

# Health & Wellness Calendar



November & December 2019



## Medicare Open Enrollment & 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.

Tuesday November 12, 10:00 am to Noon, Pesetas  
**Free of charge and 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**  
Monday through Thursday, 9 am – 4 pm  
Friday, 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, Santa Barbara

**Ridley Tree Cancer Center**  
540 West Pueblo, 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 11/11 or 12/09, 10:00 am to Noon (Pesetas)  
Tuesday 11/19 or 12/17, 1:30 to 3:00 pm  
(Cancer Center)

### Back Wellness – \$10

Wednesday 11/6 or 12/04, 3:30 to 5:00 pm (Foothill)

### Balance & Mobility - \$40

*4-part program*

Tuesdays 11/05 thru 11/26, 10:00 to 11:00 am  
(Foothill)

### Bariatric Surgery Orientation – Free

Monday 11/11 or 12/09, 5:45 pm (Pueblo)

### Cancer Wellness & Support – Free

Visit [RidleyTreeCC.org](http://RidleyTreeCC.org) or call 1-805-879-5678

### Diabetes Basics – \$15

*3-part program*

Wednesdays 11/06 thru 20, 5:15 to 6:45 pm or  
Wednesdays 12/04 thru 18, 5:15 to 6:45 pm (Pesetas)

### Doctors Weight Management Program

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

### [www.HealthyPeopleHealthyTrails.org](http://www.HealthyPeopleHealthyTrails.org)

Calendar of community walks and maps of easy walks

### Medicare Open Enrollment – Free

Tuesday 11/12, 10:00 am to Noon (Pesetas)

### Neck & Posture Wellness - \$10

Wednesday 11/13 or 12/18, 3:30 to 5:00 pm (Foothill)

### Notary for Advance Directives – Free

*For Patients of Sansum Clinic. By appointment only.*

Tuesday 12/10 or Wednesday 12/11  
11:00 am to 12:45 pm (Pesetas Health Resource Center)

### Nutrition Navigator – Free

Wednesday 11/6 and 12/4, 5:15 to 6:45 pm (Pueblo)

### Understanding Dementia – Free

Thursday 11/21 and 12/19, 4:30 to 6:00 pm (Pesetas)

### WomenHeart Support Group – Free

Monday 11/11, 4:30 to 6:00 pm (Pesetas)

### Yoga 101 - \$10

Friday 11/22, 1:00 to 2:00 pm (Foothill)

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