

PATHWAYS TO WELLNESS

Whether you're managing a chronic condition, working on your fitness level or looking for ways to de-stress, Salinas Valley Health can put you on the path to wellness.



Health



Mother / Baby

Childbirth Preparation Series*[‡]

Wednesdays; 6:30pm–9:30pm

5-session series: Sept 6, 13, 20, 27, Oct 4

Saturdays; 9:00am–4:00pm

2-session series: July 15 & 22

and Aug 12 & 19

Lactation Services

Monday-Friday; by appointment

Breastfeeding support you need in the hospital and when concerns arise after returning home. Call Holly Shannon, RN, IBCLC, at [831-759-3060](tel:831-759-3060).

Breastfeeding Made Easy*[‡]

Saturdays; 9:00am–12:30pm

July 29; August 26; September 23

Maternity Center Tours*

1st Saturday of the month; 9:00am

Registration required at

[SalinasValleyHealth.com/Events-Classes](https://salinasvalleyhealth.com/Events-Classes)

Postpartum Wellness Group

Tuesdays in English; 6:00pm–7:30pm

Having a baby is a special time and you may find yourself feeling a range of emotions.

In this group, you will receive support from an experienced facilitator and other mothers who may have similar experiences. For more information, call [831-208-6232](tel:831-208-6232) or visit

[SalinasValleyHealth.com/Postpartum](https://salinasvalleyhealth.com/Postpartum)

Grupo de Apoyo Después de dar a Luz

Todos los jueves; 6:00pm–7:30pm

Tener un bebé es un momento especial y es posible que sienta una variedad de emociones. En este grupo, recibirá el apoyo de una facilitadora con experiencia y otras madres que podrían tener experiencias similares a la suya. Para más información, llame al [831-208-6232](tel:831-208-6232) o visite [SalinasValleyHealth.com/Postpartum](https://salinasvalleyhealth.com/Postpartum)

Heart

To learn more about our regional heart program, visit [SalinasValleyHealth.com/Heart](https://salinasvalleyhealth.com/Heart)

Mended Hearts Monthly Meeting

3rd Tuesday of the month; 6:00pm

Location: Salinas Valley Health - Downing Resource Center - Rooms ABC

Facilitator: Julie Jezowski,

Lifeline Member Liaison

May - Caring for your Heart at

Salinas Valley Health | Christiana Kearns

June - Preparing Your Advance Health

Care Directive | Sara Senger

July - How Your Kidneys and Heart Work

Together | Dr. Michael Dicus

August - Structural Heart Care Cath Lab Tour

Suzette Urquides, DNP, NPA, CCRN

Facilitating a positive patient care experience through support group meetings, speakers and visiting programs, Mended Hearts is for

heart patients, their families and caregivers.

For more information, call [831-755-0772](tel:831-755-0772).

Joint Replacement

Offering top quality and compassionate care for people undergoing joint

replacement surgery. To learn more, visit [SalinasValleyHealth.com/Joint](https://salinasvalleyhealth.com/Joint) or

call [831-759-1978](tel:831-759-1978).

Cancer

For more information on any Cancer Care Program, call [831-759-1951](tel:831-759-1951).

Nutrition Services 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. To register and more information, call [831-759-1951](tel:831-759-1951).

Look Good - Feel Better

Teaches beauty techniques for female cancer patients. Online classes. For more information, call [831-759-1951](tel:831-759-1951).

Diabetes

Diabetes: From Eyes to Exercise and Food to Foot Care

4-session series:

Tuesdays; 4:00pm–6:00pm

Thursdays; 9:30am–11:30am

For more information or to register for classes, call Salinas Valley Health Diabetes & Endocrine Center at [831-422-3636](tel: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

Miércoles; 9:30am–11:30am

Jueves; 3:00pm–5:00 pm

Para más información o para registrarse en las clases, llame al Salinas Valley Health Diabetes & Endocrine Center al [831-422-3636](tel:831-422-3636).

Algunas pólizas de seguro pueden cubrir el costo de los programas de diabetes.

