

Health & Wellness

Free of charge

From the comfort of home



Open to the Community

Advance Directives Workshop

Asthma Learning for Kids

NEW! Breastfeeding Your Baby

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

Healthy Recipes

Medicare Seminars by HICAP

Stop Smoking Help

Stress Management

Weight Loss Surgery Orientation

WomenHeart Support Group

Sansum Clinic Patients Only

Advance Care Planning

Help with the form and answers to your questions.
By appointment only. Call 805-681-6599.

Advance Directives Notary Service

Requires a visit. Bring completed form.
By appointment only. Call 805-681-6599.

Medical Social Worker

Help with community resources, financial concerns,
caregiver needs and complex care.
By appointment only. Call 805-681-7580.

Prescription Navigator

Review your medications and make changes for safety
and better health results.
By appointment only. Call 805-898-3075.

November 2020

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