

# HEALTH EDUCATION CALENDAR



## October & November 2018



OPEN TO THE COMMUNITY

### Stress Management: simple strategies to minimize the effect of stress

Join us to discuss ways to relax, improve communication, sleep well and find more joy in every day. This entertaining and information packed workshop is presented by Jay Winner, MD. Free of charge and open to the community. Space is limited and registration is required in advance.

**3-part program meets October 22 and 29, November 5 from 6:00 – 8:00 pm (Pesetas)**

### Santa Barbara Reads! Frankenstein book discussion with Santa Barbara Public Library.

Friday October 26, 10:00 – 11:30 am

Free copies of the book are available at the Health Resource Center.

#### Health Resource Center – Free

*Providing reliable answers to your health questions.*  
MyChart help, Advance Directives, recipes, exercise guides, walking maps, community resources and more  
215 Pesetas Lane, mountain side entrance

**1-805-681-7672**

#### Cancer Wellness and Support – Free

A resource library and a wide range of programs for patients and their caregivers. For details visit  
[www.RidleyTreeCC.org](http://www.RidleyTreeCC.org) or call **1-805-879-5678**.

#### 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 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.**

SEE OTHER SIDE FOR MORE PROGRAMS

Space is limited. Learn more and reserve a spot at

<https://calendar.SansumClinic.org> or call **1-866-829-0909 (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**

Wednesday, 10/3 or 11/7. 10:00 – Noon (Lompoc)  
Monday, 10/8 or 11/12. 10:00 am – Noon (Pesetas)

#### **Back Wellness - \$10**

Wednesday, 10/3 or 11/7. 3:30 – 5:00 pm (Foothill)

#### **Bariatric Surgery Orientation – Free**

Monday, 10/8 or 11/12. 5:45 pm (Santa Barbara)

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

Wednesdays, 10/10, 17 & 24. 5:15 – 6:45 pm (Pesetas)  
Thursdays, 10/11 & 18. 5:30 – 7:00 pm (Lompoc)  
Wednesdays, 12/5, 12 & 19. 5:15 – 6:45 pm (Pesetas)  
Thursdays, 11/8 & 15. 5:30 – 7:00 pm (Lompoc)

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

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

#### **HealthyPeopleHealthyTrails.org**

Calendar of community walks and maps of easy walks

#### **Medicare: Open Enrollment Choices – Free**

Tuesday, 11/13. 10:00 – Noon (Pesetas)  
Wednesday, 11/14. 10:00 – Noon (Lompoc)

#### **Neck & Posture Wellness - \$10**

Wednesday, 10/17 or 11/28. 3:30 – 5:00 pm (Foothill)

#### **Nutrition for a Healthy Heart - \$10**

Wednesday, 10/24 or 11/28. 5:15 – 6:45 pm (Pesetas)

#### **Nutrition Navigator – Free**

Wednesday, 10/3 & 11/7. 5:15 – 6:45 pm (Pesetas)

#### **Santa Barbara Reads! Frankenstein Book Talk – Free**

Friday, 10/26. 10:00 – 11:30 am (Pesetas)

#### **Stress Management – Free**

Mondays, 10/22, 10/29 & 11/5. 6:00 – 8:00 pm (Pesetas)

#### **Understanding Dementia – Free**

Thursday, 10/18 & 11/15. 4:30 – 6:00 pm (Pesetas)

#### **Using MyChart – Free**

Wednesday, 10/24 or 11/28. 2:00 – 3:00 pm (Pesetas)

#### **WomenHeart Support Group – Free**

Monday, 10/8 & 11/12. 4:30 – 6:00 pm (Pesetas)

#### **Yoga 101 - \$10**

Friday, 10/26 or 11/30. 1:00 – 2:00 pm (Foothill)

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