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
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 | 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
**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

**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

**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 podrian tener experiencias similares a la suya. 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.

**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 Liasion 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 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, 9:30–11:30 am
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. Algumas 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 dontfeedthediebtes.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, call 831-759-1890 or visit svmh.com/pathways. Online registration at 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

**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

**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

---

**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 for more information or contact the Health Promotion Department at 831 759 1890 or healthpromotion@svmh.com
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.

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 diagnóstico 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 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.

* Registration required
$ This course requires a participation fee
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 qrc.de/bzppurpose or scan the QR code.

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