

# HEALTH EDUCATION CALENDAR



## January & February 2018



### OPEN TO THE COMMUNITY

#### Healthy People Healthy Trails

*Your prescription for outdoor activity*

Walking is an easy way to exercise and it is enjoyed by people of all ages. Explore local parks, open spaces and trails or a path in your own neighborhood. Connect to an active life and connect to the outdoors.

**For group walks and a trail guide visit [www.HealthyPeopleHealthyTrails.org](http://www.HealthyPeopleHealthyTrails.org)**

#### Health Resource Center

Health information and reliable answers to your questions

- Exercise DVDs, walk maps and more
- Community resource information
- Sansum Clinic Program sign-up

***Free of charge and open to the community.***

Mondays through Thursdays, 9 am – 4 pm

Fridays, 9 am – Noon

215 Pesetas Lane, mountain side entrance

**805-681-7672**

#### SPECIAL – FOR SANSUM CLINIC PATIENTS ONLY

##### **Care Manager/Medical Social Worker – Free**

Offering help with community resources, financial or legal concerns, caregiver concerns and help coordinating complex care. For an appointment call **805-681-7580**.

##### **Prescription Navigator – Free**

Meet with the Navigator to review all your medications and find adjustments for safety and better health results. For an appointment call **805-692-4633**

### SEE OTHER SIDE FOR MORE PROGRAMS

Space is limited. Learn more and reserve a spot at

<https://calendar.SansumClinic.org> or call **866-829-0909 (toll-free)**

#### **Program Locations:**

Lompoc Multi-Specialty Clinic, 1225 North H Street, Lompoc

Foothill Medical & Surgical Center, 4151 Foothill Rd, Bldg A, Physical Therapy, Santa Barbara

Pesetas Multi-Specialty Clinic, 215 Pesetas Lane, 3<sup>rd</sup> Floor, Santa Barbara

Pueblo Multi-Specialty Clinic, 317 West Pueblo, 1<sup>st</sup> Floor, Santa Barbara

# Sharing + Educating

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#### **Advance Directives Workshop – Free**

Monday, 1/8 or 2/12. 10:00 am – Noon (Pesetas)

Wednesday, 2/7. 10:00 am – Noon (Lompoc)

#### **Balance & Mobility - \$40**

Tuesdays, 2/6 through 2/27. 10:00-11:00 am (Foothill)

#### **Bariatric Surgery Orientation – Free**

Monday, 1/8 & 2/12. 5:45 pm (Pueblo)

Thursday, 1/18. 6:00 pm (Lompoc)

#### **Cancer Center Wellness & Support – Free**

- Open to cancer patients and their caregivers
- An important part of cancer treatment
- Offers nutrition, yoga, art, support groups, resource library and more

Visit [ccsb.org/cancer-center](http://ccsb.org/cancer-center) or call (805) 879-5678

#### **Diabetes & Pre-Diabetes Basics - \$15**

Thursdays, 1/11 & 18, 5:30 – 7:00 pm (Lompoc)

Wednesdays, 1/17, 24 & 31. 5:15 – 6:45 pm (Pesetas)

Thursdays 2/8 & 15, 5:30 – 7:00 pm (Lompoc)

Wednesdays 2/14, 21 & 28. 5:15 – 6:45 pm (Pesetas)

#### **Medicare – Free**

Tuesday, 2/20. 10:00 – Noon (Pesetas)

#### **Nutrition for a Healthy Heart - \$10**

Wednesday, 1/31 or 2/28. 5:15 – 6:45 pm (Pesetas)

#### **Nutrition Navigator – Free**

Wednesday, 1/10 & 2/7. 5:15 – 6:45 pm (Pesetas)

#### **Stress Management with Dr. Winner – Free**

*3-part program*

Mondays 3/5 Through 3/19. 6:00 – 8:00 pm (Pesetas)

#### **Understanding Dementia – Free**

Thursday, 1/18 & 2/15. 4:30 – 6:00 pm (Pesetas)

#### **Women Heart Support Group – Free**

Monday, 1/8 & 2/12. 4:30 – 6:00 pm (Pesetas)

#### **Yoga 101 - \$10**

Friday, 1/26 & 2/23. 1:00 – 2:00 pm (Foothill)

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