

**WINTER 2023**

Whether you're managing a chronic condition, working on your fitness level or looking for ways to de-stress, Salinas Valley Memorial Healthcare System can put you on the path to wellness.



# PATHWAYS TO WELLNESS



**HEALTH**

**EVENTS**

**COMMUNITY PROGRAMS**

**WELLNESS**

**SUPPORT GROUPS**



 Salinas Valley  
Memorial  
Healthcare System

[svmh.com/pathways](https://svmh.com/pathways)

# Health



## Mother / Baby

### Childbirth Preparation Series\* \$

Wednesdays, 6:30pm–9:30pm  
5-session series starting January 4 and March 1

Saturdays, 9:00am–4:00pm

2-session series starting February 11 and April 15

### Lactation Services

Monday–Friday by appointment  
Breastfeeding support you need in the hospital 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 14; February 25; March 18



### Maternity Center Tours\*

For information on Maternity Center tours, contact the Health Promotion Department at 831-759-1890 or [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com)

### Postpartum Wellness Group

Every Tuesday, 6:00pm–7:30pm

Having a baby is a special time and you may find yourself feeling a range of emotions. In this group, you will receive support from an experienced facilitator and other mothers who may have a similar experience.

*For more information, call 831-208-6232 or visit [svmh.com/postpartum](http://svmh.com/postpartum)*

### Grupo de Apoyo Después de Dar a Luz

Todos los jueves, 6:00pm–7:30pm

Tener un bebé es un momento especial y es posible que sienta una variedad de emociones. En este grupo, recibirá el apoyo de una facilitadora con experiencia y otras madres que podrían tener experiencias similares a la suya.

*Para más información, llame al 831-208-6232 o visite [svmh.com/postpartum](http://svmh.com/postpartum)*

## 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 an SVMHS registered dietitian. By appointment only with a referral from a physician. To register and more information, call 831-759-1951.

### Look Good – Feel Better

Teaches beauty techniques for female cancer patients. Online class.  
For more information, call 831-759-1951.

## Heart

To learn more about our regional heart program, visit [svmh.com/heart](http://svmh.com/heart)

### Mended Hearts Monthly Meeting

3rd Tuesday of the month; 6:00pm

Location: SVMHS – Downing Resource Center-ABC

Facilitator: Julie Jezowski,

Lifeline Member Liaison

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.

January 17

Speaker: Adam Barnard PT, DPT

Topic: Physical Therapy Helps a Healing Heart

February 21

Speaker: Christopher M. Mule, DDS

Topic: Good Dental Health and the Heart

March 21

Speaker: TBD

Topic: TBD

## Joint Replacement

Offering top quality and compassionate care for people undergoing joint replacement surgery. To learn more, visit [svmh.com/joint](http://svmh.com/joint) or call 831-759-1978.

## Diabetes

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

4-session series:

Tuesdays, 4:00pm–6:00pm

Thursdays, 9:30am–11:30am

For more information or to register for classes, call Salinas Valley Medical Clinic 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, 4:00pm-6:00pm

Miércoles, 9:30am-11:30am

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

### Aspire Health Diabetes Prevention Program

Take action now to feel better, lose weight and reduce your risk of prediabetes and Type 2 diabetes. For more information or to enroll, visit [dontfeedthediabetes.com/dpp](https://dontfeedthediabetes.com/dpp) or call 831-644-7490.

Tome acción ahora para sentirse mejor, perder peso, y reducir su riesgo de prediabetes y diabetes tipo 2. Para más información o para registrarse visite [dontfeedthediabetes.com/dpp](https://dontfeedthediabetes.com/dpp) o llame al 831-644-7490.

### We care about your wellness

For more information on any of these programs or events, contact our Health Promotion Department at [healthpromotion@svmhs.com](mailto:healthpromotion@svmhs.com), call 831-759-1890 or visit [svmhs.com/pathways](https://svmhs.com/pathways)  
Online registration at [svmhs.com/events-classes](https://svmhs.com/events-classes)

\* Registration required

\$ Participation fee

## Events



### Ask the Experts

For future Ask the Experts virtual presentations, visit our Facebook page @SVMHS

Para estar al tanto de futuras presentaciones virtuales Ask the Experts, visite nuestra página de Facebook @SVMHS

### Blood Drives\*

Vitalant

Tuesday, February 21; 9:00am-2:00pm

SVMHS Heart Center Parking Lot

450 E. Romie Lane, Salinas, CA 93901

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

### Walk With a Doc

Returning in early 2023!

A physician-led walk connecting our community with SVMHS physicians to learn about important health topics and promote physical activity.

Fort Ord Badger Hills Trailhead

(across Highway 68 from Toro Café )

For information on Walk With a Doc events, visit [svmhs.com/patients-visitors/walk-with-a-doc](https://svmhs.com/patients-visitors/walk-with-a-doc) or contact the Health Promotion Department at [healthpromotion@svmhs.com](mailto:healthpromotion@svmhs.com) or 831-759-1890.



## Community Programs



### Legal Issues for Life Planning\*

via Zoom

5:30pm-7:00pm

Topic: Planning for Incapacity

Thursday, January 26

Topic: Is a Will Enough?

