

50plus Program

January, February and March 2020

Community Health Programs

Dignity Health Glendale Memorial Hospital's 50plus Program offers health and fitness lectures and classes, and special discounts for all those age 50 and older.

Call (818) 502-2378 or email us at GMH-CommunityRelations@DignityHealth.org to join our FREE 50plus Program or register for any event.

Hello humankindness™



Upcoming Lectures

Lunch will be provided. Seating is limited, first come, first served.

Lower Back Pain

Dr. Nick Ghazarian

Learn about the common causes of lower back pain.

Date: January 17, 2020

Time: 11:30 a.m. to 1:00 p.m.

Location: John Stauffer Auditorium
RSVP by January 10, 2020

Don't Make Me Laugh, Incontinence Isn't Funny

Dr. Andrey Petrikovetz

Learn about the management of urinary incontinence.

Date: February 14, 2020

Time: 11:30 a.m. to 1:00 p.m.

Location: John Stauffer Auditorium
RSVP by February 7, 2020

Artificial Disc Technology: An Alternative to Spinal Fusion

Learn about the key aspects of artificial disc technology.

Date: March 6, 2020

Time: 11:30 a.m. to 1:00 p.m.

Location: John Stauffer Auditorium
RSVP by February 28, 2020

Upcoming Classes

AARP Mature Driving Class

Program is designed to help seniors develop increased confidence and safety while driving. Certificate is good for three years car insurance discount.

Date: March 23 and 24 | **Time:** 9:00 a.m. to 1:00 p.m.

Location: Cancer Center Auditorium, 1520 S. Central Ave., Glendale, Ca 91204
\$15.00 for AARP members | \$20.00 for nonmembers
Check/Money Order must be payable to AARP. | RSVP by March 13, 2020

AARP Mature Driving Refresher Class

Program is designed to refresh senior driving skills and knowledge of the rules and hazards of the road. Must have taken the two-day course within the three year time of previous certificate coverage to be eligible to take the one day refresher course.

Date: May 4, 2020 | **Time:** 9:00 a.m. to 2:00 p.m.

Location: Cancer Center Auditorium, 1520 S. Central Ave., Glendale, Ca 91204
\$15.00 for AARP members | \$20 for nonmembers
Check/Money Order must be payable to AARP. | RSVP by April 6, 2020

**Please note all classes and events are subject to cancel or reschedule.*