

WINTER 2021

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](http://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 January 4,  
February 15 or March 29



# 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**



# 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](http://svmh.com/ExerciseChallenge) or contact the Health Promotion Dept. at 831-759-1890 or [healthpromotion@svmh.com](mailto: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](http://www.vitalant.org)

## HEALTH

### Quit Smoking Class \*\$

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

## 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](mailto:healthpromotion@svmh.com).

### 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

## HEART

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

## SUPPORT GROUPS

### Women Helping Women Cancer Support Group via WebEx

To register and more information email Jacqueline Pena at [jpena@svmh.com](mailto: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.

# PATHWAYS

## TO WELLNESS

For more information on any of these programs or events, contact our Health Promotion Department at [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com), visit [svmh.com/pathways](http://svmh.com/pathways) or call 831-759-1890. Online registration at [svmh.com/events-classes](http://svmh.com/events-classes)





450 E. Romie Lane | Salinas, CA 93901

### 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](http://qrco.de/bzppurpose)  
or scan QR code.



**BLUE ZONES PROJECT**  
by *sharecare*

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