* Registration required
‡ Participation fee

Events / Virtual Events



Ask the Experts

(Presentación en Español) Ask The Experts Cáncer de Colon

13 de julio a las 6:00pm por Facebook @SalinasValleyHealth
Para estar al tanto de futuros eventos virtuales Ask The Experts
visite nuestra página de Facebook @SalinasValleyHealth

Ask The Experts: Healthy Cooking

with Erica Locke, MD: August 16 at 6:00pm on Facebook
@SalinasValleyHealth

For information on future Ask The Experts events,
visit our Facebook page @SalinasValleyHealth

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 like family medicine, diabetes, cancer,
stroke and prevention.

New podcasts:

- Men's Health: Incontinence, Erectile Dysfunction,
Prostate Problems and Sexual Function
- Bariatric Surgery
- Health and Wellness Programs for the Community
- Susan Bacon Cancer Resource Center
- Hysterectomy: What You Need to Know

Podcasts de Ask The Experts

Para escuchar nuestros podcasts, visite
SalinasValleyHealth.com/Podcasts

Cada episodio presenta a un profesional de la salud diferente
que discute temas como medicina familiar, diabetes, cáncer,
derrame cerebral, prevención y mucho más.

Nuevos podcasts:

- Salud del Hombre: Incontinencia, Disfunción Eréctil
y Problemas de la Próstata
- Programa Metabólico y de Estilo de Vida: Cirugía Bariátrica
- Programas de salud y bienestar para la salud
- Susan Bacon Cancer Resource Center
(centro de recursos contra el cáncer)
- Histerectomía: Lo que debería saber

Farmers' Market at Salinas Valley Health

Every Friday; 12:30pm–5:30pm

May 12 – November 10, 2023

Parking lot on the corner of Romie Lane & Wilgart Way

Asthma Camp 2023

July 31 – August 4; 9:00am–3:00pm

Monterey Park School

Registration required: SalinasValleyHealth.com/AsthmaCamp

Blood Drive - Vitalant

Tuesday, September 19; from 9:00am–1:00pm

Salinas Valley Health Heart Center Parking Lot

450 East Romie Lane, Salinas, CA 93901

Online registration at vitalant.org

Healthy Together

Aspire Health's family-focused pediatric wellness program
offers six engaging sessions that guide families to discover
how to live Healthy Together. No cost to eligible families
regardless of health coverage status. To learn more, visit
AspireHealth.org/HealthyTogether

Community Programs



Walk With A Doc/Just Walk 2023

A physician-led walk connecting our community with
Salinas Valley Health physicians and healthcare providers
to learn about important health topics and promote physical
activity. Fort Ord National Monument Badger Hills Trailhead
(across Highway 68 from Toro Café). For information,
visit SalinasValleyHealth.com/WalkWithADoc

Legal Issues for Life Planning*

via Zoom; 5:30pm–7:00pm

Thursday, July 20

Topic: Is a Will Enough?

Thursday, August 24

Topic: The Truth About Trusts

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

Saturdays, July 8; August 12;

September 9; 8:00am–12:00pm

\$75 for a 2-year certification | American Heart Association

American Heart Association Heartsaver® First Aid**

Saturdays, July 8; August 12;

September 9; 1:00pm–4:00pm

\$75 for a 2-year certification; \$35 if including CPR/AED
class participation.

Quit Smoking Class**

American Lung Association – Freedom from Smoking Class;
8-session class starting Monday, July 10; 5:30pm–7:00pm
\$25 to register visit: SalinasValleyHealth.com/Events-Classes

Step Into Health

Maintaining a healthy weight reduces your chance for
development of chronic diseases. One way to do this is
to walk 10,000 steps a day. Go ahead, we challenge you
in September to STEP INTO HEALTH and reach 10,000
steps a day.

* Registration required

\$ Participation fee

Wellness



Group Chair Class for Movement & Meditation*

via Zoom

Thursdays; 10:30am-11:30am

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

Tuesdays; 7:30am-8:15am

This FREE class will help you increase balance and mobility through stretching and stabilization of muscles and joints and promote peace through meditation.

Mindfulness Meditation*

via Zoom

Mondays & Fridays; 12:00pm-1:00pm

Wednesdays; 4:30pm-5:30pm

A FREE mindfulness meditation session that aims to reduce stress and isolation during difficult times and improve overall health and well-being.

Yoga Flow*\$

via Zoom

Mondays; 5:30pm-7:00pm

6-week series begins August 7 or September 18.

