

HEALTH EDUCATION CALENDAR



November & December 2018



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. **Free of charge and open to the community.**

Tuesday, November 13 from 10:00 am to Noon (Santa Barbara)

Wednesday, November 14 from 10:00 am to Noon (Lompoc)

Space is limited and registration is required in advance.

Visit www.SansumClinic.org/health-and-wellness or call toll-free (866)829-0909.

Health Resource Center

Providing 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. 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, 3rd Floor, Santa Barbara

Pueblo Multi-Specialty Clinic, 317 West Pueblo, 1st Floor, Santa Barbara

Sharing + Educating

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OPEN TO THE COMMUNITY

Advance Directives Workshop – Free

Wednesday, 11/7 or 12/5. 10:00 – Noon (Lompoc)
Monday, 11/12 or 12/10. 10:00 am – Noon (Pesetas)

Back Wellness - \$10

Wednesday, 12/5. 3:30 – 5:00 pm (Foothill)

Bariatric Surgery Orientation – Free

Monday, 11/12 or 12/10. 5:45 pm (Pueblo)

Cancer Wellness & Support – Free

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

Diabetes and Pre-Diabetes Basics – \$15

Thursdays, 11/8 & 11/15. 5:30 – 7:00 pm (Lompoc)
Wednesdays, 12/5, 12/12 & 12/19. 5:15 – 6:45 pm (Pesetas)
Thursdays, 12/13 & 12/20. 5:30 – 7:00 pm (Lompoc)

Doctors' Weight Management Program

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

Medicare: Open Enrollment Choices – Free

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

Neck & Posture Wellness - \$10

Wednesday, 11/28 or 12/19. 3:30 – 5:00 pm (Foothill)

Nutrition for a Healthy Heart - \$10

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

Nutrition Navigator - Free

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

Understanding Dementia – Free

Thursday, 11/15 or 12/20. 4:30 – 6:00 pm (Pesetas)

Using MyChart – Free

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

WomenHeart Support Group – Free

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

Yoga 101 - \$10

Friday, 11/30 or 12/14. 1:00 – 2:00 pm (Foothill)

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