Whether you’re managing a chronic condition or working on your fitness level, Salinas Valley Memorial Healthcare System can put you on the path to wellness.
**WELLNESS**

**Mindfulness Meditation via Zoom**
Mondays & Wednesdays, 5:30-6:45pm
Fridays; 12:00-1:15pm
To reduce stress and isolation during difficult times and improve overall health and well-being. This class is free and open to the public.

**Yoga Flow via Zoom**
For health and relaxation through breathing control, simple meditation and body position.
Mondays, 5:30-7:00pm
6 week series begins July 13, August 24, and October 12

**COMMUNITY PROGRAMS**

**Legal Issues for Life Planning* via Zoom**
Thursday, July 23, 5:30-7:00pm
Topic: A guide to long term care
Thursday, August 27, 5:30-7:00pm
Topic: SCAMS: Financial exploitation of the elderly
Thursday, September 24, 5:30-7:00pm
Topic: Planning For Incapacity

**American Heart Association**
**Heartsaver CPR & AED Course for Non Healthcare Providers**
Saturdays, July 25 or August 22 or September 26
8:00am-12:00 noon
$75 for a 2 year certification

**American Heart Association**
**HeartSaver First Aid***
Saturdays, July 25, August 22 or September 26
1:00-4:00pm
$75 for a 2 year certification; $35 if including CPR/AED class participation

**EVENTS**

**Farmers’ Market at SVMHS**
Every Friday 12:30pm-5:30pm
May 15-November 13
Parking lot on the corner of Romie Lane and Wilgart Way
For more information call Health Promotion Department at 831-759-1890.

* Registration required
$ This course requires a participation fee

PATHWAYS TO WELLNESS | Summer 2020
HEALTH

HEART
Learn more about our regional heart program, visit svmh.com/heart.

CANCER
For more information on any cancer care program, call 831-759-1951.

WOMEN
Childbirth Preparation Series *$
Wednesday evenings, 6:30-9:30pm
5 session class starting August 5 or October 7
Saturday all day, 9:00am-4:00pm
2 session class starting July 18 or September 19

Maternity Center Tours*
For information on Maternity Center tours, contact the Health Promotion Department at 831-759-1890 or healthpromotion@svmh.com

Breastfeeding Made Easy *$
Saturday mornings, 9:00-12:30pm
August 15 or September 12

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.

SUPPORT GROUPS
Women Helping Women Support Group via WebEx
To register and more information email Jacque Pena at jpena@svmh.com or call 831-759-3016.

PATHWAYS TO WELLNESS
For more information on any of these programs or events, contact our Health Promotion Department at healthpromotion@svmh.com, visit svmh.com/pathways or call 831-759-1890. Online registration at svmh.com/events-classes

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BLUE ZONES PROJECT
MONTEREY COUNTY

Live happier, healthier longer lives

For information about the Blue Zones Project Monterey County, visit montereycounty.bluezonesproject.com