

# Salinas Valley Memorial Healthcare System

## Healthy for the Holidays

### November 2021

BLUE ZONES PROJECT  
by sharecare

 Move Naturally

 80% Rule

 Right Tribe

 Purpose

















 Plant Slant

 Loved Ones First

 Down Shift

 Friends at 5

 Belong

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 <b>Dia De Los Muertos</b> (Day of the Dead) is a 2-day holiday that is said to reunite the living and dead. Learn about the history and celebrations by clicking <a href="#">here</a>.</p>	<p>2 <b>Community Health Innovations Diabetes Prevention Program</b> Take action to feel better, lose weight and reduce your risk of prediabetes and type 2 diabetes. To enroll, visit <a href="http://dontfeedthediabetes.com/dpp">dontfeedthediabetes.com/dpp</a></p>	<p>3 <b>National Stress Awareness Day</b> </p>	<p>4 <b>Diwali</b> </p>	<p>5 <b>SVMHS Farmers' Market</b></p>	<p>6 <b>BAMM - Balance, Mobility and Meditation via Zoom</b> This FREE class will help to increase balance and mobility through stretching &amp; mobilization of muscles and joints. Register <a href="#">here</a>.</p>
<p>7 <b>Daylight Savings</b> Daylight savings could affect your health, including circadian rhythm. Read more on the circadian rhythm <a href="#">here</a>.</p>	<p>8 <b>Yoga Flow Monday</b>  <a href="#">General Public \$55</a> <a href="#">MCSIG Member \$22</a> <a href="#">Seniors \$45</a> <a href="#">Drop in \$10</a> <a href="#">SVMHS and SVMC Staff Free</a></p>	<p>9 <b>Seaside Walking Moai</b>  Walking Moais are groups of 5-8 people that meet regularly to walk. Do not miss the launch of a new group in Seaside; click <a href="#">here</a> to sign up.</p>	<p>10 <b>Happy Veterans' Day</b> </p>	<p>11 <b>Last day of the SVMHS Seasonal Farmers' Market</b></p>	<p>12 <b>Mindfulness Meditation</b>  A FREE mindfulness meditation session that aims to reduce stress and isolation during difficult times and improve overall health and well-being. Register <a href="#">here</a>.</p>	<p>13 <b>National World Kindness Day</b> On World Kindness Day, remember to consider self-kindness when approaching the day. Read more about this from BZP <a href="#">here</a>.</p>
<p>14 <b>World Diabetes Day</b> On world Diabetes day, access your risk and learn more about Type 2 Diabetes <a href="#">here</a>.</p>	<p>15 <b>Yoga Flow Monday</b>  <a href="#">General Public \$55</a> <a href="#">MCSIG Member \$22</a> <a href="#">Seniors \$45</a> <a href="#">Drop in \$10</a> <a href="#">SVMHS and SVMC Staff Free</a></p>	<p>16</p>	<p>17 <b>National Hiking Day</b>  Join Blue Zones Project Monterey Count on a community hike! Get fresh air and meet new friends. Click <a href="#">here</a> to choose from 7 different hikes offered in the area.</p>	<p>18 <b>Purpose Workshop</b>  Begin your purpose journey and attend a free two-hour facilitated Power of Purpose Workshop with BZP.</p>	<p>19 <b>Mindfulness Meditation</b>  A FREE mindfulness meditation session that aims to reduce stress and isolation during difficult times and improve overall health and well-being. Register <a href="#">here</a>.</p>	<p>20 <b>BAMM - Balance, Mobility and Meditation via Zoom</b>  This FREE class will help to increase balance and mobility through stretching &amp; mobilization of muscles and joints. Register <a href="#">here</a>.</p>
<p>21</p>	<p>22 <b>Yoga Flow Monday</b>  <a href="#">General Public \$55</a> <a href="#">MCSIG Member \$22</a> <a href="#">Seniors \$45</a> <a href="#">Drop in \$10</a> <a href="#">SVMHS and SVMC Staff Free</a></p>	<p>23 <b>Community Health Innovations Diabetes Prevention Program</b> Take action to feel better, lose weight and reduce your risk of prediabetes and type 2 diabetes. To enroll, visit <a href="http://dontfeedthediabetes.com/dpp">dontfeedthediabetes.com/dpp</a></p>	<p>24</p>	<p>25 <b>Happy Thanksgiving!</b>  Try bringing one of <a href="#">these</a> ten Blue Zones approved, plant based meals to your holiday celebration.</p>	<p>26</p>	<p>27 <b>BAMM - Balance, Mobility and Meditation via Zoom</b>  This FREE class will help to increase balance and mobility through stretching &amp; mobilization of muscles and joints. Register <a href="#">here</a>.</p>
<p>28 <b>First Night of Hanukkah</b> </p>	<p>29 <b>Yoga Flow Monday</b>  <a href="#">General Public \$55</a> <a href="#">MCSIG Member \$22</a> <a href="#">Seniors \$45</a> <a href="#">Drop in \$10</a> <a href="#">SVMHS and SVMC Staff Free</a></p>	<p>30 <b>National Day of Giving</b> On this day, consider gifting to Salinas Valley Memorial Healthcare System Foundation. Click <a href="#">here</a> to see different ways you can give.</p>				



