Salinas Valley HEALTH

PATHWAYS TO WELLNESS

Fall 2026

Health

Diabetes

Diabetes: From Eyes to Exercise and Food to Foot Care

4-session series:
Tuesdays; 4:00pm–6:00pm
Thursdays; 9:30am–11:30am
Location: Diabetes & Endocrine Center, Salinas

For more information or to register for classes, *call 831-422-3636*. Some insurance policies may cover diabetes program fees.

Diabetes: De Ojos a Ejercicio y Comida a Cuidado de los Pies

Serie de 4 sesiones:
Lunes; 4:00pm–6:00pm; Diabetes & Endocrine Center, Salinas
Miércoles; 9:30am–11:30am; Diabetes & Endocrine Center, Salinas
Jueves; 4:00pm–6:00pm; Taylor Farms Family Health & Wellness Center, Gonzales

Para más información o para registrarse en las clases, *llame al 831-422-3636*. Algunas pólizas de seguro pueden cubrir el costo de los programas de diabetes.

Free Cooking Demonstrations

Discover how healthy eating can be simple, enjoyable and diabetes-friendly. These cooking demos will teach practical cooking tips and simple ingredient swaps that support ideal blood sugar control. For more information or to register for classes, call Salinas Valley Health Diabetes & Endocrine Center at *831-422-3636*.

Demostraciónes de cocina gratuitas

Descubra cómo una alimentación saludable puede ser sencilla, agradable y apta para personas con diabetes. Estas demostraciones de cocina le enseñarán consejos prácticos de cocina y cambios sencillos de ingredientes que contribuyen a un control ideal del azúcar en la sangre. Para más información o para registrarse en las clases, llame al Salinas Valley Health Diabetes & Endocrine Center *al 831-422-3636*.

*** Registration required**
$ Participation fee

Joint Replacement

Offering top quality and compassionate care for people undergoing joint replacement surgery. To learn more, visit *SalinasValleyHealth.com/Joint* or *call 831-759-1978*.

Heart

To learn more about our regional heart program, visit *SalinasValleyHealth.com/Heart*

Mended Hearts Monthly Meeting

3rd Tuesday of the month; 6:00pm

Location: Salinas Valley Health
450 East Romie Lane, Salinas
Downing Resource Center
Conference Rooms ABC
Facilitator: Julie Jezowski, Lifeline Member Liaison

October 20
Speaker: Jamil Matthews, MD
Topic: Cardiovascular Health

November 17
Speaker: Maribel Roque
Topic: Live Well Project Program

December - No meeting

Enhancing the patient care experience through support groups, educational speakers and visiting programs, Mended Hearts supports heart patients, their families, and caregivers. For more information, *call 831-755-0772*.

Mother / Baby

Childbirth Preparation Series*$

2-session series (in-person):
Saturdays; 9:00am–4:00pm
November 14, 21

5-session series (via Zoom):
Wednesdays; 6:30pm–9:30pm
October 7, 14, 21, 28, November 4

Breastfeeding Made Easy*$

Saturdays; 9:00am–12:30pm
October 24, December 12

Classes are held virtually.

Maternity Center Tours*

Saturdays; 9:00am or 10:30am
October 3, November 7, December 5

Lactation Services

Monday–Friday; by appointment

Breastfeeding support you need in the hospital and when concerns arise after returning home. For appointments *call 831-759-3060*.

For more information and to register for maternity programs, visit *SalinasValleyHealth.com/Maternity* or *call 831-759-1890*.

Cancer

Nutrition Counseling for Cancer Patients and Survivors

One-on-one counseling for oncology patients with a Salinas Valley Health registered dietitian. By appointment only with referral from physician.

Nutrition Classes for Cancer Patients

For newly diagnosed patients undergoing cancer treatment.

Thursdays; 1:00pm
October 29, November 12
No class in December

Survivorship Nutrition Class

Thursdays; 1:00pm-3:00pm
December 10

Look Good Feel Better*

Mondays; 10:00am–12:00pm
October 12, November 9, December 14

In-person workshops led by Look Good Feel Better volunteer beauty professionals who provide tips and tools for skin and nail care, makeup application, wig selection, scarves, turbans and hats. This workshop also teaches beauty techniques for cancer patients.

