

Free Health Education & Community Resources

February 2021

Cancer Support

Women's Cancer Care Support Group

Tuesday, February 9th, 23rd

6:00- 7:00p.m. | Virtual Class

Our Women's Cancer Support Group is open to all women with a history or current diagnosis of any type of cancer. All or a portion of each meeting will include a sharing and support segment. Guest speakers will be invited to present current and relevant topics for the group. To receive Zoom meeting details, [please register online](#) or call 1 (800) 636-6742. Meetings are complimentary and open to the public. All are welcomed.

Chronic Lung Disease

Better Breather's Club

Better Breathers Clubs are welcoming support groups for individuals with chronic lung disease and their caregivers. Learn better ways to cope with conditions such as COPD, pulmonary fibrosis, and asthma while getting the support of others in similar situations. Led by a trained facilitator, adult support groups give you the tools you need to live the best quality of life you can.

➤ **Orange Coast Medical Center**

3rd Wednesday of every other month (December, February, April, June, August, October) 4:00 - 5:00 p.m. | Virtual Class

Please use the [online form](#) to communicate your interest in joining the Better Breathers Club.- Fountain Valley, CA

➤ **Long Beach Medical Center**

4th Tuesday of every month 12:00 - 1:00 p.m. | Virtual Class

Please use our [online form](#) to communicate your interest in joining the Better Breathers Club - Long Beach, CA.

For more information

Contact our Quality Assurance Department at
mcselectquality@memorialcare.org

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Diabetes

Virtual Diabetes Support Group

Monday, February 8th

6:00 p.m. – 7:30 p.m. | Virtual Class

Join the Diabetes Program at Long Beach Medical Center for a support group for adults with Type 1 and Type 2 diabetes, as well as individuals using insulin pumps. The support group is free, and significant others are welcome to attend. Sessions will be held via Zoom. Call (562) 933-5043 for more information and to register. Zoom link will be provided after RSVP. **Click link to RSVP** <https://www.memorialcare.org/events/virtual-diabetes-support-group>

Heart Health

Heart Disease 101 With a Special Segment on Women's Heart Disease

Monday, February 15th

5:00 – 6:00 p.m. | Virtual Class

Join Rachel Hargrove, M.D., and Jennifer Wong, M.D., F.A.C.C., as they discuss heart disease symptoms and prevention, and treatment options. For this offered Zoom session, registration is required. To receive Zoom meeting details, [please register online](#). Registered attendees will receive a class link a couple hours prior to scheduled class time.

Heart Valve Disease Awareness and Prevention

Tuesday, February 16th

5:00 – 6:30 p.m. | Virtual Class

Join [Sanjiv Patel, M.D.](#), as he discusses the symptoms, causes, risk factors and complications of heart valve disease. For this offered Zoom session, registration is required and registered attendees will receive a class link a couple hours prior to scheduled class time. [Register here](#).

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Heart Health

Your Heart Health

Thursday, February 18th

3:00 p.m. | Virtual Class

Join Marco Ruiz, M.D., a family medicine physician with MemorialCare Medical Group, to learn about causes of heart disease, treatment options and lifestyle changes that can help improve heart health and quality of life. Registration is required and registered participants will receive a Zoom link at least two hours prior to start of the presentation. [Register here.](#)

Common Congenital Heart Diseases

Tuesday, February 23rd

5:00-6:30p.m. | Virtual Class

Join Sarah Elsayed, M.D., as she discusses common congenital heart diseases, with a special emphasis on PFO closure and treatment options. For this offered Zoom session, registration is required and registered attendees will receive a class link a couple hours prior to scheduled class time. [Register here.](#)

Why Cholesterol Matters

Thursday, February 25th

5:00 – 6:30 p.m. | Virtual Class

Join Robert Greenfield, M.D., F.A.C.C., F.A.H.A., F.N.L.A., as he discusses how to better understand cholesterol levels from tests and prevention for heart-healthy living. For this offered Zoom session, registration is required and registered attendees will receive a class link a couple hours prior to scheduled class time. [Register here.](#)

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Mental Health

Love, Blessings, & Miracles Amidst a Pandemic

Wednesday, February 3rd, 10th, 17th, 24th

10:00 - 11:30 a.m. | Virtual Class

Join Erin Sommerville, mind body oncology coach, MemorialCare Todd Cancer Institute, Long Beach Medical Center, to learn how to experience calm, joy and empowerment during these challenging times. The program is free and open to anyone. Please be aware that your microphone will already be muted when you join the meeting – please keep it on mute unless you are sharing. For questions, call (562) 933-9520. **Click link to RSVP**

<https://www.memorialcare.org/events/love-blessings-miracles-amidst-pandemic>

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COVID-19 Resources

[MemorialCare Select Health Member Guide to COVID-19](#)

Testing Sites

Visit our main page, www.MCSHP.org, for more information about each resource.

Orange County

[COVID-19 Testing information](#)

[Testing resources in Orange County](#)

Los Angeles County

[COVID-19 Information & Free testing locations](#)

Questions regarding results, click [here](#).

Long Beach

[COVID-19 Testing information](#)

[Free testing locations in Long Beach](#)