

Health & Wellness Calendar



April & May 2019



Stress Management

Simple strategies you can use

Presented by Jay Winner, MD, this entertaining and information packed 3-part workshop will help you:

- ▶ relax, change your thoughts and be more mindful
- ▶ improve communication and manage anger and frustration
- ▶ sleep well and find more joy in every day

The program meets Mondays May 6th through 20th. Space is limited so be sure to reserve your spot in advance. **Free of charge & open to the community.**

Health Resource Center

Providing reliable answers to your health questions and

- ▶ 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, 1st Floor, Santa Barbara

Pesetas Multi-Specialty Clinic

215 Pesetas Lane, 3rd Floor, Santa Barbara

Pueblo Multi-Specialty Clinic

317 West Pueblo, 1st Floor, Santa Barbara

Ridley Tree Cancer Center

540 West Pueblo, 2nd Floor, Santa Barbara

More information and reservations at <https://calendar.SansumClinic.org>
Or call the Health & Wellness Directory at 1-866-829-0909 (toll-free)

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Open to the Community

Advance Directives Workshop – Free

Monday, 4/8 or 5/13. 10:00 am – Noon (Pesetas)
Thursday, 5/9. 2:00 - 3:30 pm (Cancer Center)

Back Wellness - \$10

Wednesday, 4/3 or 5/1. 3:30 – 5:00 pm (Foothill)

Balance & Mobility - \$40

4-part program
Tuesdays, 5/7 through 5/28. 10:00 – 11:00 am
(Foothill)

Bariatric Surgery Orientation – Free

Monday, 4/8 or 5/13. 5:45 pm (Pueblo)

Cancer Wellness & Support – Free

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

Diabetes Basics – \$15

3-part program
Wednesdays, 4/10, 17 & 24. 5:15 – 6:45 pm
(Pesetas)
Wednesdays, 5/8, 15 & 22. 5:15 – 6:45 pm (Pesetas)

Doctors Weight Management Program

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

Neck & Posture Wellness - \$10

Wednesday, 4/17 or 5/15. 3:30 – 5:00 pm (Foothill)

New to Medicare - Free

Tuesday, 5/14. 10:00 am – Noon (Pesetas)

Nutrition Navigator – Free

Wednesday, 4/3 or 5/1. 5:15 – 6:45 pm (Pueblo)

Understanding Dementia – Free

Thursday, 4/18 or 5/16. 4:30 – 6:00 pm (Pesetas)

Using MyChart – Free

Wednesday, 4/24 or 5/22. 2:00 – 3:00 pm (Pesetas)

WomenHeart Support Group – Free

Monday, 4/8 or 5/13. 4:30 – 6:00 pm (Pesetas)

Yoga 101 - \$10

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

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