Life After Cancer Treatment

Thursdays; 4:00pm-5:00pm
November 5
Location: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas
Facilitator: Elena Hermosillo, BSN, RN, OCN, PHN

For more information on the Cancer Care Programs or to register for classes, *call 831-759-1951*.

Events / Virtual Events

Podcasts

Ask the Experts Podcasts

To listen to our **Ask the Experts** podcasts visit *SalinasValleyHealth.com/Podcasts*. Each episode features a different healthcare professional discussing topics such as family medicine, diabetes, cancer, stroke, prevention and more.

Para escuchar nuestros podcasts en español de **Ask the Experts** visite *SalinasValleyHealth.com/Podcasts*. En cada episodio un profesional de la salud analiza temas como medicina familiar, diabetes, cáncer, derrames cerebrales, prevención y más.

Medicare Education Seminars

Confused by Medicare? You are not alone. Join our no-cost, educational seminars to learn about your healthcare options, understand your benefits, and get your questions answered without any sales pressure. A licensed Aspire Health Plan Advisor will guide you through the details so you can feel confident in your choices.

Find a session near you:
AspireHealthPlan.org/Medicare-Education

Community Farmers' Market

Fridays through November 6
11:30am–4:30pm

Location: Salinas Valley Health
MRI Parking Lot
450 East Romie Lane, Salinas

Blood Drive – Vitalant

Tuesday, October 27
9:00am–1:30pm

Location: Salinas Valley Health
MRI Parking Lot
450 East Romie Lane, Salinas
Online registration at *Vitalant.org*

Free Diabetes Screening Event

Saturday, November 14
1:00pm-4:00pm

Location: Northridge Mall (near food court)
Free A1c testing offered by the Salinas Valley Health Mobile Clinic.

Scan QR code to learn your risk for type 2 diabetes.

Free Community Flu Clinics | Clínicas de Vacunación Comunitaria Contra la Gripe Gratuita

- **Wednesday, October 7**
  Miércoles, 7 de octubre
  4:00pm–7:00pm
  Location: Main Street Middle School
  441 Main Street, Soledad
- **Saturday, October 10**
  Sábado, 10 de octubre
  11:00am–2:00pm
  Location: Taylor Farms Family Health & Wellness Center, 850 5th Street, Gonzales
- **Monday, October 19**
  Lunes, 19 de octubre
  4:00pm–7:00pm
  Location: Alisal High School
  777 Williams Road, Salinas
- **Sunday, October 25**
  Domingo, 25 de octubre
  12:00pm-3:00pm
  Location: Castroville Elementary School
  11161 Merritt Street, Castroville

Support Groups

Loss & Grief Support Group

Central Coast Visiting Nurses Association

For information, please contact:
bereavement@ccvna.com or *call 831-282-8951*

Ostomy Support Group

Saturdays; 10:30am–12:00pm
October 10, November 7, December 5
Facilitator: Lorynn Monroe Rainieri, RN, BS, CWON

For more information, *call 831-757-4333 ext. 2258.*

Traumatic Brain Injury Support Group

Open to all individuals experiencing Traumatic Brain Injury (TBI), their family members, and anyone from the community.

2nd and 4th Thursday of the month;
11:00am – Spanish Session
1:30pm – English Session
Location: Central Coast Center for Independent Living
318 Cayuga Street, Suite 208, Salinas

For more information please contact Yoana Mendoza at *831-757-2968 ext. 27.*

Parkinson's Support Group

Open to individuals with Parkinson's, their loved ones, and anyone who is interested in learning about Parkinson's.

Wednesdays; 5:00pm
October 21, November 18, December 16
Facilitator: Eileen Domalaog, CCC-SLP, Salinas Valley Speech Pathology
Location: Salinas Valley Health
450 East Romie Lane, Salinas
Downing Resource Center Conference Room A & B (basement of parking structure)

For more information, *call 831-998-7554.*

"Women Helping Women"

Open to all women who have a cancer diagnosis.

