

## Happy New Year!

Wound Healing & Hyperbarics is now open in the 3771 Katella building.



Services include vascular testing, surgical intervention, diabetes education, education on wound prevention and more. The center has two hyperbaric oxygen chambers to aid in the healing process. Let LAMC's physician wound solutions get you back to an active lifestyle.

### Premier Advantage FOR SENIORS

LAMC's Premier Advantage program will host nine lectures this year. The first is on the flu and is presented by Dr. Chris Nguyen. Call 800-548-5559 for event details.



Receive advanced quality care, individual attention, and support throughout your journey. Call 562.799.3250 for information.

Have you tried the LAMC phone app? What a great way to stay connected to the hospital services and ER wait time.

DOWNLOAD OUR  
FREE APP



Hold your place in the ER online. Visit [losalamitosmedctr.com](http://losalamitosmedctr.com) to find out more.



### SUPPORT GROUPS

#### Coumadin Patient / Family Instruction

The class may help those who are taking warfarin (Coumadin) to maximize the benefits of therapy yet avoid adverse effects. Free. **When:** 2:30 p.m. to 3:30 p.m. on the first Thursday of each month. **Where:** 10861 Cherry Street, first floor conference room Please call 562-799-3124 if you have any questions.

#### The Cancer Support Foundation Classes

(Some meetings are on hiatus from time to time. Subject to change without notice.)

Bereavement Support Group, Breast Cancer Support, and Strong and Healthy

#### Crohns and Colitis Support Group

Last Monday of the month. 6pm - 8pm in the upstairs conference room. Call coordinator Darrin Pagenkopp for more info. 714-280-6377.

#### AA Meetings

Wednesday nights, in the upstairs conference room.

#### AARP Driving Class

55Alive. For class information, please contact program instructor (Tim) at 310.522.0595.

#### Diabetes Support Group

There are a few locations to choose from; please call Joan Taylor for more information, 714-828-2977.

#### Matters of the Heart

**NEW**

Weekly education series for patients and families. Call 562.799.3257 for more information.

#### Stroke Support Group

The Roxana Todd Hodges Foundation offers a wide range of support for stroke patients and survivors. Visit [rthfoundation.org](http://rthfoundation.org) for more information. Los Alamitos Medical Center has a 24/7 stroke team and is an American Stroke Association Get With the Guidelines Gold Plus Performance Achievement Award winner for Stroke.