

# 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\*\*

**Saturdays; 9:00am-4:00pm**

2-session series: October 21 & 28;  
November 18 & 25

#### 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\*\*

**Saturdays; 9:00am-12:30pm**

October 21 & November 18

#### Maternity Center Tours\*

**1st Saturday of the month; 9:00am**

Registration required at [SalinasValleyHealth.com/Events-Classes](https://SalinasValleyHealth.com/Events-Classes)  
For more information on Maternity Center tours, contact the Health Promotion Department at [831-759-1890](tel:831-759-1890) or [healthpromotion@SalinasValleyHealth.com](mailto:healthpromotion@SalinasValleyHealth.com)

### 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).

### Heart

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

#### Mended Hearts Monthly Meeting

**October 17; 6:00pm**

**Location:** Salinas Valley Health, Downing Resource Center, Rooms ABC

**Facilitator:** Christan Sanchez, Sleep Center; "Heart Failure and Sleep Apnea"

**November 21; 6:00pm**

**Location:** Salinas Valley Health, Downing Resource Center, Rooms ABC

**Facilitator:** Jason Giles, Head Chef at Salinas Valley Health; "Healthy Holiday Appetizers"

**Note:** There is no Mended Hearts Meeting during the month of December.

For more information, call [831-755-0772](tel:831-755-0772).  
Facilitating a positive patient care experience through support group meetings, speakers and visiting programs, Mended Hearts is for heart patients, their families and caregivers.

### 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 for more information, call [831-759-1951](tel:831-759-1951).

### Look Good - Feel Better

**October 9, November 13 & December 11; 10:00am-12:00pm**

Look Good Feel Better volunteer beauty professionals lead in-person workshops to provide tips and tools for skin and nail care and makeup application; wig selection and care; scarves, turbans and hats. Teaches beauty techniques for female cancer patients. For more information and to register, call [831-759-1951](tel:831-759-1951).

### Diabetes

#### Diabetes: From Eyes to Exercise and Food to Foot Care

4-session series:

**Tuesdays; 4:00-6:00pm**

**Thursdays; 9:30-11:30am**

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; 4:00-6:00pm**

**Miércoles; 9:30-11:30am**

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

**Diabetes in Pregnancy: Its Effects on Maternal and Neonatal Health**  
**November 8; 6:00pm on our Facebook page @SalinasValleyHealth**

To learn about future Ask the Experts events follow us on Facebook @SalinasValleyHealth

**(Presentación en Español) Diabetes en el Embarazo: Sus Efectos en la Salud Materna y Neonatal**

**29 de noviembre; 6:00pm por Facebook @SalinasValleyHealth**

Para estar al tanto de futuras presentaciones síganos en Facebook @SalinasValleyHealth

### Podcasts

#### Ask the Experts Podcasts

To listen to our Ask the Experts podcasts, visit [SalinasValleyHealth.com/Podcasts](https://SalinasValleyHealth.com/Podcasts)

Each episode features a different healthcare professional discussing topics like family medicine, diabetes, cancer, stroke and prevention.

#### Podcasts de Ask the Experts

Para escuchar nuestros podcasts en español, visite [SalinasValleyHealth.com/Podcasts](https://SalinasValleyHealth.com/Podcasts)

En cada episodio, un profesional de la salud provee información sobre diferentes temas de la salud como medicina familiar, diabetes, cáncer, derrames cerebrales y prevención.

### Community Flu Clinics

**Wednesday, October 11; 4:00-7:00pm**

Palma School

19 Iverson Street, Salinas

**Saturday, November 4; 11:00am-2:00pm**

Taylor Farms Family Health and Wellness Center

850 5th Street, Gonzales

**Saturday, November 18; 11:00am-2:00pm**

Salinas Valley Health, MRI Parking Lot

On the corner of Romie Lane & Wilgart Way

### Farmers' Market at Salinas Valley Health

**Every Friday;**

**October; 12:00-5:00pm**

**November 4 & 11; 12:00-4:30pm**

Parking lot on the corner of Romie Lane & Wilgart Way

### Blood Drive – Vitalant

**Tuesday, November 14; 9:00am-1:00pm**

**Friday, December 15; 9:00am-1:00pm**

Salinas Valley Health, Heart Center Parking Lot

450 East Romie Lane, Salinas, CA 93901

Online registration at [vitalant.org](https://vitalant.org)



POPULATION  
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](https://AspireHealth.org/HealthyTogether)

## Community Programs



### Walk With A Doc/Just Walk 2023

A physician led walk connecting our community with Salinas Valley Health physicians 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](https://SalinasValleyHealth.com/walkwithadoc) or contact the Health Promotion Department at 831-759-1890 or [healthpromotion@SalinasValleyHealth.com](mailto:healthpromotion@SalinasValleyHealth.com).

