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.
COMMUNITY PROGRAMS

Legal Issues for Life Planning* via Zoom
Thursday, January 21, 5:30-7:00pm
Topic: Long Term Care
Thursday, February 25, 5:30-7:00pm
Topic: SCAMS, Financial exploitation of the Elderly
Thursday, March 25, 5:30-7:00pm
Topic: Planning for Incapacity

American Heart Association
Heartsaver CPR & AED Course for Non-Healthcare Providers*
Saturdays, 8:00am-12:00 noon
January 9, February 20, March 13
$75 for a 2-year certification

American Heart Association
HeartSaver First Aid *$
Saturdays, 1:00-4:00pm
January 9, February 20, March 13

* Registration required
$ This course requires a participation fee

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 January 4, February 15 or March 29

EVENTS

Exercise Challenge 2021
Encouraging physical activity during February to promote heart health and overall well-being. Participate in aerobic activity weekly and track progress on an SVMHS provided chart. For more information, visit svmh.com/ExerciseChallenge or contact the Health Promotion Dept. at 831-759-1890 or healthpromotion@svmh.com.

Blood Drive
Tuesday, February 23, 9:00am-2:00pm
Saint Ansgar’s Lutheran Church
72 W. San Joaquin Drive, Salinas
Online registration at www.vitalant.org
HEALTH

Quit Smoking Class *$
Presented by American Lung Association
8 session class starting
Monday, January 11, 5:30-7:00pm

Childbirth Preparation Series *$
Wednesday evenings, 6:30-9:30pm
5 session class starting January 6
or March 3
Saturday all day, 9:00am-4:00pm
2 session class starting February 20
or April 10

Breastfeeding Made Easy *$
Saturday mornings, 9:00-12:30pm
January 9, February 6 or March 13

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 an SVMH registered dietitian, by appointment only with referral from physician.

Look Good, Feel Better
Online classes teach beauty techniques for female cancer patients.

WOMEN

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

Support Groups

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

Loss & Grief Support Group
Thursdays, 5:00pm
VNA Hospice, 45 Plaza Circle, Salinas
Facilitated by: Mick Erickson
For more information call 831-236-1015.

Heart

To learn more about our regional heart program, visit svmh.com/heart.
Blue Zones Project Monterey County
Join us for a “Finding Your Purpose Virtual Workshop”
January 21, February 18, March 18
11:30am-1:30pm
To register, visit qrco.de/bzppurpose
or scan QR code.