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.

PATHWAYS TO WELLNESS

Health

Mother / Baby
Childbirth Preparation Series
Saturday; 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.

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
For more information on Maternity Center tours, contact the Health Promotion Department at 831-759-1890 or healthpromotion@SalinasValleyHealth.com

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

Mended Hearts Monthly Meeting
October 17; 6:00pm
Location: Salinas Valley Health, Downing Resource Center, Rooms ABC
Facilitator: Christian 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.

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.

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.

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.

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.

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.

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

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 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 or contact the Health Promotion Department at 831-759-1890 or 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

* 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

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**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

**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

**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  
**October 14 – Cislini Conference Rooms**  
**November 11 – TELROO**  
**December 9 – Cislini Conference Rooms**  
For more information, please call 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.

**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.

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**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 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)
- 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.

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.

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.

IMPORTANT: 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

Pathways to Wellness | Fall 2023