

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; Diabetes & Endocrine Center, Salinas

Thursdays; 9:30–11:30am; Taylor Farms Family Health and Wellness Center, Gonzales

For more information or to register for classes, call Salinas Valley Health Diabetes & Endocrine Center 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; 4:00–6:00pm; Diabetes & Endocrine Center, Salinas

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

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

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

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.

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, Downing Resource Center, Rooms ABC
Facilitator: Julie Jezowski, Lifeline Member Liaison

October 15

Speaker: Sherrie Addison

Topic: Yoga and the Heart Part II

November 19

Speaker: Larry J. Solow

Topic: How Hearing Loss is Linked to Heart Disease

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.

Mother / Baby

Childbirth Preparation Series*

2-session series:

October 19 & 26; November 16 & 23

Saturdays; 9:00am–4:00pm

For more information and to register, call 831-759-1890.

Lactation Services

Monday–Friday; by appointment

Breastfeeding support you need in the medical center and when concerns arise after returning home. Call Holly Shannon, RN, IBCLC, at 831-759-3060.

Breastfeeding Made Easy**

**October 12, November 9 & December 14
Saturdays; 9:00am–12:30pm**

For more information and to register, call 831-759-1890.

Maternity Center Tours*

**October 5, November 2 & December 7
Saturdays; 9:00am**

Registration required at SalinasValleyHealth.com/Maternity-Tour-Registration

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, call 831-759-1951.

Look Good – Feel Better*

**October 14, November 11 & December 9
10:00am–12:00pm**

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

* Registration required
\$ Participation fee

Events / Virtual Events



Ask the Experts

Free Health Presentation

**Tuesday, October 8; Doors open at 4:30pm.
Presentation begins at 5:00pm.**

Erika García, MD: Topic: Breast and Colon Cancer

**Mandy Jackson, MD: Topic: Children's Cough:
When to Worry**

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

For future **Ask the Experts** presentations please visit our Facebook page @[SalinasValleyHealth](#)

Evento de Salud Gratuito

Martes, 8 de octubre; Las puertas abren a las 4:30pm. El programa comienza a las 5:00pm.

Erika García, MD: Tema: Cáncer de Seno y de Colon

Mandy Jackson, MD: Tema: Tos Infantil: Cuando Deberías Preocuparte

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

Para estar al tanto de futuras presentaciones **Ask the Experts** visite nuestra página de Facebook @[SalinasValleyHealth](#)

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.

Farmers' Market at Salinas Valley Health

**Fridays; May 10-October 25; 12:00-5:00pm;
November 1 & 8; 12:00-4:30pm**

Parking lot on the corner of Romie Lane and Wilgart Way

Double Up Food Bucks

This program offers a 50% discount on California-grown fruits and vegetables 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](#).

Aspire Health Healthy Together

Embark on an exciting adventure toward a healthier, happier you with class topics covering physical activity, healthy eating habits, managing stress, and more. Classes are tailored for older adults with special guests and activities designed with longevity in mind. Series offered in Spanish and English with locations in Salinas and Monterey, all at no cost. Find a class and register visit [AspireHealth.org/HealthyTogether](#)

Blood Drive - Vitalant

November 19; 9:00am-1:00pm

Salinas Valley Health, MRI Parking Lot
450 East Romie Lane, Salinas, CA 93901
Online registration at [vitalant.org](#)

Blue Zones Project Monterey County Cooking Demo

Wednesday, November 6: 4:00-5:00pm

Cesar Chavez Library, 615 Williams Road, Salinas

Blue Zones Project Monterey County invites you to learn how to make a delicious plant-based dish that supports longevity in collaboration with Cesar Chavez Library. To register visit: <https://bit.ly/BZPMCEventbrite>.

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.

Bariatric Surgery Support Group

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

**October 24, November 21 & December 19;
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.

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.

Lifestyle and Metabolic Support Group

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

October 22; 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.

Strength over Parkinson's

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

October 16; 5:00pm

Topic: Being Your Emotionally Healthiest Self During the Parkinson's Voyage
Speaker: Carmen Siordia, MFT

November 13; 5:00pm

Topic: Why Don't People Understand What I'm Saying?
Speaker: Eileen Domalaog, MA CCC-SLP

Location: Salinas Valley Health Medical Center
Downing Resource Center Conference Room
450 East Romie Lane, Salinas
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; 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.

Ostomy Support Group

**October 12, November 9 & December 7;
10:30am**

Facilitator: Lorynn Monroe Rainieri, RN, BS, CWON. For more information, please call 831-757-4333 ext. 2258.

Community Programs



Legal Issues for Life Planning*

via Zoom with Steve Mudd, Attorney at Law

- **October 24; 5:30-7:00pm**
Topic: A Guide to Long Term Care
- **November 21; 5:30-7:00pm**
Topic: Planning for Incapacity

Free Community Flu Clinics; Clínica de Vacunación Comunitaria Contra la Gripe Gratuita

- **Monday, October 7;
Lunes, 7 de octubre;
4:00-7:00pm**
Palma School
919 Iverson Street, Salinas
- **Monday, October 14;
Lunes, 14 de octubre;
4:00-7:00pm**
Boys & Girls Clubs of Monterey
County Harden Youth Center
85 Maryal Drive, Salinas
- **Saturday, October 12;
Sábado, 12 de octubre;
11:00am-2:00pm**
Central Park
207 5th Street, Gonzales

Quit Smoking Class*\$

American Lung Association
Freedom from Smoking

- **8-session class;
Mondays, October 7, 14, 21 & 28;
Wednesday, October 30;
Mondays, November 4, 11 & 18;
5:30-7:00pm**
Fee: \$25; To register, visit
[SalinasValleyHealth.com/
Quit-Smoking-Registration](https://SalinasValleyHealth.com/Quit-Smoking-Registration)

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

- **Saturdays, October 12
& November 9; 8:00am-12:00pm**
\$75 for a 2-year certification
American Heart Association

American Heart Association Heartsaver® First Aid*\$

- **Saturdays, October 12
& November 9; 1:00-4:00pm**
\$75 for a 2-year certification;
Additional \$35 if including CPR/AED
class participation.

Walk With A Doc/Just Walk 2024

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

Location: Fort Ord National Monument Badger Hills Trailhead - (Across Highway 68 from Toro Café). For information visit SalinasValleyHealth.com/WalkWithADoc or contact Health Promotion at 831-759-1890 or HealthPromotion@SalinasValleyHealth.com.

- **October 12; 9:00-10:00am**
Topic: Breast Cancer Awareness
Facilitator: Laura Stemerman, MD
- **November 2; 9:00-10:00am**
Topic: Diabetes Awareness Month
Facilitator: Nicholas Kissell, MD

Advanced Care Planning

Advanced 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.

- **Meets Weekly**
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

6-week series begins October 28 & December 9. Join at the beginning of a series or any Monday.

Free Pilates Classes

Tuesdays; October 15 & 29; 5:30-6:30pm

Strengthen your core, improve flexibility, balance, and posture with Mat Pilates. All fitness levels welcome. Please bring your own mat.

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

Free ZUMBA Classes

For dates, location and more information please contact the Health Promotion Department at 831-759-1890.

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:

- Annual exams
- Preventative health care
- Health education resources to manage chronic medical problems
- Primary care
- Simple urgent care
- Sports physicals
- Health screenings
- Women's health

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.

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
- Exámenes físicos deportivos
- Atención urgente simple
- Recursos de educación de la salud para administrar problemas médicos crónicos
- Atención médica preventiva
- Controles de salud
- Exámenes anuales
- Salud de la mujer

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

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

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.