

PATHWAYS TO WELLNESS

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



Health



Diabetes

Diabetes: From Eyes to Exercise and Food to Foot Care

4-session series:

Tuesdays; 4:00–6:00pm

Thursdays; 9:30–11:30am

Location: Diabetes & Endocrine Center, Salinas

Some insurance policies may cover diabetes program fees. For more information or to register for classes, call Salinas Valley Health Diabetes & Endocrine Center at [831-422-3636](tel:831-422-3636).

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

Serie de 4 sesiones:

Lunes; 4:00–6:00pm; Diabetes & Endocrine Center, Salinas

Miércoles; 9:30–11:30am; Diabetes & Endocrine Center, Salinas

Jueves; 4:00–6:00pm; Taylor Farms Family Health & Wellness Center, Gonzales

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

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](tel:831-759-1978).

* Registration required
\$ Participation fee

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-ABC

Facilitator: Julie Jezowski, Lifeline Member Liaison

April 15

Speaker: Erica A. Locke, MD

Topic: Cook with a Doc

May 20

Speaker: Bruce E. Kaufman, DO

Topic: Lipoprotein (a) - LP (a) Hidden Risk Factors

June 17

Potluck: Bring a Heart Healthy delight to share along with your recipe.

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).

Mother / Baby

Childbirth Preparation Series*^s

2-session series:

April 12 & 19 or June 21 & 28

Saturdays; 9:00am–4:00pm

5-session series:

May 7, 14, 21, 28, June 4

Wednesdays; 6:30–9:30pm

Classes are held virtually. For more information and to register, call [831-759-1890](tel:831-759-1890).

Lactation Services

Monday–Friday; by appointment

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

Breastfeeding Made Easy*^s

April 26, May 24, June 14

Saturdays; 9:00am–12:30pm

For more information and to register, call [831-759-1890](tel:831-759-1890).

Maternity Center Tours*

Saturdays;

April 12 & 19; 4:30pm

May 3; 9:00am & 10:30am

June 7; 9:00am & 10:30am

Registration required at SalinasValleyHealth.com/Events-Classes

For more information and to register, call [831-759-1890](tel:831-759-1890).

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. For more information, please call [831-759-1951](tel:831-759-1951).

Look Good – Feel Better*

April 14, May 12, June 9

10:00am–12:00pm

In-person workshops led by Look Good Feel Better volunteer beauty professionals provide you with tips and tools for skin and nail care, makeup application, wig selection, scarves, turbans and hats. This workshop also teaches beauty techniques for female cancer patients. Space is limited to 5 participants. To register and for more information, call [831-759-1951](tel: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 salud analiza temas como medicina familiar, diabetes, cáncer, derrames, cerebrales, prevención y más.

Blood Drive - Vitalant

April 22 & June 24; 9:00am-1:00pm

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

Blood Drive - American Red Cross

June 14; 9:00am-2:00pm

Salinas Valley Health
450 East Romie Lane, Salinas
Downing Resource Center Conference
Rooms ABC (Basement of Parking Structure)
Online registration at RedCrossBlood.org

Farmers' Market at Salinas Valley Health

Fridays; May 9–November 7; 11:30am–4:30pm

Parking lot on the corner of Romie Lane and Wilgart Way.

Double Up Food Bucks

This program offers a 50% discount on California-grown produce to CalFresh recipients using a SNAP/EBT card. Customers can save up to \$15 per day at participating grocery stores. For more information and a list of participating stores, visit DoubleUpCA.org

Community Health Event

Free Community Event for All Ages

April 27; 1:00-5:00pm
Castroville Elementary School
11161 Merritt St, Castroville

Activities and Resources:

Salinas Valley Health Mobile Clinic
Onsite Community Health and Resource Tables
For more information visit SalinasValleyHealth.com/DayOfTheChild

Asthma Camp 2025

July 21–July 25; 9:00am–3:30pm

Monterey Park School
Physician referral required:
SalinasValleyHealth.com/AsthmaCamp

Daybreak Health - Family Education Webinar

Youth Mental Health 101 | Salud Mental Juvenil 101

April 10; 6:00-7:00pm | 10 de abril; 6:00-7:00pm

This webinar is free and open to anyone looking to better understand youth mental health, warning signs and symptoms of mental health struggles and how to support your child with healthy coping skills. Registration required.