1st and 3rd Tuesday of the month;
1:00pm–2:30pm
Facilitator: Deidre Garcia, LCSW, OSW-C and Aida Solorio, MSW
Location: Susan Bacon Cancer Resource Center
501 East Romie Lane, Suite C, Salinas

For more information, *call 831-759-3029.*

Grupo de Apoyo de Cáncer – Mujeres Unidas

Este grupo de apoyo es para mujeres diagnosticadas con cáncer.

Primer miércoles del mes; 1:00pm–2:00pm
Facilitadora: Deidre Garcia, LCSW, OSW-C y Aida Solorio, MSW
Ubicación: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas

Para obtener más información, *llame al 831-759-3029.*

Community Programs

American Heart Association Heartsaver® CPR & AED Course for Non-Healthcare Providers*$

Course covers Infant/Child/Adult

- **Saturdays; 8:00am–12:00pm**
  October 17, November 14, December 12
  $75 for a 2-year certification

American Heart Association Heartsaver® First Aid Course*$

Not a Pediatric First Aid course

- **Saturdays; 1:00pm–4:00pm**
  October 17, November 14, December 12
  $75 for a 2-year certification;
  $35 if including CPR/AED class participation
  To register, visit: *SalinasValleyHealth.com/Events-Classes*

Walk With A Doc/Just Walk 2026

Connecting our community with Salinas Valley Health physicians and healthcare providers to learn about important wellness topics while promoting physical activity.

- **Saturday, October 3**
  9:00am–10:00am
  Topic: Breast Cancer Awareness Month
  Facilitator: Amy Lantis Stemerman, MD
- **Saturday, November 7**
  9:00am–10:00am
  Topic: Diabetes Awareness Month
  Facilitator: Nicolas Kissell, MD

  Location: Fort Ord National Monument Badger Hills Trailhead (Across Highway 68 from Toro Café).
  For information on upcoming walks, visit *SalinasValleyHealth.com/WalkWithADoc*

Legal Issues for Life Planning*

via Zoom with Steve Mudd, Attorney at Law

- **Thursday, October 22**
  5:30pm–7:00pm
  Topic: Is a Will Enough?
- **Thursday, November 19**
  5:30pm–7:00pm
  Topic: A Guide to Long Term Care
  To register, visit: *SalinasValleyHealth.com/Events-Classes*

Advance Care Planning

Advance care planning involves thinking about what is most important to you, as an individual, to help guide your overall treatment. An Advance Directive lets your healthcare team and loved ones have a better understanding about what is important to you should there come a time when you are unable to express this for yourself. For more information and to register, *call 831-257-4729*.

- **1er y 3er miércoles de cada mes; 3:00pm – Spanish**
- **2nd and 4th Wednesday of every month; 3:00pm – English**
  Facilitator: Jessica Vega
  Location: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas

Freedom from Smoking*$

American Lung Association – Freedom from Smoking class

- **Mondays; 5:30pm–7:00pm**
  8 session class begins October 5
  Fee: $25.00
  Location: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas
  To register, visit: *SalinasValleyHealth.com/Events-Classes*

Scan the QR code for more information on our Pathways to Wellness offerings or visit ***SalinasValleyHealth.com/Pathways***

*** Registration required**
$ Participation fee

Free Wellness Classes

Mindfulness Meditation*
via Zoom
Wednesdays; 12:00pm–1:00pm
A free mindfulness meditation session that aims to reduce stress and isolation during difficult times and improve overall health and well-being.

Group Chair Class for Movement & Meditation*
via Zoom
Thursdays; 9:30am–10:30am
This free class guides you through simple stretching movements while seated to increase circulation, reduce stress and improve overall well-being.

BaMM: Balance, Mobility & Meditation*
via Zoom
Saturdays; 9:30am–10:30am
This class will help you increase balance and mobility through stretching and stabilization of muscles and joints, and promote well-being through meditation.

