

PATHWAYS TO WELLNESS

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



Health



Diabetes

Diabetes: From Eyes to Exercise and Food to Foot Care

4-session series:

Tuesdays; 4:00–6:00pm

Thursdays; 9:30–11:30am

Location: Diabetes & Endocrine Center, Salinas

Some insurance policies may cover diabetes program fees. For more information or to register for classes, call Salinas Valley Health Diabetes & Endocrine Center at 831-422-3636.

Diabetes: De Ojos a Ejercicio y Comida a Cuidado de los Pies

Serie de 4 sesiones:

Lunes; 4:00–6:00pm; Diabetes & Endocrine Center, Salinas

Miércoles; 9:30–11:30am; Diabetes & Endocrine Center, Salinas

Jueves; 4:00–6:00pm; Taylor Farms Family Health & Wellness Center, Gonzales

Algunas pólizas de seguro pueden cubrir el costo de los programas de diabetes. Para más información o para registrarse en las clases, llame al Salinas Valley Health Diabetes & Endocrine Center al 831-422-3636.

Joint Replacement

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

* Registration required
\$ Participation fee

Heart

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

Mended Hearts Monthly Meeting

3rd Tuesday of the month; 6:00pm

Location: Salinas Valley Health

450 East Romie Lane, Salinas

Downing Resource Center-AB

Facilitator: Julie Jezowski, Lifeline Member Liaison

January 21; 6:00pm

Speaker: James Lewis MA, CCEP

Topic: Risk Factors for Cardiovascular Disease

February 18; 6:00pm

Speaker: Vincent DeFilippi, MD

Topic: Ozempic and the Heart

March 18; 6:00pm

Speaker: Sherrie Addison

Topic: Yoga for your Heart

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.

Mother / Baby

Childbirth Preparation Series⁵

2-session series:

Saturdays; 9:00am–4:00pm

January 11 & 18

5-session series:

Wednesdays; 6:30–9:30pm

February 5, 12, 19, 26, March 5

Classes are held virtually. For more information and to register, call 831-759-1890.

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 Easy⁵

Saturdays; 9:00am–12:30pm

January 25, February 22, March 22

Maternity Center Tours⁵

Saturdays; 9:00am

January 4, February 1, March 1

Registration required at SalinasValleyHealth.com/Events-Classes
For more information and to register, call 831-759-1890.

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 a Salinas Valley Health registered dietitian. By appointment only with referral from physician. For more information, please call 831-759-1951.

Look Good – Feel Better⁵

January 13, February 10, March 10

10:00am–12:00pm

Look Good Feel Better volunteer beauty professionals lead in-person workshops to provide you with tips and tools for skin and nail care and makeup application; wig selection and care; scarves, turbans and hats. Teaches beauty techniques for female cancer patients. Space is limited to 5 participants. To register and more information, call 831-759-1951.

Events / Virtual Events



Ask the Experts

Free health presentation focusing on heart health in February
Wednesday, February 26; 5:30pm

Topic: Advanced Minimally Invasive Cardiovascular Care

Location: 5 Lower Ragsdale, Ryan Ranch, Monterey

For more information visit SalinasValleyHealth.com/AskTheExperts

Presentación gratuita sobre la salud del corazón en febrero

Miércoles 26 de febrero; 5:30pm

Tema: Atención Cardiovascular Avanzada y Mínimamente Invasiva

Lugar: 5 Lower Ragsdale, Ryan Ranch, Monterey

Para más información visite SalinasValleyHealth.com/AskTheExperts



Scan to register/
Escanea para registrarse

Podcasts

Ask the Experts Podcasts

To listen to our **Ask the Experts** podcasts visit SalinasValleyHealth.com/Podcasts. Each episode features a different healthcare professional discussing topics such as family medicine, diabetes, cancer, stroke and prevention.

