



### Welcome at the Table: Preparing Holiday Meals for All Diets

Preparing and sharing a meal is a way to connect with the ones we love, including those with food sensitivities. [Kitchen wisdom and recipes](#) from Stacy M. DeRosa, R.D.



### Explore the Ways to Live Well With Osteoarthritis

Orthopedic specialist Benjamin Busfield, M.D., talks about a [variety of treatment options](#) that allow patients to stay active and maintain a high quality of life.

#### Upcoming Lectures

**Atrial Fibrillation: Anyone Can be at Risk**  
[Tues., Nov. 11: Berkeley](#)

**World Diabetes Day Fair 2014**  
[Tues., Nov 18: Oakland](#)

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