

FALL 2020

HEALTH
COMMUNITY PROGRAMS
WELLNESS
EVENTS
SUPPORT GROUPS

PATHWAYS TO WELLNESS

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.



Salinas Valley
Memorial
Healthcare System

svmh.com/pathways

WELLNESS

Mindfulness Meditation via Zoom

Monday & Friday; 12:00-1:15pm
Wednesday, 5:15-6:30pm

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 October 12 or November 23



COMMUNITY PROGRAMS

Legal Issues for Life Planning* via Zoom

Thursday, October 22, 5:30-7:00pm
Topic: Is a Will Enough

Thursday, November 19, 5:30-7:00pm
Topic: The Truth About Trusts

American Heart Association Heartsaver CPR & AED Course for Non Healthcare Providers

Saturdays, 8:00am-12:00 noon
October 24, November 14
\$75 for a 2 year certification

American Heart Association HeartSaver First Aid*

Saturdays, 1:00-4:00pm
October 24, November 14
\$75 for a 2 year certification; \$35 if including CPR/AED class participation

Blue Zones Project Monterey County

Live happier, healthier longer lives.
For more information, visit montereycounty.bluezonesproject.com



EVENTS

Farmers' Market at SVMHS

Every Friday
May 15-October 16, 12:30-5:30pm
October 23-November 13, 12:30-4:30pm
Parking lot on the corner of Romie Lane and Wilgart Way

For more information call 831-759-1890.

Blood Drive

Tuesday, October 27, 9:00am-2:00pm
Saint Ansgar's Lutheran Church
72 W. San Joaquin Drive, Salinas
Online registration at www.vitalant.org

HEALTH

HEART

To learn more about our regional heart program, visit svmh.com/heart.

CANCER

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

JOINT REPLACEMENT

To learn more about our joint replacement program, visit svmh.com/joint or call 831-759-1978.

WOMEN

Childbirth Preparation Series *\$

Wednesday evenings, 6:30-9:30pm
5 session class starting October 7
Saturday all day, 9:00am-4:00pm
2 session class starting November 14
or December 12

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
October 10, November 7, December 12

Quit Smoking Class *\$

Presented by American Lung Association
8 session class starting
Monday, October 5th, 5:30-7:00pm

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

* Registration required
\$ This course requires a participation fee

 Salinas Valley
Memorial
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450 E. Romie Lane | Salinas, CA 93901

**FREE COMMUNITY
FLU CLINICS**

Saturday, October 10th, 11:00am-2:00pm
Salinas Valley Memorial Hospital
120 Wilgart Way, Salinas

Tuesday, October 13th, 4:00-7:00pm
Palma School, 919 Iverson Street, Salinas

Saturday, October 24th, 11:00am-2:00pm
Taylor Farms Family Health & Wellness Center
850 5th Street, Gonzales

**Due to
COVID-19
guidelines,
masks will be
required.**

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