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.
Health

Mother / Baby

Childbirth Preparation Series* $  
Wednesdays, 6:30pm–9:30pm  
5-session series starting August 3  
Saturdays, 9:00am–4:00pm  
2-session series starting July 9 or September 10

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  
Every Tuesday, 6:00pm–7:30pm  
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 a similar experience.  
For more information, call 831-208-6232 or visit svmh.com/postpartum

Grupo de Apoyo Después de Dar a Luz  
Todos los jueves, 6:00pm–7:30pm  
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.  
Para más información, llame al 831-208-6232 o visite svmh.com/postpartum

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 831-759-3060.

Breastfeeding Made Easy* $  
Saturdays, 9:00am–12:30pm  
July 23; August 20; September 24

Heart

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

Mended Hearts Monthly Meeting via Zoom  
3rd Tuesday of the month; 6:00pm  
Location: SVMHS - Downing Resource Center - ABC  
Facilitator: Julie Jezowski, Lifeline Member Liaison  
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.

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.

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 SVMHS registered dietitian. By appointment only with a referral from a physician. To register and more information, call 831-759-1951.

Look Good – Feel Better  
Teaches beauty techniques for female cancer patients.  
Online classes. For more information, call 831-759-1951.

Diabetes

Diabetes: From Eyes to Exercise and Food to Foot Care  
4-session series:  
Tuesdays, 4:00pm–6:00pm  
Thursdays, 9:30am–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.

Diabetes: De Ojos a Ejercicio y Comida a Cuidado de los Pies  
Serie de 4 sesiones:  
Lunes, 4:00pm–6:00pm  
Miércoles, 9:30am–11:30am  
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
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, 5:30pm–6:30pm
In-person classes - English
Alliance on Aging
247 Main Street, Salinas
Wednesdays, 5:30pm–6:30pm
Online classes - English
Martes, 4:00pm–5:00pm
Clases en persona - Spanish
Alliance on Aging
247 Main Street, Salinas

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

* Registration required
$ Participation fee

Events

Ask the Experts
For future Ask the Experts events, visit our Facebook page @SVMHS

Para estar al tanto de futuros eventos
Ask the Experts, visite nuestra página de Facebook @SVMHS

Asthma Camp
July 25 through 29, 9:00am–4:00pm
Location: Monterey Park Elementary School - Salinas
For children 6 to 12 years old
$10 registration fee
For registration and information, call 831-759-1890 or visit svmh.com/asthmacamp

Farmers' Market at SVMHS
Every Friday, 12:30pm–5:30pm
May 13 through November 11
Parking lot on the corner of Romie Lane and Wilgart Way

Blood Drives*
American Red Cross
July 2, 10:00am–2:30pm
SVMHS Downing Resource Center Conference Rooms ABC
450 E. Romie Lane, Salinas, CA 93901
For more information or to register, call 831-759-1890 or visit svmh.com

Vitalant
Tuesday, August 30, 9:00am–1:00pm
SVMHS Heart Center Parking Lot
450 E. Romie Lane, Salinas, CA 93901
Online registration at vitalant.org

Walk With A Doc
A physician-led walk connecting our community with SVMHS physicians to learn about important health topics and promote physical activity.
For information on future Walk With A Doc events, visit svmh.com/patients-visitors/walk-with-a-doc or contact the Health Promotion Department at healthpromotion@svmh.com or 831-759-1890.

Step into Health
Maintaining a healthy weight reduces your chance for development of chronic diseases. One way to do this is to walk 10,000 steps a day. Go ahead, we challenge you in September to STEP INTO HEALTH and reach 10,000 steps a day!

Community Programs

Legal Issues for Life Planning via Zoom*
5:30pm–7:00pm
Topic: Planning for Incapacity
Thursday, July 14
Topic: Is a Will Enough?
Thursday, August 25
Topic: The Truth About Trusts
Thursday, September 22

American Heart Association Heartsaver® CPR and AED Course for Non-Healthcare Providers* $
Saturdays, July 9, August 13, September 10
8:00am–12:00pm
$75 for a 2-year certification

American Heart Association Heartsaver® Adult First Aid* $
Saturdays, July 9, August 13, September 10
1:00pm–4:00pm
$75 for a 2-year certification
Additional $35 if including CPR/AED class participation

Quit Smoking Class* $
American Lung Association
Freedom from Smoking Class
8-session series starting Monday, August 1
5:30pm–7:00pm, $25
To register, visit svmh.com/events-classes
Wellness

Group Chair Class Movement and Meditation via Zoom*
Thursdays, 10:30am–11:30am
This FREE class guides you through simple stretching movements while seated to increase circulation, reduce stress and improve overall well-being. To register, visit svmh.com/events-classes or contact the Health Promotion Department at 831-759-1890 or healthpromotion@svmh.com

BAMM – Balance Mobility & Meditation via Zoom*
Saturdays, 9:30am–10:30am
Tuesdays, 7:30am–8:15am
This FREE class will help you increase balance and mobility through stretching and stabilization of muscles and joints and promote peace through meditation. To register, visit svmh.com/events-classes or contact the Health Promotion Department at 831-759-1890 or healthpromotion@svmh.com

Mindfulness Meditation via Zoom*
Mondays & Fridays, 12:00pm–1:00pm
Wednesdays, 4:30pm–5:30pm
This FREE mindfulness mediation session aims to reduce stress and isolation during difficult times and improve overall health and well-being. To register, visit svmh.com/events-classes or contact the Health Promotion Department at 831-759-1890 or healthpromotion@svmh.com

Yoga Flow via Zoom*
Mondays, 5:30pm–7:00pm
6-week series begins July 11 or August 22
Join at the beginning of a series or any Monday. To register, visit svmh.com/events-classes or contact the Health Promotion Department at 831-759-1890 or healthpromotion@svmh.com

Support Groups

Loss & Grief Support Group
Thursdays at 4:30pm
VNA & Hospice Office
45 Plaza Circle, Salinas, CA 93901
Facilitated by: Mick Erickson
For information, call VNA at 831-751-5500.

Blue Zones Project

Power 9 Principles
For more information on the Blue Zones Project
Power 9 Principles, visit montereycounty.bluezonesproject.com

* Registration required
$ Participation fee
Mobile Health Clinic

Healthcare services provided through the SVMHS Mobile Health Clinic during its weekly community visits include:

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

All services provided by the Mobile Health Clinic are currently free of charge.

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

---

Clínica Móvil

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

- **Pruebas del COVID-19**: Favor de llamar al 831-737-6579 o al 831-676-7189 desde su vehículo al llegar a la clínica
- **Vacunas contra el COVID-19**
- **Atención primaria**
- **Urgencia médica simple**
- **Salud de la mujer**
- **Exámenes de salud**
- **Vacunas**
- **Educación para la salud para manejar 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 al 831-759-1927.

---

Face masks are required for all patients.

Todos los pacientes deben usar mascarillas.
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.

Walking Moai
Move towards a healthier, active lifestyle with a walking moai team. For dates and times, visit bluezonesproject.com/walking-moai

Volunteer Opportunities
For more details, scan the QR code.