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
COMMUNITY PROGRAMS
WELLNESS EVENTS
SUPPORT GROUPS

Salinas Valley Memorial Healthcare System
svmh.com/pathways
FEBRUARY IS HEART MONTH

February is the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart. Salinas Valley Memorial Healthcare System, a leader in heart disease prevention and treatment, invites you to join us for one of our fun and informative heart month activities. svmh.com/heart

Love your heart. We do.

Ask The Experts
This FREE community lecture series brings together medical experts to talk about issues of interest.

Topic: Heart Month
February 20, program 6:00pm
Salinas City Center
For information or to register visit svmh.com/asktheexperts or call 831-759-1890.

Walk With A Doc
Board certified physicians make presentations on health topics prior to the one hour walk. This is a great opportunity to get to know our physicians and ask them questions in an informal, fun and healthy environment.

For date, time and more information, visit svmh.com/walkwithadoc

Mended Hearts
Monthly Meeting

Mended Hearts is for heart patients, their families and caregivers. For more information, call 831-755-0772.

February 18, 6:00–7:00pm
The Heart and Kidney Connection
Speaker: Michael Dicus, MD

Other events
Blood Drive at SVMHS
Tuesday, March 3, 9:00am-1:00pm
Heart Center/MRI parking lot
Online registration at www.vitalant.org
HEALTH

WOMEN

Childbirth Preparation Series*
Wednesday evenings, 6:30-9:30pm
4 session series
English: Tuesday, 6:00-9:00pm, starting January 7 or March 10
Spanish: El martes, 6:00-9:00pm, comienza el 4 de febrero
Register early at www.TheParentCenter.org or call the Salinas Adult School at 831-796-6900.

Breastfeeding Made Easy*
Saturday mornings, 9:00-12:30pm
January 25 or February 22

Outpatient Lactation Clinic
Monday-Friday; by appointment
Breastfeeding support you need in the hospital and when concerns arise after returning home. Call Holly Shannon, RN, IBCLC at 759-3060.

Maternity Center Tours*
Mondays, 7:00pm
January 6, February 10, March 2
Saturdays, 10:00am
January 4, February 1, March 7
For expectant parents only. No Children under 12.

DIABETES

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: From eyes to exercise and food to foot care*
4 session series:
Tuesdays, 4:00-6:00 pm
Wednesdays, 10:30-12:30 pm
Diabetes: Desde los ojos a ejercicio hasta comida y cuidado de pies*
Serie de 4 sesiones
Lunes, 4:30-6:30 pm
Jueves, 10:30am-12:30 pm
Para registrarse y más información, llame a SVMC Diabetes & Endocrine Center al 831-422-3636

CHI Diabetes Prevention Program
Take action now to feel better, lose weight, and reduce your risk of type 2 and pre-diabetes. For more information, email diabetescollaborative@chipm.org or call 831-644-7490.

Tuesdays, 10:00-11:00am
16 session class starting January 28
SVMC Diabetes & Endocrine Center Education Center, Salinas

WOMEN

Mended Hearts Monthly Meeting
Mended Hearts is for heart patients, their families and caregivers. For more information, call 831-755-0772.

January 21, 6:00–7:00pm
SVMH Cardiac Cath Lab Technology Update
Speaker: Suzette Urquides, DNP, MPA, CCRN
February 18, 6:00–7:00pm
The Heart and Kidney Connection
Speaker: Michael Dicus, MD
March 17, 6:00–7:00pm
Air Med Care Network Fly U Home
Speaker: Tracey Shearer, Regional Director

SLEEP

For more information, call Sleep Medicine Center at (831) 759-1920.

Got CPAP? A Sleep Disorders Support Group
Topic: Troubleshooting CPAP equipment
January 30, February 27, March 26
6:00-7:00pm
SVMHS Sleep Medicine Center, Cardiac Wellness Center Conference Room
120 Wilgart Way
Program is free and open to the public.

