

## Calendar of Events

All programs and services are free and available to employees and community members, unless otherwise noted. To register or for more information, call 323-265-5050 or visit us at [WhiteMemorial.com](http://WhiteMemorial.com).

### Living Well

#### Gestational Diabetes Class

Every Thursday  
9:30 – 11:30 a.m.  
Diabetes Education Room  
*Doctor's referral required*

#### Diabetes Self-Management Education Class

Daily  
3 – 5 p.m.  
Diabetes Education Room  
*Doctor's referral required*

#### Healthy Eating & Lifestyle Program (HELP)

Tuesdays & Wednesdays  
4 – 6 p.m.  
Med. Surg. Conference Room  
*Registration is required*

#### Living with Diabetes

*English class*  
3<sup>rd</sup> Wednesday of every month  
3 – 5 p.m.  
Community Information Center  
*Spanish class*  
1<sup>st</sup> Wednesday of every month  
10 a.m. – 12 p.m.  
Community Information Center

### Women's Care & Maternity

#### Maternity Tours

*English tour*  
January 8, February 5, March 5  
6 – 7 p.m.  
3<sup>rd</sup> Floor Birthing Center

*Spanish tour*  
January 29, February 26, March 26  
6 – 7 p.m.  
3<sup>rd</sup> Floor Birthing Center

*Bilingual tour*  
January 19, February 16, March 16  
10 a.m.  
3<sup>rd</sup> Floor Birthing Center

#### One-Day Childbirth (Lamaze) Class

*English class*  
February 9  
9 a.m. – 5 p.m.  
Birthing Center Conference Room

*Spanish class*  
January 12, March 9  
9 a.m. – 5 p.m.  
Birthing Center Conference Room

#### Childbirth (Lamaze) Three-Class Series

*English class*  
January 3, 10, 17 – March 7, 14, 21  
6 – 9 p.m.  
Birthing Center Conference Room

#### "Natural Nursing" Breastfeeding

*English class*  
January 8, February 5, March 5  
7 – 8 p.m.  
Birthing Center Conference Room

*Spanish class*  
January 29, February 26, March 26  
7 – 8 p.m.  
Birthing Center Conference Room

#### "We Care" Baby Care

*English class*  
January 24, March 28  
6 – 8 p.m.  
Birthing Center Conference Room

*Spanish class*  
February 20  
6 – 8 p.m.  
Birthing Center Conference Room

#### Infant Safety

*English class*  
January 9, March 6  
6 – 8 p.m.  
Birthing Center Conference Room

*Spanish class*  
February 6  
6 – 8 p.m.  
Birthing Center Conference Room

### Support Groups

#### Little Angels of White Memorial Support Group

1<sup>st</sup> Thursday of the month  
6:30 – 8:30 p.m.  
Café Conference Room

#### Spanish Breast Cancer Support Group

Mondays, 4 – 6 p.m.  
Thursdays, 9 – 11 a.m.  
Cecilia Gonzalez De La Hoya Cancer Center

### Support Groups at White Memorial

## Little Angels of White Memorial Support Group

Coping with a miscarriage or loss of an infant? This is a free service to help families cope and heal from their loss. A pregnancy loss may include an abortion. This support group is made up of families who have been through a similar experience. The friendships you form will help you heal. To join, call 562-682-9631.

## Living with Cancer Support Group

Cancer can be a difficult experience. You are not alone. We invite you to attend our weekly support group for Spanish-speaking women with breast cancer and their families and discover how you can benefit from the support of a caring community. For more information, call 310-314-2593.

### Center for Limb Preservation & Advanced Wound Care

**NOW  
OPEN**

Experts in the treatment of limb loss and non-healing wounds. Limb amputations in diabetics are preventable. Call today for an appointment! 323-307-8585.



# 2019

Community Calendar

JANUARY  
FEBRUARY  
MARCH

Adventist Health White Memorial  
1720 East Cesar E. Chavez Ave.  
Los Angeles, CA 90033

Follow us @WhiteMemorialLA



AdventistHealthWhiteMemorial.com

**NOW OPEN**

**Adventist Health**  
Physicians Network

**Montebello Medical Clinic**

All primary care services  
Walk-ins welcome  
323-558-7470  
1934 W. Beverly Blvd.  
Montebello, CA 90640  
Monday – Friday  
8 a.m. – 5 p.m.

## Programs & Services

### Diabetes Programs

Recognized by the American Diabetes Association, our Diabetes Program of Excellence offers participants the opportunity to meet individually with Certified Diabetes Educators and participate in a series of interactive courses and support groups designed to keep you on track in taking care of your health.

### Rehabilitation & Community Fitness Center

Our Fitness Center offers treadmills, elliptical machines, stationary bikes, stair climbing, resistance equipment and weights. Our half-mile fitness path located on our campus is also available to employees, patients, visitors and everyone in the community.

### Women's Care & Maternity Services

At White Memorial we are passionate about the health care of the women and children in our community. We offer a variety of classes that teach you how to care for yourself and your baby, so you are prepared when your big day comes. In addition to our private and semi-private rooms, we have one of the best Neonatal Intensive Care Units in the state for infants born early or with complications.



### Welcome Baby Program

White Memorial has a free home visitation program for pregnant women delivering at the White. Our staff will answer your concerns and offer support, information, resources and gifts at each home visit. If you live within zip codes 90022, 90023, 90040, 90063, 90201, 90202, 90255 and 90270 you may be eligible. Mothers may enroll at any time during pregnancy.

### Free Maternity Tours

Schedule a tour in English or Spanish and get all the information you need as you decide where to have your baby. Every mom receives a gift! Tour the private Labor & Delivery rooms and the Maternity Unit where mother and baby stay after delivery. Children under 16 are not allowed on tours.

### Safe Surrender Site

White Memorial offers a confidential safe haven for newborns. Parents are permitted to bring a baby within three days of birth to any hospital emergency room or other designated safe haven in California. Babies will be placed in a foster or pre-adoptive home.



### Free Transportation

Our courteous, bilingual van drivers will pick you up (within a 25-mile radius of our campus) and bring you to White Memorial for any medical appointments at the hospital 8 a.m. – 12 p.m. They'll also take you home when you're finished! Taxi vouchers may be available at certain times when van transportation is not available. Transportation needs to be scheduled 24 hours in advance. 323-260-5850.

### Community Information Center & ¡Vive Bien! Senior Wellness Program



Your one-stop shop for information on community resources including health insurance counseling, hospital-based programs and services and our ¡Vive Bien! Senior Wellness Program, a free program to enhance the health and quality of life for seniors in our community. Anyone over the age of 60 is eligible! 323-307-8937.

### Free & Low-Cost Health Care

We welcome patients with all types of Medi-Cal and Medicare managed care plans. Our Patient Financial Services Department provides assistance in obtaining health coverage through Medi-Cal (based on income), Healthy Families, Access for Infants and Mothers (AIM) and Aid to Families with Dependent Children (AFDC).

### Volunteer at White Memorial

Volunteers make a real difference in the lives of our patients, visitors and employees. It all starts with a desire to help others by donating your time and talent. To learn more, call the Volunteer & Workforce Development department at 323-268-5000 x4745 or visit whitememorial.com/volunteer.