

50plus Program Event Calendar

2025



February

Thursday, February 6

Time: 12:00pm - 1:00pm
Location: GMH Auditorium
Topic: Chronic Cardiovascular Diseases
Speaker: Dr. Haig Lafian

Tuesday, February 11

Time: 12:00pm - 1:00pm
Location: GMH Auditorium
Topic: Atrial Fibrillation
Speaker: Dr. William Huang

Thursday, February 13

Time: 12:00pm - 1:00pm
Location: GMH Auditorium
Topic: Caring for the Heart after 50
Speaker: Michelle Galanti, Exercise Physiologist

Tuesday, February 18

Time: 12:00pm - 1:00pm
Location: GMH Auditorium
Topic: Acute Cardiovascular Disease
Speaker: Dr. Hossein Dehghani



March

Thursday, March 13

Time: 12:00pm - 1:00pm
Location: GMH Auditorium
Topic: Colon Cancer Update
Speaker: Dr. Petar Vukasin

Thursday, March 20

Time: 9:00am - 10:00am
Location: GMH Auditorium
Topic: Social Event: Spring Into
Conversations and Coffee
Note: Event capped at 50



April

Thursday, April 3

Time: 12:00pm - 1:00pm
Location: GMH Auditorium
Topic: Cybersecurity and Financial Safety:
Protecting Yourself from Scams
Speaker: Sgt. Jose Barajas, GPD

Wednesday, April 16

Time: 12:00pm - 1:00pm
Location: GMH Auditorium
Topic: Mindfulness Practice: Cultivating
Presence and Inner Peace
Speaker: Rev. Joshua Noh
Note: Event capped at 30

“To go” lunches will be provided for those that RSVP!

RSVP to all events by doing one of the following:

1. Call the 50plus Program Warm Line (818) 502-4701
2. Email gmh-communityrelations@dignityhealth.org
3. Call the external Carenet Call Center at (866) 467-1918

Surgical masks will be provided.



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Glendale Memorial Hospital
and Health Center