

# 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.

\* Registration required  
\$ Participation fee

### Joint Replacement

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

### Heart

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

# Events / Virtual Events



## Podcasts

### Ask the Experts Podcasts

To listen to our Ask the Experts podcasts visit [SalinasValleyHealth.com/Podcasts](http://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](http://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](http://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](http://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](http://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](http://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](http://RedCrossBlood.org)

## Support Groups



### Loss & Grief Support Group

Central Coast Visiting Nurses Association

For information, please contact:

[bereavement@ccvna.com](mailto: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](http://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](http://Salinas Valley Health/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](http://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](http://Salinas Valley Health/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/Hike](http://SalinasValleyHealth/Hike)



Scan the QR code for more information on our Pathways to Wellness offerings or visit [SalinasValleyHealth.com/Pathways](http://SalinasValleyHealth.com/Pathways)

\* Registration required  
\$ Participation fee

## 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.

- **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 begining 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](http://Salinas Valley Health/Events-Classes)

## 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](http://SalinasValleyHealth.com/Mindfulness)

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### 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](http://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](http://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

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### 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

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### 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](http://Salinas Valley Health/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](http://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](http://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**.



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.