



**Lecture Plus**

***B.E.A.T.ing Stress  
in the New Year***

Wed., January 16 – 5:15 p.m.  
HealthLinks

Stress is part of life. Our reactions to stress may contribute to health problems. By examining our Body, Environment, Attitude, and Thoughts, we can learn new ways to respond to stress that lead to optimal health in this New Year. FREE

**Instructor: Vickie Hershberger, M.A.**

Wellness Educator, Certified Hypnotherapist & Certified Interactive Imagery Guide<sup>SM</sup>

Reservations required. Call 310-517-4666.



**Miracle of Living Lecture**

***Dealing with Diabetes***

Wed., January 16 – 7:00 p.m.  
Health Conference Center

An estimated 18.2 million people in the United States have diabetes. Learn more about this serious condition, including diagnostic techniques, the latest drug treatments and self-management methods. Find out how lifestyle changes, diet and exercise can help manage or even prevent the onset of the disease. The presentation also will address ways to avoid life-threatening complications and the psychological issues associated with diabetes. FREE. NO RESERVATIONS REQUIRED.

**Speaker / Moderator:** Cindy Williams, M.D. – Endocrinologist

**Speaker:** Joel Ringold, M.D. - Endocrinologist

**Introductions:** Toni Sargent

Can't attend? You can view the taped lecture at 10 a.m. in the West Tower, Room B, on the Monday following the lecture. Call 310-517-4711 to reserve a space.



**Breathe Freely: A Stop Smoking Program**

Wednesdays, January 30 - March 19

Get significant support for your resolution to stop smoking. Get rid of your troublesome cough, increase your stamina for physical activity, and spend your dollars on other pleasures. This 8-week will support you with the tools you need to quit: behavior modification, smoking cessation aids, guided imagery, stress reduction techniques, support systems.

**Employee discounts available. Pre-registration required. For more information and registration, call 310-517-4701.**



**Scale Down: A Journey toward Health**

Tuesdays, January 15 – April 15

Join Scale Down and change the way you think about weight loss. Designed for individuals desiring to lose 20 lbs. or more, this motivational, 14-week program uses nutritious meal replacements and one low-calorie meal per day to launch weight loss. Your weight journey includes: a comprehensive body assessment, instruction by a registered nurse, and presentations by dietitians, exercise specialists, and behavioral health professionals, all in a supportive, learning environment.

**Employees receive a discount and payments can be automatically deducted from payroll.**

**Call 310-517-4711 for more information about this program!**