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			<p>1 <b>Mindfulness Meditation</b> </p> <p>A FREE mindfulness meditation session that aims to reduce stress and isolation during difficult times and improve overall health and well-being. Register <a href="#">here</a>.</p>	<p>2 <b>Group Chair Meditation Class via Zoom</b> </p> <p>This FREE class will guide you through movements to increase flow and circulation, reduce stress and improve overall well-being. Register <a href="#">here</a>.</p>	3	4
<p>5 <b>International Volunteer Day</b></p> 	<p>6 <b>Last day of Hanukkah</b></p> 	<p>7 <b>Community Health Innovations Diabetes Prevention Program</b></p> <p>Take action to feel better, lose weight and reduce your risk of prediabetes and type 2 diabetes. To enroll, visit <a href="http://dontfeedthediabetes.com/dpp">dontfeedthediabetes.com/dpp</a></p>	<p>8 <b>Ask the Experts: Comida Festiva y Saludable</b></p> <p>Find this event LIVE on the SVMHS Facebook page at 6:30pm.</p>	<p>9 <b>Group Chair Meditation Class via Zoom</b> </p> <p>This FREE class will guide you through movements to increase flow and circulation, reduce stress and improve overall well-being. Register <a href="#">here</a>.</p>	10	<p>11 <b>Natividad Creek Park Clean Up</b></p> <p>Help make a positive difference in your community while experiencing the rewarding feeling of helping others.</p>
12	<p>13 <b>Yoga Flow Monday</b> </p> <p>General Public \$55 MCSIG Member \$22 Seniors \$45 Drop in \$10 SVMHS and SVMC Staff Free</p>	<p>14 <b>Community Health Innovations Diabetes Prevention Program</b></p> <p>Take action to feel better, lose weight and reduce your risk of prediabetes and type 2 diabetes. To enroll, visit <a href="http://dontfeedthediabetes.com/dpp">dontfeedthediabetes.com/dpp</a></p>	<p>15 <b>Ask the Experts: Healthy Holiday Feast</b></p> <p>Find this event LIVE on the SVMHS Facebook page at 6:30pm.</p>	<p>16 <b>Purpose Workshop</b> </p> <p>Begin your purpose journey and attend a free two-hour facilitated Power of Purpose Workshop with BZP.</p>	17	<p>18 <b>BAMM - Balance, Mobility and Meditation via Zoom</b> </p> <p>This FREE class will help to increase balance and mobility through stretching &amp; mobilization of muscles and joints. Register <a href="#">here</a>.</p>
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<p>26 <b>Kwanzaa</b></p> 	<p>27 <b>Yoga Flow Monday</b> </p> <p>General Public \$55 MCSIG Member \$22 Seniors \$45 Drop in \$10 SVMHS and SVMC Staff Free</p>	<p>28 <b>Community Health Innovations Diabetes Prevention Program</b></p> <p>Take action to feel better, lose weight and reduce your risk of prediabetes and type 2 diabetes. To enroll, visit <a href="http://dontfeedthediabetes.com/dpp">dontfeedthediabetes.com/dpp</a></p>	29	<p>30 <b>Group Chair Meditation Class via Zoom</b> </p> <p>This FREE class will guide you through movements to increase flow and circulation, reduce stress and improve overall well-being. Register <a href="#">here</a>.</p>	31 <b>New Year's Eve</b>	