To register for Meditation classes, visit: *SalinasValleyHealth.com/Mindfulness*

Mindfulness Meditation for Cancer Survivorship Patients
Thursday, November 12
4:00pm-5:00pm
Location: Susan Bacon Cancer Resource Center, 501 East Romie Lane, Suite C, Salinas
To register, *call 831-759-1951*

Yoga Flow*
via Zoom
Mondays; 5:30pm–7:00pm

Yoga in Gonzales
Saturdays; 9:00am–10:00am
October 3 & 17, November 14 & 28, December 12
Location: Taylor Farms Family Health & Wellness Center, 850 5th Street, Gonzales

To register for Yoga classes, visit: *SalinasValleyHealth.com/Yoga*

Zumba in Gonzales*
In-person
Mondays; 6:00pm–7:00pm
October 19 & 26, November 9 & 16, December 7 & 14
Location: Taylor Farms Family Health & Wellness Center
850 5th Street, Gonzales

Zumba in Salinas*
In-person
Fridays; 6:15pm–7:15pm
October 23 & 30, November 13 & 20, December 4 & 11
Location: Boys & Girls Club of Monterey County – Salinas Clubhouse
85 Maryal Drive, Salinas

To register for Zumba classes, visit: *SalinasValleyHealth.com/Zumba*

Live Well Project

OCTOBER

Chair Yoga
Tuesday, October 6
5:30pm-6:30pm
Location: Sanborn Community Center
920 Acosta Plaza, Salinas, CA 93905

Walk for Health
Friday, October 9
9:30am-10:30am
Location: Village Green Park
98 South El Camino Real, Greenfield

Cooking Demo
Wednesday, October 14
11:00am-12:00pm
Location: Soledad Community Center
560 Walker Drive, Soledad

Community Clean-Up
Tuesday, October 27
4:30pm-6:00pm
Location: Salinas Regional Soccer Complex
1440 Constitution Boulevard, Salinas

NOVEMBER

Group Hike
Sunday, November 8
9:30am check-in; 10:00am hike
Location: CRŪ Winery
37500 Foothill Road, Soledad

Yoga
Friday, November 13
11:00am-12:00pm
Location: Sol Treasures
519 Broadway Street, King City

Gardening Day
Saturday, November 14
9:00am-11:00am
Location: Gonzales Community Garden
Corner of Elko Street & Fairvew Drive, Gonzales

Cooking Demo
Thursday, November 19
4:00pm-5:00pm
Location: North County Recreation & Park District, 11261 Crane Street, Castroville

DECEMBER

Cooking Demo
Wednesday, December 9
4:00pm–5:00pm
Location: Cesar Chavez Library
615 Williams Road, Salinas

Group Hike
Saturday, December 12
9:30am check-in; 10:00am hike
Location: Manzanita County Park
17100 Castroville Blvd, Prunedale

To register for Live Well Project events, visit: *SalinasValleyHealth.com/Events-Classes*

Mobile Clinic | Clínica Movíl

SERVICES OFFERED

Healthcare services provided through the Salinas Valley Health Mobile Clinic during its weekly community visits include:

- Diabetes care
- Flu vaccines *(seasonal)*
- Primary care
- Rapid results testing *COVID, flu, strep, glucose, pregnancy and more*
- Resources to manage chronic medical conditions
- Simple urgent care
- Sports physicals
- UTI/STD screenings
- Wellness screenings
- Vaccines for Adults (VFA) *Eligible adults 19 years of age and older may receive vaccines if they are **uninsured** (no insurance coverage) or **underinsured** (have public or private health insurance, but coverage does not include vaccines or requires out-of-pocket costs for the vaccines)*
- Vaccines for Children (VFC) *Eligible children 18 years and younger who have **Medi-Cal**, are **uninsured**, or are **American Indian or Alaska Native** can receive free immunizations*

All services provided by the Salinas Valley Health Mobile Clinic are currently free of charge. The mobile clinic is dedicated to improving the health of our community by increasing access to care for those in medically underserved areas, providing preventive and primary care where it is needed.

