

# 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 People Healthy Trails**

Connect to an active life. Connect to the outdoors!

**Healthy Recipes**

**Medicare Seminars by HICAP**

**Prenatal Breastfeeding Program**

**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](https://SansumClinic.org/health-and-wellness)  
or Health & Wellness Directory at 1-866-829-0909