

HEALTH EDUCATION CALENDAR



**March &
April 2018**



OPEN TO THE COMMUNITY

March is Nutrition Month!

- **Nutrition Navigator (Free)** on Wednesday March 7 from 5:15 to 6:45 pm at Pesetas. A monthly discussion for people interested in food, health & longevity.
- **Nutrition for a Healthy Heart (\$10)** on Wednesday 3/28 from 5:15 to 6:45 pm at Pesetas. How to choose enjoyable health-healthy meals at home & dining out. Facts about fats, fiber and your lab test results.
- **Weekly recipes.** Visit www.SansumClinic.org to sign up for our e-newsletter and get the recipes in your email or stop by the Health Resource Center to pick up a copy.

Health Resource Center

Providing reliable answers to your health questions

- Health and community resource information
- Help with MyChart
- Sansum Clinic Programs

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

Offering help with community resources, financial or legal concerns, caregiver concerns and help coordinating complex care. Available in **Lompoc** and **Santa Barbara**.
Free to patients. Call 805-681-7580 for an appointment.

Prescription Navigator

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

SEE OTHER SIDE FOR MORE PROGRAMS

Space is limited. Learn more and reserve a spot at
Visit SansumClinic.org/health-and-wellness or call toll-free **866-829-0909**

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, 3rd Floor, Santa Barbara
Pueblo Multi-Specialty Clinic, 317 West Pueblo, 1st Floor, Santa Barbara

Sharing + Educating

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Advance Directives Workshop – Free

Wednesday, 3/7 or 4/4. 10:00 am – Noon (Lompoc)
Monday, 3/12 or 4/9. 10:00 am – Noon (Pesetas)

Back Wellness - \$10

Wednesday 3/7 or 4/4. 3:30 – 5:00 pm (Foothill)

Bariatric Surgery Orientation – Free

Monday, 3/12 or 4/9. 5:45 pm (Pueblo)
Thursday, 3/15. 6:00 pm (Lompoc)

Cancer Center Wellness & Support – Free

For cancer patients and their caregivers.
Visit ridleytrecc.org or call (805) 879-5678.

Diabetes & Pre-Diabetes Basics - \$15

Thursdays, 3/8 & 3/15, 5:30 – 7:00 pm (Lompoc)
Wednesdays, 3/14, 21 & 28. 5:15 – 6:45 pm (Pesetas)
Thursdays, 4/12 & 4/19. 5:30 – 7:00 pm (Lompoc)
Wednesdays, 4/11, 18 & 25. 5:15 – 6:45 pm (Pesetas)

Doctors' Weight Management Program

Call (805) 563-6190 to schedule a FREE orientation.

Healthy People Healthy Trails

Connect to an active life. Connect to the outdoors.
Visit HealthyPeopleHealthyTrails.org

Medicare – Free

Tuesday, 3/13. 10:00 – Noon (Lompoc)

Neck & Posture Wellness - \$10

Wednesday 3/21 or 4/18. 3:30 – 5:00 pm (Foothill)

Stress Management with Dr. Winner (Free)

Mondays, March 5, 12 & 19. 6:00 – 8:00 pm (Pesetas)

Understanding Dementia – Free

Thursday, 3/15. 4:30 – 6:00 pm (Foothill)
Thursday, 4/19. 4:30 – 6:00 pm (Pesetas)

Using MyChart – Free

Tuesday, 3/27 or 4/24. 2:00 – 3:00 pm

Women Heart Support Group – Free

Monday, 3/12 or 4/9. 4:30 – 6:00 pm (Pesetas)

Yoga 101 - \$10

Friday, 3/23 or 4/27. 1:00 – 2:00 pm (Foothill)

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