

SPRING 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

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 *\$

Mondays, 5:30-7:00pm
6 week series begins May 10 or June 21

For health and relaxation through breathing control, simple meditation and body position.



COMMUNITY PROGRAMS

Legal Issues for Life Planning* via Zoom

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

Thursday, May 20, 5:30-7:00pm
Topic: The Truth About Trusts

Thursday, June 24, 5:30-7:00pm
Topic: A Guide to Long Term Care

American Heart Association Heartsaver CPR & AED Course for Non-Healthcare Providers *\$

Saturdays, 8:00am-12:00 noon
April 10, May 8, June 12

American Heart Association HeartSaver First Aid *\$

Saturdays, 1:00-4:00pm
April 10, May 8, June 12

* Registration required
\$ This course requires a participation fee



EVENTS

Farmers' Market at SVMHS

Every Friday
May 14-November 12, 12:30-5:30pm
Parking lot on the corner of Romie Lane and Wilgart Way

Blood Drive

Tuesday, June 22, 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, April 5, 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 a registered dietitian, by appointment only with physician referral.

Look Good, Feel Better

Online classes teach beauty techniques for female cancer patients.

WOMEN

Maternity Center Tours*

For information on Maternity Center tours, call 831-759-1890 or healthpromotion@svmh.com.

Childbirth Preparation Series *\$

Wednesday evenings, 6:30-9:30pm
5 session class starting May 5
Saturday all day, 9:00am-4:00pm
2 session class starting April 10 or July 17

Breastfeeding Made Easy *\$

Saturday mornings, 9:00-12:30pm
April 24, May 22 or June 19

Lactation Services

Monday-Friday; by appointment
Breastfeeding support during and after your hospital stay. Call Holly Shannon, RN, IBCLC at 759-3060.

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

SUPPORT GROUPS

Loss & Grief Support Group

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

Women Helping Women Cancer Support Group via WebEx

For more information contact Jacqueline Pena at 831-759-3016 or jpena@svmh.com.

Grupo de Apoyo Para Mujeres Sobrevivientes del Cancer via WebEx

Cuarto martes del mes de 2:30-4:00pm
Facilitadora: Jacqueline Pena
Para más información llame al 831-759-3016 o al correo electrónico jpena@svmh.com.

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





Salinas Valley
Memorial
Healthcare System

450 E. Romie Lane | Salinas, CA 93901

Blue Zones Project Monterey County

Join us for a “Finding Your Purpose
Virtual Workshop”

Available dates in April, May and June
11:30am-1:30pm

For more details and to register, visit
qrco.de/bzpppurpose or scan QR code.



BLUE ZONES PROJECT
by sharecare

PRSRT STD
U.S. POSTAGE
PAID
SALINAS, CA
PERMIT NO. 197