

WINTER 2022

Whether you're managing a chronic condition, working on your fitness level or looking for ways to de-stress, Salinas Valley Memorial Healthcare System can put you on the path to wellness.

# PATHWAYS TO WELLNESS

HEALTH

COMMUNITY  
PROGRAMS

WELLNESS

EVENTS

SUPPORT  
GROUPS



 Salinas Valley  
Memorial  
Healthcare System

[svmh.com/pathways](http://svmh.com/pathways)

# MOBILE CLINIC

Typical healthcare services provided through the SVMHS Mobile Clinic during its weekly community visits include:

- *COVID-19 Vaccines: Appointment required, please call 831-737-6579 or 831-676-7189*
- *COVID-19 Testing: Please stay in your car and call when you arrive, 831-737-6579 or 831-676-7189*
- Primary care
- Simple urgent care
- Women's Health
- Health screenings
- Immunizations
- Health education and help connecting patients with resources to manage chronic medical problems

All services provided by the mobile clinic are currently free of charge.

Walk-ins are welcome.

For groups of 10 or more, please schedule by calling 831-759-1927.

**Face masks are required for all patients.**

## CLÍNICA MÓVIL

Los servicios de atención médica típicos proporcionados a través de la Clínica Móvil de SVMHS durante sus visitas semanales a la comunidad incluyen:

- *VACUNAS COVID-19: Cita Requerida, por favor llame al 831-737-6579 o al 831-676-7189*
- *PRUEBAS DE COVID-19: Favor de llamar al 831-737-6579 o al 831-676-7189 desde su vehículo al llegar a la clínica*
- Atención primaria
- Urgencia médica simple
- Salud de la mujer
- Exámenes de salud
- Vacunas
- Educación en salud y ayuda para conectar a los pacientes con recursos para tratar problemas médicos crónicos.

Todos los servicios prestados por la clínica móvil son actualmente gratuitos.

Son bienvenidos sin cita.

Para grupos de 10 o más, por favor programe una cita llamando 831-759-1927.

**Se requieren mascarillas para todos los pacientes.**

[svmh.com/pathways](http://svmh.com/pathways) | 831-759-1890

### Mondays / Lunes

3:30pm–8:00pm

Alisal High School, 777 Williams Road, Salinas

### Tuesdays / Martes

10:00am–1:30pm

Walmart, 1800 N Main Street, Salinas

2:30–6:00pm

Everett Alvarez High School

1900 Independence Blvd., Salinas



### Wednesdays / Miércoles

11:00am–1:00pm

City of King Park

S. San Lorenzo Ave and Division St., King City

2:00–7:00pm

Greenfield Family Resource Center

493 El Camino Real, Greenfield

### Thursdays / Jueves

12:00pm–8:00pm

MLK Family Resource Center

925 North Sanborn Road, Salinas



# HEALTH



## WOMEN

### Childbirth Preparation Series\* \$

Wednesdays, 6:30–9:30pm

5 session class starting:

January 5 or March 2

Saturdays, 9:00am–4:00pm

2 session class starting:

February 19 or April 23

### 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)

### Postpartum Wellness Group

Tuesdays, 6:00–7:30pm

Receive support from an experienced facilitator and other mothers who may have similar experiences. [svmh.com/postpartum](http://svmh.com/postpartum)

### Grupo de Apoyo Despues de Dar a Luz

Jueves 6:00–7:30pm

Reciba el apoyo de una facilitadora con experiencia y otras madres que podrían tener experiencias similares a la suya. [svmh.com/postpartum](http://svmh.com/postpartum)

### Lactation Services

Monday through Friday by appointment  
Breastfeeding support you need in the hospital and when concerns arise after returning home. Call Holly Shannon, RN, IBCLC at 831 759 3060

### Breastfeeding Made Easy\* \$

Saturday, 9:00am–12:30pm

January 8, February 5, and March 12

## HEART

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

### Mended Hearts Monthly Meeting via Zoom

3rd Tuesday of the month

Facilitating a positive patient care experience through support group meetings, speakers, and visiting programs – Mended Hearts is for heart patients, their families, and caregivers.

For more information call 831 755 0772 or Julie Jezowski, Lifeline Member Liaison 831 755 0788.

## 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. To register and more information call 831 759 1951.

### Women helping women via WebEx

Tuesdays, 1st and 3rd of the month at 1:00–2:00pm

Cancer support group for women with a diagnosis of cancer. To register and more information email Jacqueline Pena at [jpena@svmh.com](mailto:jpena@svmh.com) or call 831 759 3016.

### Look good - feel better

Online class that teaches the beauty techniques for female cancer patients. For more information call 831 759 1951.

## DIABETES

### From eyes to exercise and food to foot care\* \$

Tuesdays, 4:00–6:00pm

Thursdays, 9:30–11:30am

4 session series

For more information or to register, call Salinas Valley Medical Clinic at 831 422 3636.

Some insurance policies may cover diabetes program fees.



\* **Registration required**  
\$ **This course requires a participation fee**

**Desde ojos a ejercicio hasta  
comida a cuidado de pies\* \$**

Lunes, 4:30–6:30pm

Miércoles, 9:30–11:30am

Serie de 4 sesiones

Para más información o para registrarse  
en las clases, llame al Salinas Valley  
Medical Clinic al 831 422 3636.

