

Noon Hour

SCN's Noon Hour lecture series provides information you can use to pursue good health and age well. All Noon Hour events begin at 12:30 p.m. on the dates listed. Each lasts about an hour and includes time for your questions. Participation is free.

Virtual Events

There are two ways to join virtual Noon Hour events:

1. By computer, smartphone or tablet.

Complete the online registration form online by visiting <https://qrco.de/bdAJec> or scanning the QR code with your smartphone.



2. By phone.

At the time of the event, call (564) 217-2000, then enter the following when prompted:

Meeting ID: 862 5512 7925#

Participant ID: press #

Meeting Password: 599251#

If you need help using Zoom, please call Senior Care Network's membership line at (626) 397-3147. We're happy to help!

In-Person Events

Preregistration is required for in-person-only Noon Hour events. Visit <https://forms.office.com/r/ADqCAKKnvT> or scan the QR code to register. Events will take place in Huntington Hospital's North Dining Room. Valet parking is offered at no cost to attendees. Self-parking in the North Parking Structure is also available at a cost of \$1.50 for every 15 minutes (\$12 daily maximum). Boxed lunch will be offered for purchase, and lunch reservations are highly encouraged at the time of registration.



Please note we have a visitation check in-system to enter the hospital's campus and invite you to enter through the main entrance. To help ensure a smooth and quick process, please bring your driver's license or identification card. Your photo will be taken, and a badge will be printed for you.

If you have a cough, cold or any symptoms of flu, COVID-19 or any other infectious disease, please don't visit.

VIRTUAL

Wed., May 7 | Grief and loss.

During Mental Health Awareness Month, staff from the Los Angeles County Department of Mental Health will talk about grief, including tips on how to cope with and move on from loss.



Wed., May 21 | Bone health for seniors: a secret to healthy aging.

Huntington Health endocrinologist **Elena Forouhar, MD**, will speak about the importance of having strong, healthy bones as you age.



Wed., June 11 | Understanding Alzheimer's and dementia.

Come hear from **Theresa Wong, MD**, community educator with the Alzheimer's Association California Southland chapter, who will discuss the causes, risk factors, stages and treatment of Alzheimer's disease.



IN-PERSON

Wed., June 25 | Advances in digestive health.

Huntington Health-affiliated gastroenterologist **Peter Rosenberg, MD**, will share about advances in colon screenings and the latest options for treatment of common gastrointestinal conditions.



VIRTUAL

Wed., July 9 | Financial elder abuse.

Alisa "Lisa" Anderson, elder abuse prevention advocate at Bet Tzedek Legal Services, will cover scams targeting older adults, including how you can protect yourself from exploitation after a disaster strikes.



Wed., July 30 | All about skin cancer and skin health.

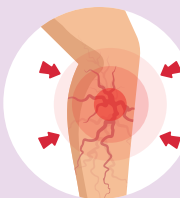
July is UV Safety Awareness Month. Come learn from dermatologists **Teo Soleymani, MD, FAAD, FACMS**, and **Neda Black, MD, FAAD**, about the causes, detection and treatment of skin cancer, as well as how you can protect your skin from the sun.



IN-PERSON

Wed., August 13 | Painful legs.

Join us as Huntington Health vascular surgeon **Theodore Teruya, MD, FACS, DFSVS**, talks about the causes of pain in your legs, including venous disease and peripheral arterial disease.



Taking Care of You: Powerful Tools for Caregivers.

Fridays, August 8 – September 12, 2025

10-11:30 a.m. via online platform

This six-session online course — designed for family caregivers of adults — will provide information you can use to increase your self-care skills and help you manage difficult situations. Instructors include expert staff from Senior Care Network (SCN). To register, please contact Karla Palma, MSW, at (626) 397-8135 or karla.palma@huntingtonhealth.org. Class size is limited so be sure to register early. Cost: \$25 for digital copy of workbook or \$30 for hard copy of workbook (plus shipping). Scholarships are available for those unable to afford the cost.