCA members, please add \$5.

Alzheimer’s Support Group

4th Monday of each month – July 28; August 25

7:00 p.m. to 9:00 p.m. in Meeting Room #1

Walk-ins welcome. This group offers support to those affected by Alzheimer’s. Get the help you need including Alzheimer’s education, group discussions and more. New for 2008 – attendees can break into small groups for more individualized needs.

July 2008

“Seeing Past Macular Degeneration”

Tuesday, July 15

11:00 a.m. to Noon

Offsite Location: Brea Senior Center, 500 S. Sievers Ave., Brea, 92821

Sean D. Adrean, MD, Ophthalmologist, will be on hand to discuss Macular Degeneration. Macular degeneration is a medical condition predominantly found in senior adults in which the center of the inner lining of the eye suffers thinning, atrophy. This can result in loss of central vision, which entails inability to see fine details, to read, or to recognize faces. Come learn more about this important eye-health topic and what you can do to help prevent symptoms. A complimentary lunch will be sponsored by Placentia-Linda Hospital for all attendees. Program starts at 11:00 a.m. at the Brea Senior Center. Please call the Brea Senior Center directly at (714) 990-7750 to confirm your attendance.

“Cooking Healthy Today!”

Tuesday, July 22

12:15 p.m. to 1:30 p.m.

Offsite Location: Emerald Isle Senior Apartment Homes-Main Club House, 661 N. Rose Drive, Placentia 92870

Cooking on a budget or for just one or two? Learn how to cook a quick meal that’s healthy and meets heart health and diabetic guidelines. Paul Montanchez, MPH, Health Educator, for Prospect Medical Group, will host a cooking demonstration and nutrition workshop, including how to read food labels. Each attendee will get a chance to enjoy the food that is prepared. Paul and Prospect Medical Group provide this educational workshop / cooking demonstration with an entertaining twist and Secure Horizons will be there to provide Medicare plan information. Learn while you taste AND have fun!

August 2008

High Blood Pressure & High Cholesterol Workshop

Thursday, August 14

11:00 a.m. to Noon

Offsite Location: Brea Senior Center, 500 S. Sievers Ave., Brea, 92821

Yvette Cressey, D.O., a physician with Apple Care Medical Group, will discuss the warning signs of high blood pressure and high cholesterol and the importance of having both regularly checked. She will also address treatment options of how these factors can help with your heart healthiness. The Brea Senior Center luncheon will be sponsored by Placentia-Linda Hospital for all attendees. Program starts at 11:00 a.m. at the Brea Senior Center. Please call the Brea Senior Center directly at (714) 990-7751 to confirm your attendance.





“Advances in Radiation Oncology Therapy”

Monday, August 25

7 p.m. to 8 p.m. in the Front Meeting Room

Offsite Location: Placentia Library, 411 E. Chapman Ave., Placentia 92870

V.J. Kini, M.D., Radiation Oncologist, will provide an update on the latest treatment and options for Radiation Therapy. Special thanks to the Placentia Library for hosting this event for Placentia-Linda Hospital. Light refreshments will be served.

“Common G.I. Conditions & Treatment”

Tuesday, August 26

Noon to 1 p.m. in the Main Club House

Offsite Location: Emerald Isle Senior Apartment Homes, 661 N. Rose Drive, Placentia 92870

Victor Wang, M.D. M.PH., a physician in Placentia-Linda Hospital's G.I. Center, will discuss common G.I. conditions and the importance of colon cancer preventive screening and colonoscopy. Dr. Wang was trained in Boston, Massachusetts in Gastroenterology and Hepatology at Brigham and Women's Hospital at Harvard Medical School. At the presentation, Placentia-Linda Hospital will be providing a free take-home colon cancer (Hem Occult card SENZA) screening test. You will take the test in the privacy of your home and send it back for evaluation. Your results will be mailed to you within 2 weeks. Educational materials on G.I. conditions will also be provided.

“Taking Your Sweet Time” Diabetes Class

Wednesday, August 27

6:00 p.m. to 8:00 p.m. in Meeting Room #1

Diabetes is a serious disease that can lead to blindness, stroke and amputation. Our Dietitian, Sheetal Khanna Scott, RD, will teach you how to manage diabetes including the role of meal planning, dining out, ways to help you stay healthy and more. A certified Health Educator will also be on hand with helpful tips and to provide a Glucose screening. This workshop will now be held quarterly and the next class is November 12.

 **Placentia-Linda**
 HOSPITALSM

**1301 N. Rose Drive
 Placentia, CA 92870
 (714) 993-2000**

Our specialties:

- 24-Hour Emergency Services
- Orthopedic Specialty/
 Joint Replacement Services
- G.I. Center
- General Surgery/
 Minimally Invasive Surgery
- Women's Health Services
- Diagnostic Services including: MRI,
 16-Slice CT Scan, Ultrasound,
 Mammogram and X-Rays
- Community Education
 & Preventive Screenings
- Free Premier Advantage
 for Seniors Program

