

**SUMMER 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](https://svmh.com/pathways)

# 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

### 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



### 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

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](http://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](http://svmh.com/postpartum)*

## Heart

To 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; 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](http://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](http://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@svmhs.com](mailto:healthpromotion@svmhs.com), call 831-759-1890 or visit [svmhs.com/pathways](http://svmhs.com/pathways)  
Online registration at [svmhs.com/events-classes](http://svmhs.com/events-classes)

\* Registration required

\$ Participation fee

## Events



### Ask the Experts

For future Ask the Experts events, visit our Facebook page [@SVMHS](https://www.facebook.com/SVMHS)

Para estar al tanto de futuros eventos Ask the Experts, visite nuestra página de Facebook [@SVMHS](https://www.facebook.com/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 [svmhs.com/asthmacamp](http://svmhs.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 [svmhs.com](http://svmhs.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](http://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 [svmhs.com/patients-visitors/walk-with-a-doc](http://svmhs.com/patients-visitors/walk-with-a-doc) or contact the Health Promotion Department at [healthpromotion@svmhs.com](mailto:healthpromotion@svmhs.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 [svmhs.com/events-classes](http://svmhs.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](https://svmh.com/events-classes) or contact the Health Promotion Department at 831-759-1890 or [healthpromotion@svmh.com](mailto: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](https://svmh.com/events-classes) or contact the Health Promotion Department at 831-759-1890 or [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com)

### Mindfulness Meditation via Zoom\*

Mondays & Fridays, 12:00pm–1:00pm

Wednesdays, 4:30pm–5:30pm

This FREE mindfulness meditation session aims to reduce stress and isolation during difficult times and improve overall health and well-being. To register, visit [svmh.com/events-classes](https://svmh.com/events-classes) or contact the Health Promotion Department at 831-759-1890 or [healthpromotion@svmh.com](mailto: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](https://svmh.com/events-classes) or contact the Health Promotion Department at 831-759-1890 or [healthpromotion@svmh.com](mailto:healthpromotion@svmh.com)

\* Registration required

\$ Participation fee

## 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](https://montereycounty.bluezonesproject.com)



Move Naturally



80% Rule



Purpose



Plant Slant



Down Shift



Friends at 5



Right Tribe



Loved Ones First



Belong



# 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.

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

## 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.

**Todos los pacientes deben usar mascarillas.**

# Mobile Health Clinic Schedule / Clínica Móvil Calendario

## Sundays / Domingos

11:00am–2:00pm

Salinas Regional Soccer Complex  
1440 Constitution Blvd., Salinas

*The Soccer Complex will be closed for the month of July, so our Mobile Health Clinic will not be available at this location.*

*El Soccer Complex estará cerrado durante el mes de julio y nuestra Clínica Móvil no estará disponible en este lugar.*

## 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

2:30pm–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

2:00pm–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





450 East Romie Lane  
Salinas, CA 93901

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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](https://qrco.de/bzppurpose) or scan the QR code.



FREE COMMUNITY  
WELL-BEING  
CLASSES/DEMOS

#### Walking Moai

Move towards a healthier, active lifestyle with a walking moai team.

For dates and times, visit [bluezonesproject.com/walking-moai](https://bluezonesproject.com/walking-moai)



#### Volunteer Opportunities

For more details, scan the QR code.

VOLUNTEER  
OPPORTUNITIES



**BLUE ZONES PROJECT**  
by sharecare