

Health & Wellness

Free of charge

From the comfort of home



Open to the Community

Advance Directives Workshop

Camp Wheez – Day camp for children with asthma

Cancer Wellness & Support

Dementia Education & Support

by Alzheimer's Association

Diabetes Conversations

Doctors Weight Management Orientation

Health Resource Center

Reliable answers to your health questions

Healthy Recipes

Medicare Seminars by HICAP

Nutrition Navigator

Prenatal Breastfeeding Program

Spring Challenge: Spend Time in Nature

By Healthy People Healthy Trails

Stress Management

Weight Loss Surgery Orientation

WomenHeart Support Group

Writing as a Tool for Health

Sansum Clinic Patients Only

Advance Care Planning

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

Call 805-681-6599 for an appointment.

Advance Directives Notary Service

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

Call 805-681-6599 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.

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More information at SansumClinic.org/health-and-wellness
or Health & Wellness Directory at 1-866-829-0909