



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

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

Accredited Joint
Commission Coronary
Artery Disease Center

Fully accredited by The
Joint Commission

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

UnitedHealth Premium®
Specialty Center for
Interventional
Cardiology.

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

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

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

CIGNA Center of
Excellence for Caesarean
Section and Vaginal
Delivery

Cancer program
accredited by the American
College of Surgeons

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.