

PATHWAYS 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

Location: Diabetes & Endocrine Center, Salinas

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 & Wellness Center, Gonzales

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

January 20

Topic: Share Your Heart Story

February 17

Speaker: Christopher Oh, MD

Topic: Life – Quantity vs Quality, Why Can't I Have Both?

March 17

Speaker: Sherri Addison

Topic: Yoga and the Heart

Facilitating a positive patient care experience through support group meetings, speakers and visiting programs – Mended Hearts is for 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

January 17 & 31 or March 14 & 28

5-session series (via Zoom):

Wednesdays; 6:30–9:30pm

February 4, 11, 18, 25 March 4

For more information and to register, call 831-759-1890.

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

February 21, March 21

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

Maternity Center Tours*

Saturdays; 9:00am & 10:30am

January 3, February 7, March 7

Registration required at

SalinasValleyHealth.com/Events-Classes

For more information and to register, call 831-759-1890.

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. For more information, please call 831-759-1951.

Look Good – Feel Better*

Mondays; 10:00am–12:00pm

January 12, February 9, March 9

In-person workshops led by Look Good Feel Better volunteer beauty professionals provide you with 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. Space is limited to 5 participants. To register and for more information, 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.

Ask the Experts

Heart Month Presentation

Wednesday, February 25

5:00-7:00pm

Location: To be determined.

For event details, visit

SalinasValleyHealth.com/HeartMonth

Heart Month

February is American Heart Month.

As a leader in heart disease prevention and treatment, Salinas Valley Health wants to make sure you stay active, educated and healthy. For information on our Heart Month activities, visit SalinasValleyHealth.com/HeartMonth

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

Saturday, January 24

9:00am-2:30pm

Location: Salinas Valley Health Downing Resource Center Conference Rooms ABC
450 East Romie Lane, Salinas

Tuesday, February 10

9:00am-1:30pm

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

Online registration at Vitalant.org

Blood Drive - American Red Cross

Saturday, March 7

9:00am-4:00pm

Location: Salinas Valley Health Downing Resource Center Conference Rooms ABC
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

January 3, February 14, March 14

Facilitator: Lorynn Monroe Rainieri, RN, BS, CWON

For more information, call 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

January 21, February 11, March 18

Facilitator: Eileen Domalaog, CCC-SLP,

Salinas Valley Speech Pathology

Location: Salinas Valley Health

450 East Romie Lane, Salinas

Downing Resource Center Conference

Room A (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;

1:00-2:00pm

Facilitator: Aida Solorio, MSW

Location: Susan Bacon Cancer Resource Center

501 East Romie Lane, Suite C, Salinas

For more information, call 831-759-3044.

Grupo de Apoyo de Cáncer - Mujeres Unidas

Este grupo de apoyo es para mujeres diagnosticadas con cáncer.

Primer miércoles del mes; 1:00-2:00pm

Facilitadora: Aida Solorio, MSW

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

Para obtener más información, llame al 831-759-3044.

Community Programs



Exercise Challenge 2026

Encouraging physical activity during February to promote heart health and overall well-being, the Exercise Challenge is free and open to the community. Participate in Salinas Valley Health fitness classes, group hikes and physical activity events offered throughout the month. For more information, visit SalinasValleyHealth.com/ExerciseChallenge

Garden Seed Planting & Social

- **Saturday, February 7**
9:00-11:00am
Location: Rescate Verde
669 East Market Street, Salinas
To register visit: [Salinas Valley Health/Events-Classes](https://SalinasValleyHealth.com/Events-Classes)

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

Course covers Infant/Child/Adult

- **Saturdays; 8:00am-12:00pm**
January 17, February 14, March 21
\$75 for a 2-year certification

American Heart Association Heartsaver® First Aid Course*\$

Not a Pediatric First Aid course

- **Saturdays; 1:00-4:00pm**
January 17, February 14, March 21
\$75 for a 2-year certification;
\$35 if including CPR/AED class participation

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.