#### October 21

Topic: Breast Cancer Awareness Month  
Facilitator: Amy Stemerman, MD

#### November 11

Topic: Understanding Diabetes Treatment  
Facilitator: Shannon O'Mahoney, NP

### Legal Issues for Life Planning\*

via Zoom; 5:30-7:00pm

#### Thursday, October 19

Topic: A Guide to Long Term Care

#### Thursday, November 16

Topic: Planning for Incapacity

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

Saturdays, October 14 & November 11;

8:00am-12:00pm

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

### American Heart Association Heartsaver® First Aid\*\$

Saturdays, October 14 & November 11;

1:00-4:00pm

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

### Quit Smoking Class\*\$

American Lung Association – Freedom from Smoking;

8-session class starting Monday, November 6;

5:30-7:00pm

\$25 to register visit: [SalinasValleyHealth.com/Events-Classes](https://SalinasValleyHealth.com/Events-Classes)

\* Registration required  
\$ Participation fee

## Wellness



### Group Chair Class for Movement & Meditation\*

via Zoom

**Thursdays; 10:30-11:30am**

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; 9:30-10:30am**

**Tuesdays; 7:30-8:15am**

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; 12:00-1:00pm**

**Wednesdays; 4:30-5:30pm**

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; 5:30-7:00pm**

6-week series begins November 6 or December 18.

Join at the beginning of a series or any Monday.

To register for Wellness classes,

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

\* Registration required  
\$ Participation fee

### Well-Being Activities

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](https://MontereyCounty.BlueZonesProject.com/Events) or scan the QR code.



### Volunteer Opportunities

For more details, scan the QR code.

## 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 South Main Street, Suite 101, Salinas - LAMP Education Room  
**5:00-6:00pm** | October 17; November 21; December 19

For more information and to register, [call 831-208-6226](tel: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 South Main Street, Suite 101, Salinas - LAMP Education Room  
**5:00-6:00pm** | October 18; November 15; December 20

For more information and to register, [call 831-208-6226](tel:831-208-6226)

### Loss & Grief Support Group

Central Coast Visiting Nurses Association

For information, call Ed Horsley, Bereavement Coordinator, at [831-751-5500](tel:831-751-5500).

### Ostomy Support Group

**10:30am-12:00pm**

**October 14** - Cislini Conference Rooms

**November 11** - TELROO

**December 9** - Cislini Conference Rooms

For more information, please [call 831-759-3238](tel:831-759-3238).

### Women Helping Women

Open to all women who have a cancer diagnosis

**1:00-2:00pm**

Meets the 1st and 3rd Tuesday of the month

**Location:** Susan Bacon Cancer Resource Center

501 East Romie Lane, Suite C, Salinas

For more information, [call 831-759-3029](tel:831-759-3029).

### Grupo de Apoyo de Cancer - Mujeres Unidas

Este grupo de apoyo es para mujeres diagnosticadas con cáncer.

**1:00-2:00pm**

**Facilitadora:** Deidre Medrano

**Primer miércoles del mes**

**Lugar:** Susan Bacon Cancer Resource Center;

501 East Romie Lane Suite. C, Salinas

Para obtener más información, [llame al 831-759-3029](tel:831-759-3029).

## Mobile Clinic

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

- **COVID-19 testing (rapid antigen test)**
- Primary care
- Simple urgent care
- Women's health
- Health screenings
- Flu vaccines
- 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.



**Scan to make an appointment or visit [SalinasValleyHealth.com/MobileClinic](https://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](https://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.

## Mobile Clinic Schedule / Clínica Móvil Calendario

### **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

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

### **Sundays / Domingos**

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

IMPORTANT: The Soccer Complex will be closed from November 20, 2023 to March 2024 for winter break.

IMPORTANTE: El Soccer Complex estará cerrado del 20 de Noviembre a Marzo del 2024 por las vacaciones de invierno.

## Blue Zones Project Monterey County



### **Power 9 Principles**

For more information on the Blue Zones Project Power 9 Principles, visit [MontereyCounty.BlueZonesProject.com](https://MontereyCounty.BlueZonesProject.com)



Purpose



80% Rule



Plant Slant



Friends at 5



Move Naturally



Down Shift



Loved Ones First



Belong



Positive Pack