

Hoag Community Health Education Live Stream Presentations

Depression, Anxiety & Memory

Presented by Lauren Bennett, Ph.D.

Monday, March 2, 1:30 p.m.

<https://www.youtube.com/watch?v=HjkuMLTiqvo>

Pelvic Health: Bladder Leakage & Pelvic Prolapse

Presented by Ann Marie Raffo, M.D.

Thursday, March 2, 6 p.m.

<https://www.youtube.com/watch?v=J0kdrnsydas>

Ankle Arthritis: Latest Treatments and Technology

Presented by Jonathan Kaplan, M.D.

Wednesday, March 3, 5 p.m.

<https://www.youtube.com/watch?v=194S6Y6ezUc>

Mindfulness as Medicine

Presented by Amit Hiteshi, M.D.

Monday, March 8, 1:30 p.m.

<https://www.youtube.com/watch?v=vxS9bQrRlaQ>

Treatment of Nicotine Dependence

Presented by Amanda Khosravi, M.D.

Thursday, March 11, 4 p.m.

https://www.youtube.com/watch?v=HlgxulR_JW4



Treating Shoulder and Rotator Cuff Injuries

Presented by Theodore Gregorius, M.D.

Thursday, March 11, 5:30 p.m.

<https://www.youtube.com/watch?v=BN7wqPxQaAE>

How to Prevent a Stroke

Presented by Deborah Mastrolia, RN

Monday, March 16, 1:30 p.m.

<https://www.youtube.com/watch?v=SPAK9bw8RI0>

Effective Treatment for Sleep Apnea

Presented by Carly Schrage, DO

Tuesday, March 16, 4:30 p.m.

<https://www.youtube.com/watch?v=-SLT9iubpyo>

What is Ulcerative Colitis and Crohn's Disease?

Presented by Caroline Hwang, M.D.

Tuesday, March 23, 4 p.m.

<https://www.youtube.com/watch?v=pZrW7N3E0ww>

For more information, please visit hoag.org/winter-classes.

**To receive these links in an email,
contact OASIS Senior Center at (949) 644-3244 or
OASISCenter@newportbeachca.gov**

