



White Memorial Community Calendar 2017

September
August
July



White Memorial Medical Center
1720 East Cesar E. Chavez Avenue
Los Angeles, CA 90033

323-265-5050 General Information

WhiteMemorial.com
[@WhiteMemorialLA](https://www.facebook.com/WhiteMemorialLA)



Will be known as:



*White Memorial
Medical Center*



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.



NOW
OPEN



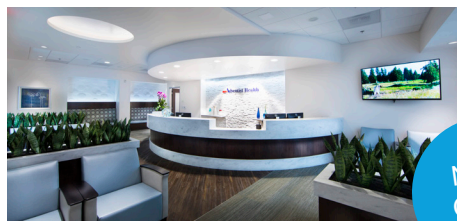
Koreatown Medical Clinic

All primary care services
Walk-ins welcome

213-260-7800

505 S. Virgil Ave., Suite 300
Los Angeles, CA 90020

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. Join us at our new Baby Basics Class and learn the basics of caring for your newborn. This class will help you feel confident when caring for your baby.

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, is 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.

Calendar of Events

All programs and services are available to employees and the community and are free, unless otherwise noted. To register or for more information, call 323-265-5050 or visit us at whitememorial.com.

-  **Gestational Diabetes Class**
Every Thursday • 9:30 – 11:30 a.m. • Doctor's referral required
Diabetes Education Room
-  **Life After Birth Class**
Daily • Call for appointment • Diabetes Education Room
-  **Diabetes Self-Management Education Class**
Daily • 3 – 5 p.m. • Doctor's referral required
Diabetes Education Room
-  **Healthy Eating & Lifestyle Program (HELP)**
Tuesdays & Wednesdays • 4 – 6 p.m. • Med. Surg. Conf. Room
Registration is required
-  **Living with Diabetes**
3rd Wednesday of every month • 3 – 5 p.m.
Community Information Center
-  **Maternity Tours**
English: 7/11, 8/1, 9/5 • Spanish: 7/25, 8/29, 9/26
6 – 7 p.m. • 3rd Floor Labor & Delivery Lobby
Saturday Bilingual Tours: 7/15, 8/19, 9/26 • 10 a.m.
-  **Baby Childbirth (Lamaze) Three-Class Series**
English: 7/6, 7/13, 7/20 – 9/7, 9/14, 9/21 • 6 – 9 p.m.
Birthing Center Conf. Room
-  **One-Day Lamaze Class**
English: 8/12 • Spanish: 7/8, 9/9 • 9 a.m. – 5 p.m.
Birthing Center Conf. Room
-  **“Natural Nursing” Breastfeeding**
English: 7/11, 8/1, 9/5 • Spanish: 7/25, 8/29, 9/26
7 – 8 p.m. • Birthing Center Conf. Room
-  **“We Care” Baby Care**
English: 7/27, 9/28 • Spanish: 8/23 • 6 – 8 p.m.
Birthing Center Conf. Room
-  **Infant Safety**
English: 7/12, 9/28 • Spanish: 8/9 • 6 – 8 p.m.
Birthing Center Conf. Room
-  **Little Angels of White Memorial Support Group**
1st Thursday of the month • 6:30 – 8:30 p.m.
Café Conf. 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
@White Memorial Medical Plaza III

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
























July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2						
9						
16						22
23						29
30						

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						5
6						
13						
20						26
27						

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						2
3						
10						
17						23
24						30

NOW OPEN