Location: Fort Ord National Monument Badger Hills Trailhead - (Across Highway 68 from Toro Café).

- **Saturday, February 7**
9:00-10:00am
Topic: Heart Health
Facilitator: Tim Albert, MD, MHCM
To register and for future dates and topics, visit SalinasValleyHealth.com/WalkWithADoc

Walk for Health

- **Friday, February 13**
10:00-11:00am
Location: Soledad Community Center
560 Walker Drive, Soledad
- **Friday, March 20**
10:00-11:00am
Location: Central Park
207 5th Street, Gonzales
To register visit: [Salinas Valley Health/Events-Classes](https://SalinasValleyHealth.com/Events-Classes)

Let's Hike

- **Saturday, February 14**
8:30am arrival/check-in;
9:00am hike begins
Location: Creekside Terrace Trailhead - near Reservation Road & Portola Drive, Salinas
- **Saturday, March 15**
9:30am arrive/check-in;
10:00am hike begins
Location: CRU Winery
37500 Foothill Road, Soledad
To register visit: SalinasValleyHealth.com/Hike

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](https://SalinasValleyHealth.com/AdvanceCarePlanning).

- **1er y 3er miércoles de cada mes;**
3:00pm - Spanish
- **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

Freedom from Smoking*\$

American Lung Association - Freedom from Smoking class

- **Mondays beginnng on January 5**
5:30-7:00pm
8 session class
Fee: \$25.00
Location: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas
To register visit: [Salinas Valley Health/Events-Classes](https://SalinasValleyHealth.com/Events-Classes)



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



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

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

To register for Meditation classes, visit:

SalinasValleyHealth.com/Mindfulness

Yoga Flow*

via Zoom

Mondays; 5:30-7:00pm

Yoga in Salinas

February 28

Saturday; 10:00-11:00am

Location: Salinas Regional Soccer Complex
1440 Constitution Boulevard, Salinas

To register for Yoga classes, visit:

SalinasValleyHealth.com/Yoga

Zumba in Gonzales*

In-person

Mondays; 6:00-7:00pm

January 12 & 19, February 9 & 16,

March 9 & 16

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

February 3

Tuesday; 4:30-5:30pm

Location: Dennis & Janice Caprara
Community Center
620 5th Street, Gonzales

Zumba in Salinas*

In-person

Fridays; 6:15-7:15pm

January 9 & 16, February 6 & 13,

March 6 & 13

Location: Boys & Girls Club of
Monterey County – Salinas Clubhouse
85 Maryal Drive, Salinas

Zumba in Castroville**

January 21

Wednesday; 1:00-2:00pm

Location: Castroville Japanese
Language School
11199 Geil Street, Castroville

**Gentle paced class for Seniors

Zumba in Soledad

March 21

Saturday; 10:00-11:00am

Location: Soledad Community Center
560 Walker Drive, Soledad

To register for Zumba classes, visit:

SalinasValleyHealth.com/Zumba

Free Cooking Demos



JANUARY

Kale & Walnut Pesto

January 7

Wednesday; 5:00-6:00pm

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

Healthy Charcuterie Board Demo

January 12

Monday; 11:00am-12:00pm

Location: Kairos Learning Solutions
836 South Main Street, Salinas

FEBRUARY

Kale & Walnut Pesto

February 10

Tuesday; 4:00-5:00pm

Location: El Gabilan Library
1400 North Main Street, Salinas

February 18

Wednesday; 11:00am-12:00pm

Location: Soledad Community Center
560 Walker Drive, Soledad

MARCH

Kale & Walnut Pesto

March 26

Thursday; 4:00-5:00pm

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

To register for Cooking Demos visit:

[Salinas Valley Health/Events-Classes](https://SalinasValleyHealth.com/Events-Classes)

Mobile Clinic | Clínica Móvil

SERVICES OFFERED

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.

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
- 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 | 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)

No services in July/No servicios en julio
Salinas Regional Soccer Complex
1440 Constitution Boulevard, Salinas

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**.

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.



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