

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



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; Diabetes & Endocrine Center, Salinas

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

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

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.

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.

* Registration required
\$ Participation fee

Mother / Baby

Childbirth Preparation Series**

Saturdays; 9:00am–4:00pm

2-session series: January 13 & 20;
February 17 & 24

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

January 27 & March 9

Maternity Center Tours*

Saturdays; 9:00am

January 6 & March 2

Registration required at SalinasValleyHealth.com/Events-Classes

Cancer

For more information on any Cancer Care Program, call 831-759-1951.

Look Good – Feel Better

**January 8, February 12 & March 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.

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 please call 831-759-1951.

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, Downing Resource Center, Rooms ABC
Facilitator: Julie Jezowski, Lifeline Member Liaison

January 16

Speaker: Christa Camarillo, M. Ed, CHC, CEP
Topic: Stress and the Impact on the Heart

February 20

Speaker: Dr. Kanae Mukai
Topic: Early Diagnosis and Prevention of Cardiovascular Disease

March 19

Speaker: Dianne Soria
Topic: Hands On - What You Need to Know About CPR and Using an Automated External Defibrillator

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.

Events / Virtual Events



Ask the Experts

Virtual Presentation

Join interventional cardiologist, Kirim Kadakia, MD, as he discusses cardiovascular diseases, risk factors, how to prevent them and how to treat them.

February 7; 6:00pm

Speaker: Kirim Kadakia, MD

Topic: Heart Health 101: Basics of Cardiovascular Diseases and Prevention

Tune in on Facebook @SalinasValleyHealth

For future **Ask the Experts** presentations please visit our Facebook page @SalinasValleyHealth

Para estar al tanto de futuras presentaciones Ask the Experts visite nuestra página de Facebook @SalinasValleyHealth

Podcasts

Ask the Experts Podcasts

Topic: Your Journey to Preventing Heart Disease

Speaker: Vincent DeFilippi, MD, FACS

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

En Español: Su Trayecto Hacia la Prevención de Enfermedades Cardíacas

Médico: Vincent DeFilippi, MD, FACS

Para escuchar nuestros podcasts en español, visite SalinasValleyHealth.com/Podcasts

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

Blood Drive - Vitalant

Tuesday, February 13; 9:00am-1:00pm

Salinas Valley Health, MRI 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

Double Up Food Bucks (DUFB)

This program is available to any community member who is enrolled in CalFresh and has a SNAP/EBT card. CalFresh customers at participating grocery stores can use their EBT card to purchase CA grown produce and earn a 50% discount, \$15 per day, or money added back to their EBT card. For detailed information, visit doubleupca.org.

Locations: La Princesa Market: 614 Williams Road, Salinas & 649 East Alisal Street, Salinas; Santa Fe Mercado: 1017 North Main Street, Salinas

Community Programs



Walk With A Doc/Just Walk 2024

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

- **February: Details coming soon**
Visit SalinasValleyHealth.com/walkwithadoc
- **Saturday, March 9; 8:00-10:00am**
Topic: Eating for a Longer, Healthier Life
Facilitator: Lauren Redden, RD, from Blue Zones Project

Exercise Challenge 2024

- **February 1-29, 2024**
Encouraging physical activity during February to promote heart health and overall well-being. Participate in aerobic activity weekly and track progress on a Salinas Valley Health provided chart.

For more information, visit SalinasValleyHealth.com/ExerciseChallenge

Legal Issues for Life Planning*

via Zoom

- **Thursday, February 29; 5:30-7:00pm**
Topic: Is a Will Enough?
- **Thursday, March 21; 5:30-7:00pm**
Topic: The Truth About Trusts

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

- **Saturdays, January 13, February 10 & March 9; 8:00am-12:00pm**
\$75 for a 2-year certification | American Heart Association

American Heart Association Heartsaver® First Aid*\$

- **Saturdays, January 13, February 10 & March 9; 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, January 15; 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; 9:30-10:30am

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 January 1, February 12 & March 25.

Join at the beginning of a series or any Monday.

To register for Wellness classes,

visit: SalinasValleyHealth.com/Events-Classes

* Registration required
\$ Participation fee

Well-Being Activities

Free, Blue Zones Project 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.

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 | January 16; February 20; March 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 | January 17; February 21; March 20

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

Loss & Grief Support Group

Central Coast Visiting Nurses Association

For additional information, please contact:

bereavement@ccvna.com or call 831-204-7824 or 831-751-5500

Ostomy Support Group

January 6, February 3 & March 2; 10:30am-12:00pm

For more information, please *call 831-757-4333 ext. 2258*

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 Cáncer – 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.*

Parkinson's Support Group

Wednesday, January 17; 5:00pm

Monday, February 19; 5:00pm

Wednesday, March 13; 5:00pm

Support Group meets at Salinas Valley Health-Downing Resource Center Conference Rooms ABC

Facilitator: Eileen Domalaog, CCC-SLP, Salinas Valley Speech Pathology

For more information, *call 831-998-7554.*

Continued next page

Traumatic Brain Injury Support Group

CCCIL is hosting hybrid meetings for all persons experiencing Traumatic Brain Injury (TBI).

2nd Thursday of the month;

Via Zoom, zoom.us/j/4278146711

4th Thursday of the month;

CCCIL Office 318 Cayuga Street, Suite 208 Salinas

For more information please contact Yoana Mendoza at

831-757-2968 ext. 27

Mobile Clinic | Clínica Móvil

SERVICES OFFERED

Typical 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.

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

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.

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

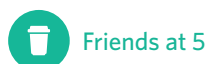


Power 9 Principles

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



80% Rule



Friends at 5



Belong



Purpose



Move Naturally



Plant Slant



Loved Ones First



Positive Pack



Down Shift