Join at the beginning of a series or any Monday.

To register for Wellness classes,

visit: SalinasValleyHealth.com/Events-Classes

* Registration required

\$ Participation fee

Blue Zones Project Monterey County



Power 9 Principles

For more information on the Blue Zones Project Power 9 Principles, visit MontereyCounty.BlueZonesProject.com



Purpose



Down Shift



80% Rule



Loved Ones First



Plant Slant



Belong



Friends at 5



Right Tribe



Move Naturally

Support Groups



Bariatric Surgery Support Group

Please join us for our monthly meetings to share tips, advice and give and receive support from others who are struggling with similar issues.

Location: Salinas Valley Health Lifestyle and Metabolic Program, 1260 S. Main St. Suite 101, Salinas – LAMP Education Room.

5:00pm-6:00pm | July 11; August 8; September 12

For more information and to register, call 831-208-6226.

Lifestyle and Metabolic Support Group

Please join us for our monthly meetings to share tips, advice and give and receive support from others who are struggling with similar issues.

Location: Salinas Valley Health Lifestyle and Metabolic Program; 1260 S. Main St. Suite 101, Salinas – LAMP Education Room.

5:00pm-6:00pm | July 19; August 16; September 20

For more information and to register, call 831-208-6226.

Loss & Grief Support Group

Central Coast Visiting Nurses Association

For information, call Ed Horsley, Bereavement Coordinator, at 831-751-5500.

Ostomy Support Group

10:30am-12:00pm

July 8 – Cislini Conference Rooms

August 5 – TELROO

September 2 – Cislini Conference Rooms

For more information, please call 831-759-3238.

Women Helping Women

Open to all women who have a cancer diagnosis

1:00pm-2:00pm

Meets the 1st and 3rd Tuesday of the month

Location: In-person or virtual meeting via Webex

501 East Romie Lane, Suite C.

For more information, call 831-759-3029.

Well-Being Moai

Free, online well-being classes and demos that help build resiliency into your life.

For more details and to register, visit MontereyCounty.BlueZonesProject.com/Events or scan the QR code.



Volunteer Opportunities

For more details, scan the QR code.

Mobile Clinic

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

- COVID-19 testing (*rapid antigen test*)
- COVID-19 vaccines
- Primary care
- Simple urgent care
- Women's health
- Health screenings
- Flu vaccines
- Immunizations
- Health education resources to manage chronic medical problems

All services provided by the Mobile Clinic are currently free of charge.

Clínica Móvil

Los servicios de atención médica proporcionados a través de la Clínica Móvil del Salinas Valley Health durante sus visitas semanales a la comunidad incluyen:

- Pruebas del COVID-19 (*prueba rápida de antígeno*)
- Vacunas contra el COVID-19
- Atención primaria
- Atención urgente simple
- Salud de la mujer
- Controles de salud
- Vacuna contra la gripe
- Inmunizaciones
- Recursos de educación de la salud para administrar problemas médicos crónicos

Todos los servicios prestados por la Clínica Móvil son actualmente gratuitos.

Mobile Clinic Schedule / Clínica Móvil Calendario

Mondays / Lunes

3:30pm-7:00pm
Alisal High School
777 Williams Road, Salinas

Tuesdays / Martes

10:00am-1:30pm
Walmart
1800 N. Main Street, Salinas

2:30pm-6:00pm
Everett Alvarez High School
1900 Independence Blvd., Salinas

Wednesdays / Miércoles

12:00pm-6:00pm
Greenfield Family Resource Center
493 El Camino Real, Greenfield

Thursdays / Jueves

10:00am-5:00pm
MLK Family Resource Center
925 North Sanborn Road, Salinas

Sundays / Domingos

11:00am-2:00pm
Salinas Regional Soccer Complex
1440 Constitution Blvd., Salinas

IMPORTANT: The Soccer Complex will be closed for the month of July, so our Mobile Clinic will not be available at this location. Our service will resume on Sunday, August 6 at 11am.

IMPORTANTE: El Soccer Complex estará cerrado durante el mes de julio, por lo que nuestra Clínica Móvil no estará disponible. Nuestro servicio continuara ahí el domingo 6 de agosto a las 11:00am.



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