Our mobile clinic is a state-of-the-art 40-foot vehicle featuring two exam rooms, Wi-Fi and laboratory capabilities, and educational functionality. It is staffed with a Nurse Practitioner or Physician Assistant, Medical Assistant and a Community Health Advocate.

SERVICIOS OFRECIDOS

Los servicios de atención médica comunes que se brindan a través de Salinas Valley Health Mobile Clinic durante las visitas semanales son los siguientes:

- Atención primaria
- Atención de urgencia sencilla
- Controles de salud
- Cuidado de la diabetes
- Exámenes de detección de infecciones urinarias y enfermedades de transmisión sexual
- Exámenes físicos deportivos
- Recursos para controlar enformedades crónicas
- Pruebas rapidas y resultados: *COVID, la gripe, faringitis estreptocócica, glucosa, embarazo y más*
- Vacuna contra la gripe *(estacional)*
- Vacunas para adultos (VFA) *Los adultos elegibles de 19 años en adelante pueden recibir vacunas si **no tienen seguro** (carecen de cobertura de seguro) o tienen un seguro **insuficiente** (cuentan con seguro médico público o privado, pero la cobertura no incluye las vacunas o requiere gastos de su propio bolsillo para obtenerlas)*
- Vacunas para niños (VFC) *Los niños elegibles de 18 años o menos que tengan **Medi-Cal**, **no tengan seguro** o sean **indios americanos o nativos de Alaska** pueden recibir vacunas gratuitas.*

Nuestra clínica móvil es un vehículo de última generación de 40 pies que cuenta con dos salas de examen para pacientes. El personal incluye una enfermera especializada o un asistente médico, un defensor de la salud comunitaria y un coordinador de apoyo comunitario.

Todos los servicios proporcionados por la Clínica Móvil de Salinas Valley Health son actualmente gratuitos. La Clínica Móvil se dedica a mejorar la salud de nuestra comunidad aumentando el acceso a la atención para quienes viven en áreas médicamente desatendidas, brindando atención primaria y preventiva donde sea necesaria.

SERVICE SCHEDULE | HORARIO DE SERVICIO

Services are offered on a first-come, first-served basis (unless an appointment has been made). We appreciate your understanding.
Los servicios se ofrecen por orden de llegada (a menos que se haya solicitado una cita). Le agradecemos su comprensión.

Sundays/Domingos; 11:00am–2:00pm
(Service from March to November)
(Servicio de marzo a noviembre)
Salinas Regional Soccer Complex
1440 Constitution Boulevard, Salinas

Mondays/Lunes; 3:30pm–7:00pm
Alisal High School
777 Williams Road, Salinas

Tuesdays/Martes; 10:00am–1:30pm
Walmart
1800 North Main Street, Salinas

Tuesdays/Martes; 2:30pm–6:00pm
Food Distribution Site/Sitio de Distribución de Alimentos
Everett Alvarez High School
1900 Independence Boulevard, Salinas

Wednesdays/Miércoles; 12:00pm–6:00pm
Food Distribution Site/Sitio de Distribución de Alimentos
Greenfield Family Resource Center
493 El Camino Real, Greenfield

Thursdays/Jueves; 10:00am–5:00pm
Food Distribution Site/Sitio de Distribución de Alimentos
MLK Family Resource Center
925 North Sanborn Road, Salinas

Scan to make an appointment or visit
SalinasValleyHealth.com/MobileClinic
Walk-ins are welcome. For groups of 10 or more, please schedule by calling ***831-759-1927*** or ***831-737-6579***.

Escanee el código QR para solicitar una cita o visite
SalinasValleyHealth.com/MobileClinic
Los pacientes sin turno pueden visitarnos.
Para grupos de 10 o más, por favor programe una cita llamando al ***831-737-6579***.

Live Well PROJECT | PROYECTO Vive Bien

- Preventive Well-being Tools
- Active Living
- Creating Connections
- Healthy Eating

Live Well Project
For more details, scan the QR code.

Proyecto Vive Bien
Para más información, escanee el código QR.

Park RX Monterey County
For more details, scan the QR code.

Park RX del Condado de Monterey
Para más información, escanee el código QR.