

Health Education Calendar



March & April 2019



March is Nutrition Month

Nutrition Navigator: a monthly discussion for people interested in food, health & longevity
Meets 1st Wednesday of every month
from 5:15 to 6:45 pm at Pueblo

- ▶ March 6 - Be Your Own Nutritionist
- ▶ April 3 - Benefits of Seasonal Food - Spring!

Healthy Recipes

Visit the Health Resource Center for new recipes to cook at home or find them online at SansumClinic.org

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 and 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

[See other side for more](#)

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, 3/11 or 4/8. 10:00 am – Noon (Pesetas)

Back Wellness - \$10

Wednesday, 3/6 or 4/3. 3:30 – 5:00 pm (Foothill)

Balance & Mobility - \$40

4-part program

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

Bariatric Surgery Orientation – Free

Monday, 3/11 or 4/8. 5:45 pm (Pueblo)

Cancer Wellness & Support – Free

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

Diabetes Basics – \$15

3-part program

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

Wednesdays 4/10, 4/17 & 4/24. 5:15 – 6:45 pm (Pesetas)

[See other side for more](#)

Doctors Weight Management Program

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

Healthy People Healthy Trails - Free

visit HealthyPeopleHealthyTrails.org
for easy walks & a calendar of group walks

Neck & Posture Wellness - \$10

Wednesday, 3/20 or 4/17. 3:30 – 5:00 pm (Foothill)

New to Medicare - Free

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

Understanding Dementia – Free

Thursday, 3/21 & 4/18. 4:30 – 6:00 pm (Pesetas)

Using MyChart – Free

Wednesday 3/27 or 4/24. 2:00 – 3:00 pm (Pesetas)

WomenHeart Support Group – Free

Monday, 3/11 & 4/8. 4:30 – 6:00 pm (Pesetas)

Yoga 101 - \$10

Friday, 3/22 or 4/26. 1:00 – 2:00 pm (Foothill)

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