

Fall/Winter Noon Hour

Join us for Noon Hour, a stimulating series featuring hospital physicians, staff and community experts that is designed to give you the information you need to stay healthy and age well. The programs are free and offered from 12:30 to 1:30 p.m. in Huntington Hospital's Braun Auditorium unless otherwise noted. An optional box lunch, which is served starting at noon, can be reserved for \$7. Parking is \$5; parking cards are available for \$50 for 20 parking times with no expiration.

A Huntington Senior Care Network representative will be available before each program at 12:00 p.m. to provide information and referral about senior services.

Reservations are required for all programs. Call the membership line at (626) 397-3147.

Programs are in the Braun Auditorium unless otherwise noted.

Wednesday, September 15

Changes in Medicare 2010

Center for Health Care Rights

Learn about important changes to the new Medicare provisions of the healthcare reform law.

Wednesday, September 29

Nerve Compression Disorders of the Hand and Upper Extremity

Shankar Lakshman, M.D.

A Board-certified plastic/hand and reconstructive surgeon discusses diagnosis and treatment of nerve disorders of the hand and upper extremity including carpal tunnel syndrome.

Wednesday, October 13

Protect Your Skin from Sun Damage

Sara Gaspard, M.D.

Hear from a dermatologist the latest on protecting your skin and reducing your risk for skin cancer.

Wednesday, October 27

Hip Replacement Surgery: Anterior vs. Posterior Approach

Todd Dietrick, M.D.

An orthopedic surgeon discusses different approach options for hip replacement surgery.

Wednesday, November 10

Achieving a Good Night's Sleep

Earl Young, M.D.

A pulmonologist reviews symptoms of sleep apnea, treatment options and the potential link to heart disease. Learn about the new sleep center at the Huntington Pavilion.

Wednesday, November 17

Confronting the Rising Tide of Diabetes

Michael Lin, M.D.

In recognition of November as American Diabetes Month, an endocrinologist describes the latest in prevention and treatment of diabetes. Healthy Eating Lifestyle Program (H.E.L.P.) staff also discuss their services.

Wednesday, December 8

Stay Fit for Life

Tom Strafacci

If you've been putting off that exercise plan, why not start the new year right? An ACE-certified strength and conditioning specialist demonstrates different exercise programs for seniors tailored to meet individual needs and goals.