Para escuchar nuestros podcasts en español de **Ask the Experts** visite SalinasValleyHealth.com/Podcasts. En cada episodio un profesional de salud analiza temas como medicina familiar, diabetes, cáncer, derrames cerebrales y prevención.

Blood Drive - Vitalant

January 25; 9:00am-1:00pm

Salinas Valley Health
450 East Romie Lane, Salinas
Downing Resource Center Conference Rooms
(Basement of Parking Structure)
Online registration at Vitalant.org

February 11; 9:00am-1:00pm

Salinas Valley Health, MRI Parking Lot
450 East Romie Lane, Salinas
Online registration at Vitalant.org

Blood Drive - Red Cross

March 29; 9:00am-4:00pm

Salinas Valley Health
450 East Romie Lane, Salinas
Downing Resource Center Conference Rooms
(Basement of Parking Structure)
Online registration at RedCrossBlood.org

Double Up Food Bucks

This program offers a 50% discount on California-grown produce to CalFresh recipients using a SNAP/EBT card. Customers can save up to \$15 per day at participating grocery stores. For more information and a list of participating stores, visit DoubleUpCA.org

Support Groups



Loss & Grief Support Group

Central Coast Visiting Nurses Association
For additional information, please contact:
bereavement@ccvna.com or call Trevor at
831-204-7824 or 831-751-5500.

Ostomy Support Group

Saturdays; January 4, February 1, March 1;
10:30am
Facilitator: Lorynn Monroe Rainieri, RN, BS, CWON
For more information, call 757-4333 ext. 2258.

Traumatic Brain Injury Support Group

Open to all persons experiencing Traumatic Brain Injury (TBI), family members, and anyone from the community.

Every 2nd and 4th Thursday of the month;
11:00am - Spanish Session
1:30pm - English Session
Location: CCCIL Office 318 Cayuga Street,
Suite 208, Salinas
For more information please contact Yoana
Mendoza at 831-757-2968 ext. 27.

Bariatric Surgery Support Group

Please join us for our monthly meetings to share tips, advise, give and receive support from others who are struggling with similar issues.

Thursdays; January 16, February 27, March 27;
5:00-6:00pm
Location: Salinas Valley Health Lifestyle and Metabolic Program; 1260 South Main Street, Suite 101, LAMP Education Room, Salinas
For more information and to register, call 831-208-6226.

Lifestyle and Metabolic Support Group

Please join us for our monthly meetings to share tips, advise, give and receive support from others who are struggling with similar issues.

Wednesdays; January 15, February 26,
March 26; 5:00-6:00pm
Location: Salinas Valley Health Lifestyle and Metabolic Program; 1260 South Main Street, Suite 101, LAMP Education Room, Salinas
For more information and to register, call 831-208-6226.

Parkinson's Support Group

Open to individuals with Parkinson's, their loved ones, and anyone who is interested in learning about Parkinson's.

Wednesdays; January 15, February 19,
March 19; 5:00pm
Facilitator: Eileen Domalaog, MA CCC-SLP
Location: Salinas Valley Health
450 East Romie Lane, Salinas
Downing Resource Center Conference Room A
(Basement of parking structure)
For more information, call 831-998-7554.

"Women Helping Women"

Open to all women who have a cancer diagnosis.

Every 1st and 3rd Tuesday of the month;
1:00-2:00pm
Facilitator: Deidre Medrano, MSW, LCSW
Location: In person or virtual meeting by Webex; Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas
For more information, call 831-759-3029.

Grupo de Apoyo de Cáncer - Mujeres Unidas

Este grupo de apoyo es para mujeres diagnosticadas con cáncer.

Primer miércoles del mes; 1:00-2:00pm
Facilitadora: Deidre Medrano, MSW, LCSW
Lugar: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas
Para obtener más información, llame al 831-759-3029.

