

PATHWAYS TO WELLNESS

Summer 2026



Health



Diabetes

Diabetes: From Eyes to Exercise and Food to Foot Care

4-session series:

Tuesdays; 4:00pm–6:00pm

Thursdays; 9:30am–11:30am

Location: Diabetes & Endocrine Center, Salinas

For more information or to register for classes, call 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; 4:00pm–6:00pm; Diabetes & Endocrine Center, Salinas

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

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

Para más información o para registrarse en las clases, llame al 831-422-3636. Algunas pólizas de seguro pueden cubrir el costo de los programas de diabetes.

Free Cooking Demonstrations

Discover how healthy eating can be simple, enjoyable and diabetes-friendly. These cooking demos will teach practical cooking tips and simple ingredient swaps that support ideal blood sugar control. For more information or to register for classes, call Salinas Valley Health Diabetes & Endocrine Center at 831-422-3636.

Demostraciones de cocina gratuitas

Descubra cómo una alimentación saludable puede ser sencilla, agradable y apta para personas con diabetes. Estas demostraciones de cocina le enseñarán consejos prácticos de cocina y cambios sencillos de ingredientes que contribuyen a un control ideal del azúcar en la sangre. Para más información o para registrarse en las clases, llame al Salinas Valley Health Diabetes & Endocrine Center al 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.

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
Conference Rooms ABC

Facilitator: Julie Jezowski, Lifeline Member Liaison

July 21

Speaker: Chris Mule, DDS

Topic: Dental Health & Heart Disease

August 18

Speaker: Suzette Urquides

Topic: What's New in Cath-Lab

September 15

Speaker: Sleep Center Staff

Topic: Sleep Hygiene and Your Heart

Enhancing the patient care experience through support groups, educational speakers and visiting programs, Mended Hearts supports heart patients, their families, and caregivers. For more information, call 831-755-0772.

Mother / Baby

Childbirth Preparation Series**

2-session series (in-person):

Saturdays; 9:00am–4:00pm

August 15, 22

5-session series (via Zoom):

Wednesdays; 6:30pm–9:30pm

September 2, 9, 16, 23, 30

For more information and to register, call 831-759-1890 or visit SalinasValleyHealth.com/Maternity

Lactation Services

Monday–Friday; by appointment

Breastfeeding support you need in the hospital and when concerns arise after returning home. Call 831-759-3060.

Breastfeeding Made Easy**

Saturdays; 9:00am–12:30pm

July 11, September 19

Classes are held virtually. For more information and to register, call 831-759-1890.

Maternity Center Tours*

Saturdays; 9:00am or 10:30am

August 1, September 5

Registration required at

SalinasValleyHealth.com/Maternity

For more information, call 831-759-1890.

Cancer

Nutrition Counseling 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.

Nutrition Classes for Cancer Patients

For newly diagnosed patients undergoing treatment.

Thursdays; 1:00pm

July 23, August 27, September 24

Survivorship Nutrition Class

Thursday; 1:00pm

September 10

Look Good – Feel Better*

Mondays; 10:00am–12:00pm

July 13, August 10, September 14

In-person workshops led by Look Good Feel Better volunteer beauty professionals who provide 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.

For more information on the Cancer Care Programs or to register for classes, call 831-759-1951.

* Registration required
\$ Participation fee

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 la salud analiza temas como medicina familiar, diabetes, cáncer, derrames cerebrales, prevención y más.

Community Farmers' Market

Fridays; May 8–November 6

11:30am–4:30pm

Location: Salinas Valley Health MRI Parking Lot
450 East Romie Lane, Salinas

Asthma Camp 2026

July 20–24

9:00am–3:00pm

Ages 6 to 12

\$10 Registration Fee;
All other camp fees sponsored by Salinas Valley Health Foundation

Physician referral required. For more information visit SalinasValleyHealth.com/AsthmaCamp

Medicare Education Seminars

Confused by Medicare? You are not alone. Join our no-cost, educational seminars to learn about your healthcare options, understand your benefits, and get your questions answered without any sales pressure. A licensed Aspire Health Plan Advisor will guide you through the details so you can feel confident in your choices.

Find a session near you:
AspireHealthPlan.org/Medicare-Education

Blood Drive – Vitalant

Tuesday; 9:00am–1:30pm

August 4

Location: Salinas Valley Health MRI Parking Lot
450 East Romie Lane, Salinas

Online registration at Vitalant.org

Blood Drive – American Red Cross

Saturday; 9:00am–3:00pm

September 12

Location: Salinas Valley Health Downing Resource Center Conference Rooms ABC (basement of parking structure)
450 East Romie Lane, Salinas

Online registration at RedCrossBlood.org

Support Groups



Loss & Grief Support Group

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

Ostomy Support Group

Saturdays; 10:30am–12:00pm
July 4, August 1, September 12
Facilitator: Lorynn Monroe Rainieri, RN, BS, CWON
For more information, call 831-757-4333 ext. 2258.