Scan QR code to register

Esta presentación es gratuita y está abierta a cualquier persona que desee comprender mejor la salud Mental Juvenil, las señales de alerta y los síntomas de los problemas de salud mental, y cómo apoyar a su hijo/a con estrategias de afrontamiento saludables.



Para registrarse,
escanee el código QR

Support Groups



NAMI Monterey County offers free programs, support and advocacy for those living with mental illness and their loved ones. To learn more about the different offerings through NAMI, visit NamiMonterey.org or call 831-422-6264.

NAMI Monterey County ofrece programas y apoyo gratis para personas con enfermedades mentales y sus seres queridos. Para obtener más información sobre las diferentes opciones de NAMI, visite NamiMonterey.org o llame al 831-422-6264.

Loss & Grief Support Group

Central Coast Visiting Nurses Association
For information, please contact:
bereavement@ccvna.com or call 831-751-5500.

Ostomy Support Group

April 12, May 10, June 7; 10:30am
Facilitator: Lorynn Monroe Rainieri, RN, BS, CWON
For more information, call 757-4333 ext. 2258.

Traumatic Brain Injury Support Group

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

**Every 2nd and 4th Thursday of the month;
11:00am - Spanish Session**

1:30pm - English Session
Location: CCCIL Office 318 Cayuga Street,
Suite 208, Salinas

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

Bariatric Surgery Support Group

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

April 24, May 23, June 27; 5:00-6:00pm

Location: Salinas Valley Health Lifestyle and Metabolic Program; 1260 South Main Street, Suite 101, LAMP Education Room, Salinas
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, advise, give and receive support from others who are struggling with similar issues.

April 14, May 12, June 9; 10:00-11:00am

April 22, May 27, June 24; 5:00-6:00pm
Location: Salinas Valley Health Lifestyle and Metabolic Program; 1260 South Main Street, Suite 101, LAMP Education Room, Salinas
For more information and to register, call 831-208-6226.

Parkinson's Support Group

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

April 16, May 21, June 18; 5:00pm

Facilitator: Eileen Domalaog, CCC-SLP,
Salinas Valley Speech Pathology
Location: Salinas Valley Health
450 East Romie Lane, Salinas
Downing Resource Center Conference Room A
(Basement of parking structure)
For more information, call 831-998-7554.

"Women Helping Women"

Open to all women who have a cancer diagnosis.

**Every 1st and 3rd Tuesday of the month;
1:00-2:00pm**

Facilitator: Deidre Medrano, MSW, LCSW
Location: In person or virtual meeting by Webex; 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; 1:00-2:00pm

Facilitadora: Deidre Medrano, MSW, LCSW
Ubicación: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas
Para obtener más información, llame al 831-759-3029.

Community Programs



Aspire Health 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

Legal Issues for Life Planning*

via Zoom with Steve Mudd, Attorney at Law

- **April 24; 5:30-7:00pm**
Topic: Planning for Incapacity
- **May 22; 5:30-7:00pm**
Topic: Financial Planning for Special Needs Trust
- **June 26; 5:30-7:00pm**
Topic: Is a Will Enough?

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

Course covers Infant/Child/Adult

- **April 12, May 17, June 14; 8:00am-12:00pm**
\$75 for a 2-year certification

American Heart Association Heartsaver® First Aid Course*^{\$}

Not a Pediatric First Aid course

- **April 12, May 17, June 14; 1:00-4:00pm**
\$75 for a 2-year certification; \$35 if including CPR/AED class participation.

