

Health Education Calendar



February & March 2019



Healthy Eating Active Living

Have you been told you have pre-diabetes or that your blood sugar or cholesterol is a little high? Would you like to lose a little weight? Join us for this enjoyable and information packed series. We will discuss:

- Choosing healthy foods, fitting in activity and handling stress
- Surviving the supermarket and stocking a healthy kitchen
- Recipes, menus, dining out and eating on the run

This 6-week program meets Wednesdays February 6 through March 13 from 10:30 am to noon. \$40 program fee will be refunded to those with 100% attendance.

Health Resource Center

Reliable answers to your health questions

- Help with MyChart and Advance Directives
- Healthy recipes, exercise guides, maps of easy walks, community resources and more.

Free of charge & open to the community

Mondays through Thursdays, 9 am – 4 pm
Fridays, 9 am – Noon
215 Pesetas Lane, mountain side entrance
1-805-681-7672

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.

Free to patients. Call 1-805-681-7580.

Prescription Navigator

Meet with the Navigator to review all your medications and find adjustments for safety and better health results.

Free to patients. Call 1-805-692-4633.

Program Locations

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

Space is limited. Learn more and Reserve a spot at
<https://calendar.SansumClinic.org> or call 1-866-829-0909 (toll-free)

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Open to the Community

Advance Directives Workshop – Free

Monday 2/11 or 3/11. 10:00 am – Noon (Pesetas)

Back Wellness - \$10

Wednesday 2/6 or 3/6. 3:30 – 5:00 pm (Foothill)

Balance & Mobility - \$40

Tuesdays 3/5 through 3/26. 10:00 – 11:00 am (Foothill)

Bariatric Surgery Orientation – Free

Monday 2/11 or 3/11. 5:45 pm (Pueblo)

Cancer Wellness & Support – Free

Visit RidleyTreeCC.org or call 1-805-879-5678

Diabetes Basics – \$15

Wednesdays, 2/13, 20 & 27. 5:15–6:45 pm (Pesetas)

Wednesdays 3/13, 20 & 27. 5:15–6:45 pm (Pesetas)

Doctors' Weight Management Program

Call 1-805-563-6190 to schedule a free orientation

Healthy Eating Active Living - \$40, refundable

Wednesdays 2/6 through 3/13. 10:30 am – Noon (Pueblo)

New to Medicare – Free

Tuesday 3/5. 10:00 am – Noon. (Pesetas)

Neck & Posture Wellness - \$10

Wednesday 2/20 or 3/20. 3:30 – 5:00 pm (Foothill)

Nutrition Navigator – Free

Wednesday 2/6 and 3/6. 5:15 – 6:45 pm (Pueblo)

Understanding Dementia – Free

Thursday 2/21 and 3/21. 4:30 – 6:00 pm (Pesetas)

Using MyChart – Free

Wednesday 2/27 or 3/27. 2:00 – 3:00 pm (Pesetas)

WomenHeart Support Group – Free

Monday 2/11 and 3/11. 4:30 – 6:00 pm (Pesetas)

Yoga 101 - \$10

Friday 2/22 or 3/22. 1:00 – 2:00 pm (Foothill)

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