

# HEALTH EDUCATION CALENDAR



**October &  
November 2017**



**OPEN TO THE COMMUNITY**

## **Medicare: open enrollment and prescription drug plans**

***Knowledge is key when making Medicare choices!*** Attend this seminar to prepare for open enrollment and get answers to your Medicare questions. HICAP, Health Insurance Counseling and Advocacy Program, provides free, unbiased information about Medicare with no sales involved. Free of charge and open to the community.

**Tuesday, November 7, 10:00 am to Noon, at Foothill**

### **Ridley Tree Cancer Center Wellness & Support**

Supportive care programs are an important part of cancer treatment:

- Nutrition, yoga, art, support groups and more
- Resource Library to answer your questions
- A place for patients, caregivers and family.

***Free of charge and open to all cancer patients and caregivers in the community.***

For more information:

<https://ccsb.org/cancer-center>

**805-569-2243**

### **Health Resource Center**

Providing reliable answers to your health questions

- Healthy recipes & exercise DVDs
- Community resource information
- Assistance with Advance Directives
- Insurance and Medicare information

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

Mondays – Thursdays, 9 am – 4 pm

Fridays, 9 am – Noon

215 Pesetas Lane, mountain side entrance

**805-681-7672**

**SEE OTHER SIDE FOR MORE PROGRAMS**

Space is limited. Learn more and reserve a spot at

[www.SansumClinic.org/health-and-wellness](http://www.SansumClinic.org/health-and-wellness) 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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### OPEN TO THE COMMUNITY

#### **Advance Directives Workshop (Free)**

Monday, 10/9 or 11/13. 10:00 am – Noon (Pesetas).

#### **Balance & Mobility (\$40)**

*4-part program:*

Tuesdays, 10/3, 10/10, 10/17 & 10/24. 10 – 11 am, (Foothill).

#### **Bariatric Surgery Orientation (Free)**

Monday, 10/9 or 11/13. 5:30 – 6:30 pm (Pueblo).

Thursday, 11/16. 6:00 – 7:00 pm (Lompoc)

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

*3-part program*

Wednesdays, 10/11, 10/18 & 10/25, 5:15 - 6:45 pm.

Wednesdays, 11/8, 11/15 & 11/29, 5:15 - 6:45 pm. (Pesetas)

#### **Doctors Weight Management Program**

Call for schedule, 805-563-6190.

#### **Eat Healthy, Eat Well (\$40)**

*5-part program:*

Thursdays, 10/5 - 11/2. 5:30 – 7:00 pm (Pueblo).

#### **Nutrition Navigator (Free)**

Wednesday, 10/4 & 11/1. 5:15 – 6:45 pm (Pesetas).

#### **Nutrition for a Healthy Heart (\$10)**

Wednesday, 10/25. 5:15 – 6:45 pm (Foothill).

#### **Stress Management (Free)**

*3-part program:*

Mondays, 10/2, 10/9 & 10/16. 6-8 pm (Pesetas)

#### **Understanding Dementia (Free)**

Thursday, 10/19 & 11/16. 4:30 – 6:00 pm (Pesetas).

#### **Women Heart (Free)**

Monday, 10/9 & 11/13. 4:30 – 6:00 pm (Pesetas).

### SPECIAL – FOR SANSUM CLINIC PATIENTS ONLY

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

*Free of charge to patients of Sansum Clinic*

Call for an appointment, 805-681-7580.

#### **Prescription Navigator**

*Free of charge to patients of Sansum Clinic*

Call for an appointment, 805-692-4633.

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