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.
WOMEN

Childbirth Preparation Series*$
Saturday, 9:00am-4:00pm
2 session class starting: November 13, or December 11, 2021

Breastfeeding Made Easy*$
Saturday, 9:00am-12:30pm
October 23, November 20 or December 18, 2021

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

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, 6:00pm-7:30pm
Facilitator: Jennifer Mendoza, LCSW
Having a baby is a special time and you may find yourself feeling a range of emotions. In this group, you will receive support from an experienced facilitator and other mothers who may have similar experiences.
6 week virtual class
svmh.com/postpartum

Grupo de Apoyo Despues de Dar a Luz
Jueves, 6:00pm-7:30pm
Facilitador: Lorena Sánchez, LCSW
Tener un bebé es un momento especial y es posible que sienta una variedad de emociones. En este grupo, recibirá el apoyo de una facilitadora con experiencia y otras madres que podrían tener experiencias similares a la suya.
6 semanas de clases virtuales
svmh.com/postparto

JOINT REPLACEMENT

Offering top quality and compassionate care for people undergoing joint replacement surgery. To learn more, visit svmh.com/joint or call 831-759-1978.

HEART

Learn more about our regional heart program, visit svmh.com/heart.

Mended Hearts Monthly Meeting via Zoom
October 19, 6:00pm
November 16, 6:00pm
For more information call 831-755-0772
Facilitating a positive patient care experience through support group meetings, speakers and visiting programs – Mended Hearts is for heart patients, their families and caregivers.

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
Teaches beauty techniques for female cancer patients. For more information please call 831-759-1951.

Nutrition Class for Cancer Survivors*
Thursday, October 28th, 1pm
Location: Downing Resource Center Rooms AB&C
To register or more information please call Carol Renn 831-759-3018 or email crenn@svmh.com.

DIABETES

Diabetes: From eyes to exercise and food to foot care*$
4 session series:
Tuesdays, 4:00-6:00pm
Thursdays, 9:30-11:30am
For more information or to register for classes, call Salinas Valley Medical Clinic at 831-422-3636. Some insurance policies may cover diabetes program fees.

Community Health Innovations Diabetes Prevention Program
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 or call 831-644-7490.

Tuesdays, 5:30-6:30pm
16 session class starting November 30, plus additional maintenance sessions. Facilitated live by a health coach.

Martes, 4:30-5:30pm
Clase de 16 sesiones comenzando el 30 de noviembre, además de sesiones adicionales de mantenimiento. Facilitada en vivo por una entrenadora de la salud.
**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.**

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**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.**

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SUNDAYS
11:00am-2:00pm
Salinas Regional Soccer Complex
1440 Constitution Blvd., Salinas

**MONDAYS**
3:30pm-8:00pm
Alisal High School
777 Williams Road, Salinas

**TUESDAYS**
10:00am-1:30pm
Walmart
1800 N. Main Street, Salinas
2:30pm-6:00pm
Everett Alvarez High School
1900 Independence Blvd., Salinas

**WEDNESDAYS**
11:00am-1:00pm
City of King Park
Corner of S. San Lorenzo Ave. and Division St., King City
2:00pm-7:00pm
Greenfield Family Resource Center
493 El Camino Real, Greenfield

**THURSDAYS**
12:00pm-8:00pm
MLK Family Resource Center
925 North Sanborn Road, Salinas
**COMMUNITY PROGRAMS**

*Legal Issues for Life Planning via Zoom*
Thursday, October 21
Topic: The truth about trusts
Thursday, November 18
Topic: A guide to long term care
5:30-7:00pm

*American Heart Association Heartsaver CPR & AED Course for Non Healthcare Providers*
Saturdays, October 9 or November 13
8:00-11:00am
$75 for a 2-year certification

*American Heart Association HeartSaver First Aid*
Saturday, October 9 or November 13
12:00-2:35pm
$75 for a 2-year certification
$35 if including CPR/AED class participation