Freedom from Smoking*^{\$}

American Lung Association Freedom from Smoking Class

- **8-session class beginning April 7; 5:30-7:00pm**
Susan Bacon Cancer Resource Center
501 East Romie Lane, Suite C, Salinas
Fee: \$25; To register, visit SalinasValleyHealth.com/Events-Classes

Walk With A Doc/Just Walk 2025

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

Location: Fort Ord National Monument Badger Hills Trailhead - (Across Highway 68 from Toro Café). Online registration at SalinasValleyHealth.com/Patients-Visitors/Walk-With-A-Doc

- **April 5; 9:00-10:00am**
Topic: Advance Care Planning
Facilitator: Nadine Semer, MD
- **May 3; 9:00-10:00am**
Topic: Vascular Health
Facilitator: Jamil Matthews, MD
- **June 14; 9:00-10:00am**
Topic: Understanding Metabolic Health
Facilitator: Joanna Oppenheim, MD

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 [831-759-1951](tel:831-759-1951).

- **1er jueves de cada mes; 3:00pm Spanish**
- **2nd & 3rd Thursday of every month; 3:00pm**
- **4th Friday of every month; 10:30am**
Facilitator: Jessica Vega
Susan Bacon Cancer Resource Center
501 East Romie Lane, Suite C, Salinas

Free Wellness Classes



BaMM: Balance, Mobility & Meditation*

via Zoom

Saturdays; 9:30-10:30am

This 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; 12:00-1:00pm

Wednesdays; 4:30-5:30pm

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

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

Yoga Flow*

via Zoom

Mondays; 5:30-7:00pm

6-week series begins April 21 or June 2. Join at the beginning of a series or any Monday.

Yoga in Gonzales*

In person

April 12 & 26, May 10 & 24, June 7 & 14; 9:00-10:00am

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

April 7 & 14, May 12 & 19, June 2 & 9; 6:00-7:00pm

Location: Taylor Farms Family Health & Wellness Center, 850 5th Street, Gonzales

Zumba in Salinas*

In person

April 4 & 11, May 2 & 9, June 6 & 13; 6:15-7:15pm

Location: Boys & Girls of Monterey County - Salinas Clubhouse, 86 Maryal Drive, Salinas

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



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

* Registration required
\$ Participation fee

Mobile Clinic | Clínica Móvil

SERVICES OFFERED

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

- Primary care
- Simple urgent care
- COVID-19 testing
- Flu vaccine
- Flu testing
- Sports physicals
- Women's health
- Health screenings
- Health education resources to manage chronic medical problems

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 urgente simple
- Prueba de COVID-19
- Vacuna contra la gripe
- Pruebas de detección de la influenza
- Exámenes físicos deportivos
- Salud de la mujer
- Controles de salud
- Recursos de educación de la salud para administrar problemas médicos crónicos

Todos los servicios que ofrece actualmente Salinas Valley Health Mobile Clinic son gratuitos. La clínica móvil se dedica a mejorar la salud de nuestra comunidad al aumentar el acceso a la atención para aquellas personas en áreas con atención médica insuficiente y al ofrecer atención preventiva y primaria donde sea necesario.

Nuestra clínica es un vehículo de vanguardia de 40 pies con dos salas de examinación, Wi-Fi y capacidades de laboratorio, y una instalación educativa. Cuenta con un enfermero especializado o un auxiliar médico, un asistente médico y un promotor de la salud comunitaria.

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

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

Tuesdays/Martes; 2:30–6:00pm
Everett Alvarez High School
1900 Independence Boulevard, Salinas

Wednesdays/Miércoles; 12:00–6:00pm
Greenfield Family Resource Center
493 El Camino Real, Greenfield

Thursdays/Jueves; 10:00am–5:00pm
MLK Family Resource Center
925 North Sanborn Road, Salinas



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**.

Blue Zones Project Monterey County



Power 9 Principles

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

- 80% Rule
- Loved Ones First
- Purpose
- Plant Slant
- Belong
- Down Shift
- Friends at 5
- Positive Pack
- Move Naturally



Well-Being Activities
Free, Blue Zones Project well-being activities that help people live longer, healthier lives. 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.