Ask The Experts*
Topic: Heart Month
February 20, program 6:00pm
Salinas City Center
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* Registration required
$ This course requires a participation fee
COMMUNITY PROGRAMS

LEGAL ISSUES FOR LIFE PLANNING*
Thursday, January 23, 2020
Topic: Planning for Incapacity – Who will make decisions for you?
Thursday, February 27, 2020
Topic: Is a Will Enough?
Thursday, March 26, 2020
Topic: The Truth About Trusts
5:30-7:00pm

AMERICAN HEART ASSOCIATION HEARTSAVER CPR & AED COURSE FOR NON HEALTHCARE PROVIDERS* $
Saturdays, January 25, February 22 or March 21, 8:00am-12:00 noon

AMERICAN HEART ASSOCIATION HEARTSAVER FIRST AID* $
Saturday, January 25, February 22, March 21, 1:00-4:00pm

EXERCISE CHALLENGE 2020*
From February 3 to March 1, 2020
A FREE 4-week program designed to promote a healthy lifestyle and regular aerobic exercise. Open to all organizations in Monterey County.

DONOR NETWORK WEST
You have the power to donate life. For more information call 1-866-797-2366 or visit www.donateLIFEcalifornia.org.

BLUE ZONES PROJECT
MONTEREY COUNTY
Live happier, healthier longer lives

For information, visit montereycounty.bluezonesproject.com

JOINT REPLACEMENT
Offering top quality and compassionate care for people undergoing joint replacement surgery. To learn more, visit svmh.com/joint or call 831-759-1978.

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 registered dietitian. Thursdays, by appointment only.

LOOK GOOD – FEEL BETTER
3rd Monday of the month
10:00am-12:00pm
Teaches beauty techniques for female cancer patients. To register visit www.lookgoodfeelbetter.org/programs

CANCER SUPPORT SERVICES
The Cancer Resource Center provides a wide range of support services. Monday through Thursday, 9:00am-4:00pm Friday, 9:00am-2:00pm

MEDICAL ALERT SERVICE PROVIDED BY SVMHS SERVICE LEAGUE VOLUNTEERS
Philips Lifeline Medical Alert Service provides you with fast and easy access to help 24 hours a day. For more information, call the Lifeline Office at 831-755-0788 or e-mail LifelineMonitoring@svmh.com.

ALZHEIMER’S ASSOCIATION
If someone is diagnosed with Alzheimer’s or any dementia, it’s time to review and assess what plans and documents are in place to address the situation. For more information, call the Monterey office at 800-272-3900. 21 Lower Ragsdale Drive, Monterey

QUIT SMOKING CLASS* $
American Lung Association – Freedom from Smoking Class
8 session class starting Monday, January 13
5:30-7:00pm

RESOURCE FOR SMOKING CESSATION
www.smokefree.gov
The program offers expert help and resources through the National Cancer Institute. California Smokers Helpline: 1-800-NOBUTTS

For more information, call 831-759-1890, visit svmh.com/pathways or email healthpromotion@svmh.com. Online registration at svmh.com/events-classes
SUPPORT GROUPS

Women Helping Women  
Women’s Cancer Support Group  
Tuesdays, 1st, 3rd and 5th of the month  
1:00-2:30pm  
For more information, call 831-759-3016.

Man to Man Dealing with Cancer  
Men’s Cancer Support Group  
3rd Thursday of the month, 3:00-4:00pm  
For information, call 831-759-1951.

Grupo de Ayuda Para Mujeres con Cáncer – Clase en Español  
3er sábado del mes, 10:00am-12:00pm  
Para más información, llame al 831-442-2992.

Food Addict in Recovery Anonymous  
Saturdays, 8:30-10:00am  
For anyone having any problems with food. For more information call Wayne at 831-297-2953 or visit www.foodaddicts.org

Loss and Grief Support Groups  
Thursdays, 4:30-6:00pm  
For more information call the Cancer Resource Center at 831-759-1951.

Traumatic Brain Injury Peer Support Group  
2nd and 4th Thursday of the month  
3:00-4:30pm  
Registration required. Call Yoana Mendoza at 757-2968 ext. 27.

Type One Diabetes Meet-up Group  
Meet others affected by type 1 diabetes. Friends and family are welcome. For more information contact, Stephanie at snelson@jdrf.org or 415-597-6303.

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