Community Programs



Aspire Health Healthy Together

Aspire Health's family-focused pediatric wellness program offers six engaging sessions that guide families to discover how to live Healthy Together. No cost to eligible families regardless of health coverage status. To learn more, visit AspireHealth.org/HealthyTogether

Exercise Challenge 2025

Encouraging physical activity during February to promote heart health and overall well-being. Participate in aerobic activity weekly and track progress on a Salinas Valley Health provided chart. For more information, visit SalinasValleyHealth.com/exercisechallenge2025

- **February 3-March 2**

Legal Issues for Life Planning*

via Zoom with Steve Mudd, Attorney at Law

- **January 23; 5:30-7:00pm**
Topic: Is a Will Enough?
- **February 27; 5:30-7:00pm**
Topic: The Truth About Trusts
- **March 27; 5:30-7:00pm**
Topic: A Guide to Long Term Care

American Heart Association Heartsaver® CPR & AED Course for Non-Healthcare Providers*^{\$}

Course covers Infant/Child/Adult

- **Saturdays, January 18, February 15, March 15; 8:00am-12:00pm**
\$75 for a 2-year certification

American Heart Association Heartsaver® First Aid Course*^{\$}

Not a Pediatric First Aid course

- **Saturdays, January 18, February 15, March 15; 1:00-4:00pm**
\$75 for a 2-year certification; Additional \$35 if including CPR/AED class participation.

Freedom from Smoking*^{\$}

American Lung Association Freedom from Smoking Class

- **8-session class beginning Monday, January 6 5:30-7:00pm**
Fee: \$25; To register, visit SalinasValleyHealth.com/Events-Classes

Walk With A Doc/Just Walk 2025

A physician led walk connecting our community with Salinas Valley Health physicians and healthcare providers to learn about important health topics and promote physical activity.

Location: Fort Ord National Monument Badger Hills Trailhead - (Across Highway 68 from Toro Café). Online registration at SalinasValleyHealth.com/Patients-Visitors/Walk-With-A-Doc

- **February 8; 9:00-10:00am**
Topic: Lowering Your Risk for Developing Heart Disease
Facilitator: Tim Albert, MD, MHCM
- **March 1; 9:00-10:00am**
Topic: Colon Cancer Awareness
Facilitator: Vikram Patel, MD

Advanced Care Planning

Advance care planning involves thinking about what is most important to you, as an individual, to help guide your overall treatment. An Advance Directive lets your healthcare team and loved ones have a better understanding about what is important to you should there come a time when you are unable to express this for yourself. For more information and to register, call [831-759-1951](tel:831-759-1951).

- **Meets 1st and 3rd Thursday of the month; 3:00-4:00pm**
Facilitator: Jessica Vega
Susan Bacon Cancer Resource Center
501 East Romie Lane, Suite C, Salinas

Wellness Classes



Group Chair Class for Movement & Meditation*

via Zoom

Thursdays; 9:30-10:30am

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

BaMM: Balance, Mobility & Meditation*

via Zoom

Tuesdays; 7:30-8:15am

Saturdays; 9:30-10:30am

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 & Fridays; 12:00-1:00pm

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

A FREE 6-week series begins January or March. Join at the beginning of a series or any Monday.

Yoga in Gonzales*

In person, FREE

Saturdays, January 11, 25, February 8, 22, March 8, 22; 9:00-10:00am

Location: Taylor Farms Family Health & Wellness Center, 850 5th Street, Gonzales

ZUMBA in Gonzales*

In person, FREE

Mondays, January 20, 27, February 10, 24, March 10, 24; 6:00-7:00pm

Location: Taylor Farms Family Health & Wellness Center, 850 5th Street, Gonzales

To register for Wellness classes, visit: SalinasValleyHealth.com/Events-Classes



Scan to the QR code for more information on our Pathways to Wellness offerings or visit SalinasValleyHealth.com/Pathways.

