

PATHWAYS TO WELLNESS

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



Health



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

April 16

Speaker: Rikin S. Kadakia, M.D.

Topic: "Comprehensive Cardiovascular Care"

May 21

Speaker: Sherrie Addison

Topic: "Yoga and the Heart"

June 18

Speaker: Fire Chief Justin Reyes

Topic: "Why Call 911"

For more information, [call 831-755-0772](tel: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 SalinasValleyHealth.com/Joint or [call 831-759-1978](tel:831-759-1978).

Cancer

For more information on any Cancer Care Program, [call 831-759-1951](tel: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. To register and more information please [call 831-759-1951](tel:831-759-1951).

Look Good - Feel Better

April 8, May 13 & June 10

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 female cancer patients. For more information and to register, [call 831-759-1951](tel:831-759-1951).

Mother / Baby

Childbirth Preparation Series**

Saturdays; 9:00am-4:00pm

2-session series: April 13 & 20, June 22 & 29

Maternity Center Tours*

Saturdays; 9:00am

April 6, May 4 & June 1

Registration required at

SalinasValleyHealth.com/Events-Classes

Breastfeeding Made Easy**

Saturdays; 9:00am-12:30pm

April 27, May 25 & June 15

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](tel:831-759-3060).

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 Health Diabetes & Endocrine Center at 831-422-3636](tel: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 at 831-422-3636](tel:831-422-3636). Algunas pólizas de seguro pueden cubrir el costo de los programas de diabetes.

* Registration required
\$ Participation fee

Events / Virtual Events



Ask the Experts

Virtual Presentation

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

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 like 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

April 23 & June 11; 9:00am-1:00pm

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

Farmers' Market at Salinas Valley Health

Every Friday; 12:00-5:00pm;

May 10-November 8

Salinas Valley Health MRI Parking Lot on the corner of Romie Lane and Wilgart Way

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](#)



POPULATION
HEALTH

The Mark Velcoff, MD Asthma Camp 2024

July 22-July 26; 9:00am-4:00pm

Lincoln Park School
Registration required:
[SalinasValleyHealth.com](#)

Double Up Food Bucks (DUFB)

This program is available to any community member who is enrolled in CalFresh and has a SNAP/EBT card. CalFresh customers at participating grocery stores can use their EBT card to purchase CA grown produce and earn a 50% discount, \$15 per day, or money added back to their EBT card. For detailed information, visit [doubleupca.org](#).

Locations: *La Princesa Market:* 614 Williams Road, Salinas & 516 East Alisal Street, Salinas; *Santa Fe Mercado:* 1017 North Main Street, Salinas

Support Groups



"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*.

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*

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 St., Suite 208, Salinas

For more information please contact Yoana Mendoza at *831-757-2968 ext. 27*

Ostomy Support Group

April 13, May 11 & June 8; 10:30am-12:00pm

For more information, please *call 831-757-4333 ext. 2258*

Parkinson's Support Group

April 15, May 29 & June 10; 5:00pm

Facilitator: Eileen Domalaog, CCC-SLP, Salinas Valley Speech Pathology
Location: Salinas Valley Health - Downing Resource Center, Conference Room A
For more information, *call 831-998-7554*.

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.

April 17 & May 15; 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*

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.

April 16 & May 21; 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*.

Community Programs



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 the Health Promotion Department at 831-759-1890 or healthpromotion@SalinasValleyHealth.com

- **Saturday, April 6; 9:00-10:00am**
Topic: The Impact of Stress on Your Overall Health
Facilitator: Patricia Mayer, MD
- **Saturday, May 4; 8:00-10:00am**
Topic: Skin Cancer Prevention
Facilitator: Aimee Paik, MD
- **June**
To be announced. Call for more information.

Community Health Event

FREE Community Event for All Ages

Join Salinas Valley Health in making a game-changing impact in our community! Salinas Valley Health Mobile Clinic onsite, community health and resource tables, soccer ball giveaway, and more! For more information visit SalinasValleyHealth.com/communityevent

- **Sunday, April 21; 11:00-2:00 p.m.**
Salinas Regional Soccer Complex;
1440 Constitution Boulevard, Salinas

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.

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

* Registration required
\$ Participation fee

Legal Issues for Life Planning*

via Zoom

- **Thursday, April 25; 5:30-7:00pm**
Topic: A Guide for Long Term Care
- **Thursday, May 16; 5:30-7:00pm**
Topic: Planning for Incapacity
- **Thursday, June 27; 5:30-7:00pm**
Topic: Financial Planning for Special Needs

Quit Smoking Class*\$

American Lung Association
Freedom from Smoking

- **8-session class starting Monday, April 8; 5:30-7:00pm**
\$25 to register visit SalinasValleyHealth.com/Events-Classes

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

- **Saturdays, April 13, May 11 & June 8; 8:00am-12:00pm**
\$75 for a 2-year certification
American Heart Association

American Heart Association Heartsaver® First Aid*\$

- **Saturdays, April 13, May 11 & June 8; 1:00-4:00pm**
\$75 for a 2-year certification;
\$35 if including CPR/AED class participation

Annual American Heart Association CPR & AED Awareness Week

The AHA Hands Only CPR presents the 2 steps needed to perform Adult Hands Only CPR and the use of an Automated External Defibrillator (AED). No certification will be given for this class. Registration required, please [call 831-755-0744](tel:831-755-0744).

- **Saturday, June 1; 8:00am-3:00pm; Classes start every hour on the hour and last approximately 30 minutes.**
Salinas Valley Health Education Center; 611 Abbott Street, Suite 201

Wellness



BaMM: Balance, Mobility & Meditation*

via Zoom

Saturdays; 9:30-10:30am

Tuesdays; 7:30-8:15am

This FREE class will help you increase balance and mobility through stretching and stabilization of muscles and joints and promote peace through meditation.

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.

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.

Yoga Flow*\$

via Zoom

Mondays; 5:30-7:00pm

6-week series begins May 6 & June 17. Join at the beginning of a series or any Monday.

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

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.

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

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.

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

Sundays/Domingos; 11:00am-2:00pm

Salinas Regional Soccer Complex
1440 Constitution Boulevard, 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 online well-being classes and demos that help build resiliency into your life. 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.