Algunas pólizas de seguro pueden cubrir  
el costo de los programas de diabetes.

**Community Health Innovations  
diabetes prevention program**

Spanish program starting February 8;

Tuesdays, 4:00–5:00pm

English program starting February 8;

Tuesdays, 5:30–6:30pm

Online English program starting March 23;

Wednesdays, 5:30–6:30pm

Take action now to feel better, lose weight,  
and reduce your risk of prediabetes and  
type 2 diabetes. For more information or to  
enroll, visit [dontfeedthediabetes.com/dpp](http://dontfeedthediabetes.com/dpp)  
or call 831 644 7490.

## COMMUNITY PROGRAMS



*We care about your  
wellness*

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

## EVENTS



### ASK THE EXPERTS

Thursday / Jueves

January 13, 3:30pm

A new year, a new healthier you  
the Blue Zones way

Año nuevo, nueva oportunidad para  
mejorar tu salud al estilo Blue Zones

Tune in on / Sintonice

[Facebook@SVMHS](https://www.facebook.com/SVMHS)

### WALK WITH A DOC

Saturday, February 19th

9:00–10:00am

Topic: Risks for Heart Failure

Speaker: Jill Socha, P.A.

Fort Ord National Monument

Badger Hills (across from Toro Café)

To register, visit:

[svmh.com/walkwithadoc](http://svmh.com/walkwithadoc)

### EXERCISE CHALLENGE 2022

February 1–28

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.

Visit [svmh.com/ExerciseChallenge](http://svmh.com/ExerciseChallenge) for  
more information or contact the Health  
Promotion Department at 831 759 1890  
or [healthpromotin@svmh.com](mailto:healthpromotin@svmh.com)

### BLUE ZONES PROJECT MONTEREY COUNTY

#### Purpose Workshops

People with purpose are happier, more  
successful and live longer. Join our  
purpose workshops and discover yours!

#### Well-Being Classes

Free online well-being classes and demos  
that help build resiliency into your life.

#### Walking Moai

Walking moais are a groups of 5-8 people,  
that share similar interests and meet  
regularly to walk.

#### Volunteer Opportunities

Volunteering is a great way to contribute your  
gifts, talents, and time to your community.

#### For more information

[montereycounty.bluezonesproject.com](http://montereycounty.bluezonesproject.com)





## WELLNESS



### Group Chair Class for Movement and Meditation via Zoom\*

Thursdays, 11:00am–12:00pm

Begins January 6

This free class guides you through simple, stretching movements while seated to increase circulation, reduce stress, and improve overall well-being.

### BAMM - Balance, Mobility, and Meditation via Zoom\*

Tuesdays, 7:30–8:15am

Begins January 4

Saturdays, 9:30–10:30am

Begins January 8

This free class will help you increase balance and mobility through stretching and stabilization of muscles and joints, and promote peace through meditation.

### Mindfulness Meditation via Zoom\*

Mondays and Fridays, 12:00–1:15pm

Wednesdays, 4:30–5:30pm

A free mindfulness meditation session that aims to reduce stress and isolation during difficult times and improve overall health and well-being.

### Yoga Flow via Zoom\* \$

Mondays, 5:30–7:00pm

6 week series

Begins February 21 and April 4

Join at the beginning of a series or any Monday.

## SUPPORT GROUPS



### Loss and grief support group

Thursdays at 6:30pm

VNA Hospice Office

45 Plaza Cr. Salinas, CA

Facilitated by Mick Erickson. For more information please call 831 751 5500.

### Grupo de apoyo para mujeres con

un diagnostico de cáncer via WebEx

Cuarto martes del mes, 1:00–2:00pm

Llame al 831 759 3016 o envíe un

correo electrónico a Jacqueline Pena a [jpena@svmh.com](mailto:jpena@svmh.com) para más información.



## BLUE ZONES PROJECT

### Power 9 Principles

For more information on the Blue Zones Project Power 9 Principles please visit [montereycounty.bluezonesproject.com](http://montereycounty.bluezonesproject.com).



Right Tribe



Loved Ones First



Belong



Move Naturally



Purpose



Down Shift



Plant Slant



80% Rule



Friends at 5

\* Registration required

\$ This course requires a participation fee



450 East Romie Lane  
Salinas, CA 93901

PRSRT STD  
U.S. Postage  
PAID  
Salinas, CA  
Permit No. 197

### Blue Zones Project Monterey County

#### Well-Being Moai

Free online well-being classes and demos that help build resiliency into your life. For more details and to register, visit [qrco.de/bzppurpose](http://qrco.de/bzppurpose) or scan the QR code.



FREE COMMUNITY  
WELL-BEING  
CLASSES/DEMOS

#### Volunteer Opportunities

For more details scan the QR code.



#### Walking Moai

Move towards a healthier, active lifestyle with a walking moai team. For dates and times visit [info.bluezonesproject.com/walking-moai](http://info.bluezonesproject.com/walking-moai)



**BLUE ZONES PROJECT**  
by **sharecare**