

Health & Wellness

Free of charge

From the comfort of home



Open to the Community

Advance Directives Workshop

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

Prenatal Breastfeeding Program

Summer 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