* Registration required
\$ Participation fee

Mobile Clinic | Clínica Móvil

SERVICES OFFERED

Typical healthcare services provided through the Salinas Valley Health Mobile Clinic during its weekly community visits include:

- Primary care
- Simple urgent care
- COVID-19 testing
- Flu vaccine
- Flu testing
- Sports physicals
- Women's health
- Health screenings
- Health education resources to manage chronic medical problems

All services provided by the Salinas Valley Health Mobile Clinic are currently free of charge. The mobile clinic is dedicated to improving the health of our community by increasing access to care for those in medically underserved areas, providing preventive and primary care where it is needed.

Our mobile clinic is a state-of-the-art 40-foot vehicle featuring two exam rooms, Wi-Fi and laboratory capabilities, and educational functionality. It is staffed with a Nurse Practitioner or Physician Assistant, Medical Assistant and a Community Health Advocate.

SERVICIOS OFRECIDOS

Los servicios de atención médica comunes que se brindan a través de Salinas Valley Health Mobile Clinic durante las visitas semanales son los siguientes:

- Atención primaria
- Atención urgente simple
- Prueba de COVID-19
- Vacuna contra la gripe
- Pruebas de detección de la influenza
- Exámenes físicos deportivos
- Salud de la mujer
- Controles de salud
- Recursos de educación de la salud para administrar problemas médicos crónicos

Todos los servicios que ofrece actualmente Salinas Valley Health Mobile Clinic son gratuitos. La clínica móvil se dedica a mejorar la salud de nuestra comunidad al aumentar el acceso a la atención para aquellas personas en áreas con atención médica insuficiente y al ofrecer atención preventiva y primaria donde sea necesario.

Nuestra clínica es un vehículo de vanguardia de 40 pies con dos salas de examinación, Wi-Fi y capacidades de laboratorio, y una instalación educativa. Cuenta con un enfermero especializado o un auxiliar médico, un asistente médico y un promotor de la salud comunitaria.

SERVICE SCHEDULE | HORARIO DE SERVICIO

Services are offered on a first-come, first-served basis (unless an appointment has been made). We appreciate your understanding. Los servicios se ofrecen por orden de llegada (a menos que se haya solicitado una cita). Le agradecemos su comprensión.

Sundays/Domingos; 11:00am–2:00pm
(Service from March to November)
(Servicio de marzo a noviembre)
Salinas Regional Soccer Complex
1440 Constitution Boulevard, Salinas

Mondays/Lunes; 3:30–7:00pm
Alisal High School
777 Williams Road, Salinas

Tuesdays/Martes; 10:00am–1:30pm
Walmart
1800 North Main Street, Salinas

Tuesdays/Martes; 2:30–6:00pm
Everett Alvarez High School
1900 Independence Boulevard, Salinas

Wednesdays/Miércoles; 12:00–6:00pm
Greenfield Family Resource Center
493 El Camino Real, Greenfield

Thursdays/Jueves; 10:00am–5:00pm
MLK Family Resource Center
925 North Sanborn Road, Salinas



Scan to make an appointment or visit SalinasValleyHealth.com/MobileClinic. Walk-ins are welcome. For groups of 10 or more, please schedule by calling **831-759-1927** or **831-737-6579**.

Escanee el código QR para solicitar una cita o visite SalinasValleyHealth.com/MobileClinic. Los pacientes sin turno pueden visitarnos. Para grupos de 10 o más, por favor programe una cita llamando al **831-737-6579**.

Blue Zones Project Monterey County



Power 9 Principles

For more information on the Blue Zones Project Power 9 Principles, visit MontereyCounty.BlueZonesProject.com

- 80% Rule
- Loved Ones First
- Purpose
- Plant Slant
- Belong
- Down Shift
- Friends at 5
- Positive Pack
- Move Naturally



Well-Being Activities
Free, Blue Zones Project well-being activities that help people live longer, healthier lives. For more details and to register, visit MontereyCounty.BlueZonesProject.com/Events or scan the QR code.



Volunteer Opportunities
For more details, scan the QR code.