Traumatic Brain Injury Support Group

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

2nd and 4th Thursday of the month;

11:00am – Spanish Session

1:30pm – English Session

Location: Central Coast Center for Independent Living
318 Cayuga Street, Suite 208, Salinas

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

Parkinson's Support Group

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

Wednesdays; 5:00pm

July 15, August 19, September 16

Facilitator: Eileen Domalaog, CCC-SLP, Salinas Valley Speech Pathology
Location: Salinas Valley Health 450 East Romie Lane, Salinas Downing Resource Center Conference Room A & B (basement of parking structure)

For more information, call 831-998-7554.

“Women Helping Women”

Open to all women who have a cancer diagnosis.

1st and 3rd Tuesday of the month;
1:00pm–2:00pm

Facilitator: Deidre Garcia, LCSW, OSW-C
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.

Primer miércoles del mes; 1:00pm–2:00pm

Facilitadora: Deidre Garcia, LCSW, OSW-C

Ubicación: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas

Para obtener más información, llame al 831-759-3029.

Community Programs



Speakers Bureau

Connecting community organizations, schools and worksites with our local, experienced medical providers and clinicians for free, tailored presentations that support and improve health and well-being. For more information, visit SalinasValleyHealth.com/SpeakersBureau

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

Course covers Infant/Child/Adult

- **Saturdays; 8:00am-12:00pm**
July 11, August 15, September 12
\$75 for a 2-year certification

American Heart Association Heartsaver® First Aid Course* \$

Not a Pediatric First Aid course

- **Saturdays; 1:00pm-4:00pm**
July 11, August 15, September 12
\$75 for a 2-year certification;
\$35 if including CPR/AED class participation
To register, visit: SalinasValleyHealth.com/Events-Classes

Walk With A Doc/Just Walk 2026

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

- **9:00am-10:00am**
Location: Fort Ord National Monument Badger Hills Trailhead (Across Highway 68 from Toro Café).
For information on upcoming walks, visit SalinasValleyHealth.com/WalkWithADoc

Legal Issues for Life Planning*

via Zoom with Steve Mudd, Attorney at Law

- **Thursday, August 20**
5:30pm-7:00pm
Topic: A Guide to Long Term Care
- **Thursday, September 17**
5:30pm-7:00pm
Topic: Planning for Incapacity

To register, visit: SalinasValleyHealth.com/Events-Classes

Freedom from Smoking* \$

American Lung Association – Freedom from Smoking class

- **Mondays; 5:30pm-7:00pm**
8 session class begins August 10
Fee: \$25.00
Location: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas
To register, visit: SalinasValleyHealth.com/Events-Classes

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 831-257-4729.

- **2nd and 4th Wednesday of every month; 3:00pm - English**
Facilitator: Jessica Vega
Location: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas

Planificación Anticipada de la Atención Médica

Una directiva anticipada le permite a su equipo de atención médica y a sus seres queridos tener una mejor comprensión de lo que es importante para usted en caso de que llegue un momento en que no pueda expresarlo por sí mismo. Para obtener más información y registrarse, llame al 831-257-4729.

- **1er y 3er miércoles de cada mes; 3:00pm - Spanish**
Facilitator: Jessica Vega
Location: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas



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

* Registration required
\$ Participation fee

Free Wellness Classes



Mindfulness Meditation*

via Zoom

Wednesdays; 12:00pm-1:00pm

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

Group Chair Class for Movement & Meditation*

via Zoom

Thursdays; 9:30am-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; 9:30am-10:30am

This class will help you increase balance and mobility through stretching and stabilization of muscles and joints, and promote well-being through meditation.

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

Zumba

Classes set to resume in August

For updates to the schedule and to register, visit SalinasValleyHealth.com/Zumba

Yoga Flow*

via Zoom

Mondays; 5:30pm-7:00pm

Yoga in Gonzales

Saturdays; 9:00am-10:00am

July 11 & 25, August 8 & 22, September 5 & 19

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

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

Live Well Project



JULY

Zumba

Saturday, July 11

9:30am-10:30am

Location: Salinas Regional Soccer Complex
1440 Constitution Boulevard, Salinas

Cooking Demo

Thursday, July 16

4:00pm-5:00pm

Location: North County Recreation and Park District, 11261 Crane Street, Castroville

