



October 2009

3751 Katella Avenue Los Alamitos CA 90720 562.598.1311 / 714.826.6400 losalamitosmedctr.com

A flu-shot only event will be held on Saturday, 10/17 from 8 a.m. to noon. Check your local community newspapers for details or call 800-548-5559.

In recognition of Breast Cancer Awareness month, discounted mammography screenings are available by appointment only during the month of October. Restrictions apply. Call 562.799.3251 for details.

A free yoga class for seniors is being presented by LAMC and the Independent Physicians of Alamitos IPA. Call 800-548-5559 for information.

Premier Advantage FOR SENIORS

Premier Advantage is a free senior

membership program. There are nine lectures a year and a community discount card! **Call 1-800-548-5559 to join!**

Maternity Class Information

To sign up for a tour of our Birthing Center, call 1-800-548-5559. We have private birthing suites for your comfort and convenience.

Accredited Joint Commission Primary Stroke Center

Accredited Joint Commission Coronary Artery Disease Center

American Stroke Association Get With the Guidelines Gold Level Awardee for Stroke

American Heart Association Get With the Guidelines Gold Level Awardee for Heart Failure

American Heart Association Get With the Guidelines Gold Level Awardee for Coronary Artery Disease

Cancer program accredited by the American College of Surgeons

Institute for Healthcare Improvement's (IHI) 100,000 Lives and IHI's 5 Million Lives campaign participant

Fully accredited by The Joint Commission

UnitedHealth Premium® Specialty Center for Interventional Cardiology.

CIGNA Quality Designation for Colon Surgery, Heart Failure, and Stroke

CIGNA Center of Excellence for Caesarean Section and Vaginal Delivery

Six-time recipient of Tenet Healthcare Corporation's Circle of Excellence Award

SUPPORT GROUPS

***Bereavement Support Group**
For more information, please call (562) 799.3131

*Breast Cancer Support

This is for women diagnosed with breast cancer or in treatment. For more information, please call (562) 799-3131.

*Strong and Healthy

An exercise class for women in treatment for cancer. For information, please call (562) 799-3131.

Prostate Cancer Connection

Would you be interested in attending a support group for prostate cancer survivors? Call 800-548-5559. A local group will be forming soon.

**sponsored by The Cancer Support Foundation. ♦Some meetings are on hiatus from time to time. Subject to change without notice.*

Coumadin Patient / Family Instruction

Presented by Barbara Ailor, Pharmacist

The class may help those who are taking warfarin (Coumadin) to maximize the benefits of therapy yet avoid adverse effects. No charge to take this class.

When: 2:30 p.m. to 3:30 p.m. on the first Thursday of each month. **The November class will be held on 10/28 this month only. Regular schedule resumes in December.**

Where: 10861 Cherry Street, first floor conference room. Please call 562-799-3124 if you have any questions.

Crohns and Colitis Support Group

Last Monday of the month

6pm - 8pm in the upstairs conference room.

Call Darrin Pagenkopp for more info. 714-280-6377.

AA Meetings

Wednesday nights, in the upstairs conference room.