

# Health & Wellness

Free of charge



## Open to the Community

**Advance Directives Workshop**

**Asthma Learning for Kids**

**Cancer Wellness & Support**

**Dementia Education & Support**  
by Alzheimer's Association

**Diabetes Basics**

**Doctors' Weight Management Orientation**

**Health Resource Center**  
Reliable answers to your health questions

**Healthy People Healthy Trails**  
Connect to an active life. Connect to the outdoors.

**Healthy Recipes**

**Medicare Seminars by HICAP**

**Pediatric Symptom Checker**

**Stress Management Video Series**

**Weight Loss Surgery Orientation**

**WomenHeart Support Group**

## Sansum Clinic Patients Only

**Advance Care Planning**

Get help with your Advance Directive form and answers to your questions.

Call 805-681-7672 for an appointment.

**Advance Directives Notary Service**

Bring your completed form to be finalized and entered in your medical chart.

Call 805-681-7672 for an in-person appointment.

**Medical Social Worker**

Get help with community resources, financial concerns, caregiver needs and complex care.

Call 805-681-7580 for an appointment.

**Prescription Navigator**

Review your medications and make changes for safety, saving money and better health results.

Call 805-898-3075 for an appointment.

Spring 2022

More information at [SansumClinic.org/health-and-wellness](https://SansumClinic.org/health-and-wellness)  
or the Health Resource Center at (805) 681-7672.