*Quit Smoking Class*
American Lung Association – Freedom from Smoking Class
8 session class starting Monday, October 18
5:30-7:00pm

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**EVENTS**

**ASK THE EXPERTS**

**October**

Wednesday, October 20
6:30pm
Topic: Breast Cancer
Tune in on Facebook @SVMHS

Miércoles, 27 de Octubre
6:30pm
Temas: Cáncer de mama
Sintonice Facebook @SVMHS

**November**

Miércoles, 3 de noviembre
6:30pm
Tema: COVID-19: Variantes, vacunas y la temporada navideña
Sintonice Facebook @SVMHS

**December**

Miércoles, 8 de diciembre
6:30pm
Tema: Cocinar saludablemente durante la temporada navideña
Sintonice Facebook @SVMHS

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**COMMUNITY FLU CLINICS**

Saturday, October 9th
11:00am-2:00pm
SVMHS; 120 Wilgart Way, Salinas

Saturday, October 16th
11:00am-2:00pm
Taylor Farms Family Health and Wellness Center; 850 5th St., Gonzales

**BLOOD DRIVE**

Thursday, December 2, 2021
9:00am-2:00pm
St. Ansgar’s Lutheran Church
72 E San Joaquin St, Salinas, CA 93901
Online registration at vitalant.org

**HEALTHY FOR THE HOLIDAYS**

SVMHS and Blue Zones Project Monterey County invite you to prioritize your health and wellness during the holiday season through community events, programs and classes.

To take part in Healthy for the Holidays, visit svmh.com/healthyholidays or call the Health Promotion Department at 831-759-1890 for more info.

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**SVMHS FARMERS’ MARKET**

May 14th – November 12th
Every Friday; May 14-November 12
May-October; 12:30 – 5:30pm
November; 12:30 – 4:30pm
Parking lot on the corner of Romie Lane and Wilgart Way

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*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
WELLNESS

**Group Chair Class Movement and Meditation via Zoom***
Thursdays, 11:00am-12:00pm
6-week series begins October 14, 2021
Join at the beginning of a series or any Thursday
This FREE class guides you through simple, stretching movements while seated to increase circulation, reduce stress and improve overall well-being.

**Mindfulness Meditation via Zoom***
Monday and Friday, 12:00-1:15pm
Wednesday, 4:30-5:30pm
A FREE mindfulness mediation 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 October 25 or December 6
Join at the beginning of a series or any Monday

**BAMM - Balance, Mobility and Meditation via Zoom***
Saturdays, 9:30-10:30am
4-week series begins, October 9 or November 6
Join at the beginning of a series or any Saturday
This FREE class will help you increase balance and mobility through stretching & stabilization of muscles and joints, and promote peace through meditation.

**Women Helping Women Cancer Support Group via WebEx***
For Women with a diagnosis of Cancer
Tuesdays, 1st and 3rd of the month
1:00-2:30pm
To register and more information email Jacqueline Pena at jpena@svmh.com or call 831-759-3016.

**Grupo de Apoyo Para Mujeres con un Diagnostico de Cáncer***
4er martes del mes, 2:30pm-4:00pm
Facilitador: Jacqueline Pena
Via Webex call (831) 759-3016 or email Jacqueline Pena at jpena@svmh.com for more information.

**Loss and Grief Support Groups***
Thursdays, 4:30-6:00pm
VNA Hospice Office
45 Plaza Cr. Salinas, CA
Facilitated by: Mick Erickson
For information please call 831-236-1015

* Registration required
$ This course requires a participation fee

SUPPORT GROUPS

**Women Helping Women Cancer Support Group via WebEx***
For Women with a diagnosis of Cancer
Tuesdays, 1st and 3rd of the month
1:00-2:30pm
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For information please call 831-236-1015

* Registration required
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BLUE ZONES PROJECT

**Power 9 Principles***
For more information on the Blue Zones Project Power 9 Principles please visit montereycounty.bluezonesproject.com.
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 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-moi