Walk for Health

Saturday, July 25

10:00am-11:00am

Location: Ensen Community Park
99 La Posada Drive, Salinas

Chair Yoga for Seniors

Wednesday, July 29

10:00am-11:00am

Location: Sherwood Village (CHISPA)
808 North Main Street, Salinas

AUGUST

Salinas Soccer Complex Clean-Up

Tuesday, August 11

4:30pm-6:00pm

Location: Salinas Regional Soccer Complex
1440 Constitution Boulevard, Salinas

Cooking Demo

Tuesday, August 18

5:00pm-6:00pm

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

Walk for Health

Friday, August 21

10:00am-11:00am

Location: King City Downtown Plaza
332 Broadway Street, King City

Chair Yoga for Seniors

Wednesday, August 26

10:00am-11:00am

Location: Los Abuelitos Apartments (CHISPA)
528 East Market Street, Salinas

Harvest Community Garden Day

Saturday, August 29

9:00am-11:00am

Location: Natividad Creek Park Community Garden, 1395 Nogal Drive, Salinas

SEPTEMBER

Cooking Demo

Tuesday, September 8

4:00pm-5:00pm

Location: El Gabilan Library
1400 North Main Street, Salinas

Community Garden Clean-Up

Saturday, September 12

9:00am-11:00am

Location: Gonzales Community Garden
Corner of Elko Street and Fairview Drive, Gonzales

Cooking Demo

Tuesday, September 15

11:00am-12:00pm

Location: Greenfield Community Center
1351 Oak Avenue, Greenfield

Walk for Health

Friday, September 25

10:00am-11:00am

Location: Soledad Community Center
560 Walker Drive, Soledad

To register, visit: SalinasValleyHealth.com/Events-Classes

Group Hike

Sunday, July 19

9:30am check in; 10:00am hike

Location: Manzanita County Park
17100 Castroville Boulevard, Prunedale

Group Hike

Sunday, August 9

9:30am check-in; 10:00am hike

Location: CRÜ Winery
37500 Foothill Road, Soledad

Group Hike

Saturday, September 19

9:30am check in; 10:00am hike

Location: San Lorenzo County Park
1160 Broadway Street, #14, King City

To register, visit: SalinasValleyHealth.com/Hike

Mobile Clinic | Clínica Móvil

SERVICES OFFERED

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

- Diabetes care
- Flu vaccines (seasonal)
- Primary care
- Rapid results testing COVID, flu, strep, glucose, pregnancy and more
- Resources to manage chronic medical conditions
- Simple urgent care
- Sports physicals
- UTI/STD screenings
- Vaccines for Children (VFC) Eligible children 18 years and younger who have Medi-Cal, are uninsured, or are American Indian or Alaska Native can receive free immunizations
- Wellness screenings

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
- Controles de salud
- Cuidado de la diabetes
- Exámenes de detección de infecciones urinarias y enfermedades de transmisión sexual
- Exámenes físicos deportivos
- Recursos de educación de la salud para administrar problemas médicos crónicos
- Resultados de la prueba rápida: COVID-19, la gripe, faringitis estreptocócica, glucosa, embarazo y mas
- Vacuna contra la gripe (estacional)
- Vacunas para niños (VFC) Los niños elegibles de 18 años o menos que tengan Medi-Cal, no tengan seguro o sean indios americanos o nativos de Alaska pueden recibir vacunas gratuitas.

Nuestra Clínica Móvil es un vehículo de última generación de 40 pies que cuenta con dos salas de examen para pacientes. El personal incluye una enfermera especializada o un asistente médico, un defensor de la salud comunitaria y un coordinador de apoyo comunitario.

Todos los servicios proporcionados por la Clínica Móvil de Salinas Valley Health son actualmente gratuitos. La Clínica Móvil se dedica a mejorar la salud de nuestra comunidad aumentando el acceso a la atención para quienes viven en áreas médicamente desatendidas, brindando atención primaria y preventiva donde sea necesaria.

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

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

Tuesdays/Martes; 2:30pm-6:00pm
Food Distribution Site/Sitio de Distribución de Alimentos
Everett Alvarez High School
1900 Independence Boulevard, Salinas

Wednesdays/Miércoles; 12:00pm-6:00pm
Food Distribution Site/Sitio de Distribución de Alimentos
Greenfield Family Resource Center
493 El Camino Real, Greenfield

Thursdays/Jueves; 10:00am-5:00pm
Food Distribution Site/Sitio de Distribución de Alimentos
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**.

Live Well PROJECT

PROYECTO Vive Bien

In July of 2025 Blue Zones Project Monterey County became the first County in the state of California to achieve Community Certification. As we move into a sustainability phase, join us, by learning more about the Live Well Project.*

* Formerly, Blue Zones Project Monterey County



Preventive Well-being Tools



Healthy Eating



Active Living



Creating Connections



Live Well Project
For more details, scan the QR code.



Projecto Vive Bien
Para más información, escanee el código QR.



Park RX Monterey County
For more details, scan the QR code.



Park RX del Condado de Monterey
Para más información, escanee el código QR.