Thursday, February 16

Topic: The Truth About Trusts

Thursday, March 23

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

Saturdays, January 14; February 11; March 11

8:00am-12:00pm

\$75 for a 2-year certification

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

Saturdays, January 14; February 11; March 11

1:00pm-4:00pm

\$75 for a 2-year certification

\$35 if including CPR/AED class participation

### Quit Smoking Class\* \$

American Lung Association

Freedom from Smoking Class

8-session series starting Monday, February 20

5:30pm-7:00pm, \$25

To register, visit [svmhs.com/events-classes](https://svmhs.com/events-classes)

### Exercise Challenge 2023

February 1-28

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 Memorial Healthcare System-provided chart.

For more information, contact the Health Promotion Department at 831-759-1890 or [healthpromotion@svmhs.com](mailto:healthpromotion@svmhs.com)

## Wellness



### Group Chair Class Movement and Meditation\*

via Zoom

Thursdays, 10:30am–11:30am

This FREE class guides you through simple stretching movements while seated to increase circulation, reduce stress and improve overall well-being. To register, visit

[svmh.com/events-classes](https://svmh.com/events-classes) or contact the Health Promotion Department at 831-759-1890 or [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com)

### BAMM Class: Balance, Mobility & Meditation\*

via Zoom

Saturdays, 9:30am–10:30am

Tuesdays, 7:30am–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. To register, visit [svmh.com/events-classes](https://svmh.com/events-classes) or contact the Health Promotion Department at 831-759-1890 or [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com)

### Mindfulness Meditation\*

via Zoom

Mondays & Fridays, 12:00pm–1:00pm

Wednesdays, 4:30pm–5:30pm

A FREE mindfulness meditation session aims to reduce stress and isolation during difficult times and improve overall health and well-being. To register, visit

[svmh.com/events-classes](https://svmh.com/events-classes) or contact the Health Promotion Department at 831-759-1890 or [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com)

### Yoga Flow\*\$

via Zoom

Mondays, 5:30pm–7:00pm

6-week series begins January 9 or February 20  
Join at the beginning of a series or any Monday.

To register, visit [svmh.com/events-classes](https://svmh.com/events-classes) or contact the Health Promotion Department at 831-759-1890 or [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com)

\* Registration required

\$ Participation fee

## Support Group



### Loss & Grief Support Group

Thursdays at 4:30pm

VNA & Hospice Office

45 Plaza Circle, Salinas, CA 93901

Facilitated by: Mick Erickson

For information, please call VNA at 831-751-5500.

## 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)



Move Naturally



80% Rule



Purpose



Plant Slant



Down Shift



Friends at 5



Positive Pack



Loved Ones First



Belong



## Mobile Health Clinic

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

- *COVID-19 testing (rapid antigen test)*
- *COVID-19 vaccines*
- Primary care
- Simple urgent care
- Women's health
- Health screenings
- Flu vaccines
- Immunizations
- Health education resources to manage chronic medical problems

All services provided by the Mobile Health Clinic are currently free of charge. Services are offered on a first-come, first-served basis (unless an appointment has been made). While our goal is to accommodate walk-in patients, our ability to do so is dependent on the number of people seeking care. We appreciate your understanding.

**Face masks are required for all patients. Keep 6 feet apart from others.**

## Clínica Móvil

Los servicios de atención médica proporcionados a través de la Clínica Móvil del SVMHS durante sus visitas semanales a la comunidad incluyen:

- *Prueba de COVID-19 (prueba rápida de antígeno)*
- *Vacunas de COVID-19*
- Atención primaria
- Atención urgente simple
- Salud de la mujer
- Controles de salud
- Vacunas contra la gripe
- Inmunizaciones
- Recursos de educación de la salud para administrar problemas médicos crónicos

Todos los servicios que ofrece actualmente la Clínica Móvil de SVMHS son gratuitos. Los servicios se ofrecen por orden de llegada (a menos que se haya solicitado una cita). Mientras nuestro objetivo es atender los pacientes ambulatorios, nuestra capacidad para brindar el servicio depende de la cantidad de personas que solicitan atención. Le agradecemos su comprensión.

**El uso de mascarillas es obligatorio para todos los pacientes. Mantenga una distancia de 6 pies entre personas.**



## Mobile Health Clinic Schedule / Horário de Clínica Móvil

**Mondays / Lunes**  
3:30pm-7:00pm  
Alisal High School  
777 Williams Road, Salinas

**Tuesdays / Martes**  
10:00am-1:30pm  
Walmart  
1800 N. Main Street, Salinas

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

**Wednesdays / Miércoles**  
12:00pm-6:00pm  
Greenfield Family Resource Center  
493 El Camino Real, Greenfield

**Thursdays / Jueves**  
10:00am-6:00pm  
MLK Family Resource Center  
925 N. Sandborn Road, Salinas



**Scan to make an appointment or visit [svmh.com/mobileclinic](https://svmh.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 [svmh.com/mobileclinic](https://svmh.com/mobileclinic)**

Los pacientes sin turno pueden visitarnos. Para grupos de 10 o más, por favor programe una cita llamando al 831-737-6579.



450 East Romie Lane  
Salinas, CA 93901

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### Blue Zones Project Monterey County

#### Well-Being Moai

Free online well-being classes and demos that help build resiliency into your life. For more details and to register, scan the QR code.



#### Walking Moai

Move towards a healthier, active lifestyle with a walking moai team. For dates and times visit [montereycounty.bluezonesproject.com/events/](https://montereycounty.bluezonesproject.com/events/)

FREE COMMUNITY WELL-BEING CLASSES/DEMOS



#### Volunteer Opportunities

For more details, scan the QR code.



BLUE ZONES PROJECT



#### Pathways to Wellness Brochure

Scan to visit [svmh.com/pathways](https://svmh.com/pathways)