

HEALTH EDUCATION CALENDAR



**September &
October 2017**



OPEN TO THE COMMUNITY

Stress Management (Free 3-week program)

This entertaining and information packed program is presented by Jay Winner, MD. You will learn to:

- Relax, change your thoughts and be more mindful
- Improve communication and manage anger and frustration
- Sleep well and find more joy in every day.

Join us to learn simple strategies you can use to minimize the effect of stress and open the door to feeling well.

Mondays: 10/2, 10/9 & 10/16. 6:00 – 8:00 pm. (Pesetas; 3rd floor conference room)

Cancer Wellness & Support

Supportive care programs are an important part of cancer treatment:

- Nutrition, yoga, art, support groups and more
- Resource Library to answer your questions
- A place for patients, family members and caregivers

Free of charge and open to all cancer patients and caregivers in the community.

For more information:

<https://calendar.ccsb.org>

805-569-2243

Health Resource Center

Providing reliable answers to your health questions

- Healthy recipes & exercise DVDs
- Community resource information
- Assistance with Advance Directives
- Insurance and Medicare information

Free of charge and open to the community.

Mondays – Thursdays, 9 am – 4 pm

Fridays, 9:30 am – Noon

215 Pesetas Lane, mountain side entrance

805-681-7672

SEE OTHER SIDE FOR MORE PROGRAMS

Space is limited. Learn more and reserve a spot at

www.SansumClinic.org/health-and-wellness or call **866-829-0909 (toll-free)**

Program Locations:

Lompoc Multi-Specialty Clinic, 1225 North H Street, Lompoc

Foothill Medical & Surgical Center, 4151 Foothill Rd, Bldg A, Physical Therapy, Santa Barbara

Pesetas Multi-Specialty Clinic, 215 Pesetas Lane, 3rd Floor, Santa Barbara

Pueblo Multi-Specialty Clinic, 317 West Pueblo, 1st Floor, Santa Barbara

Sharing + Educating

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Advance Directives Workshop (Free)

Monday, 9/11 or 10/9. 10:00 am – Noon (Pesetas).

Balance & Mobility (\$40)

4-part program (Foothill).

Tuesdays, 10/3, 10/10, 10/17 & 10/24. 10 – 11 am

Bariatric Surgery Orientation (Free)

Monday, 9/11 or 10/9. 5:30 pm (Pueblo).

Bariatric Surgery Orientation (Free)

Wednesday, 9/20. 6:00 pm (Lompoc).

Diabetes & Pre-Diabetes Basics (\$15)

3-part program (Pesetas)

Wednesdays, 9/13, 9/20 & 9/27, 5:15 - 6:45 pm.

Wednesdays, 10/11, 10/18 & 10/25, 5:15 - 6:45 pm.

Doctors Weight Management Program

Call for schedule, 805-563-6190.

Eat Healthy, Eat Well (\$40)

5-part program

Thursdays, 10/5 - 11/2. 5:30 – 7:00 pm (Pueblo).

Medicare: Gain a Better Understanding (Free)

Tuesday, 9/19. 10:00 am – 12:00 pm (Foothill)

Nutrition Navigator (Free)

Wednesday, 9/6 & 10/4. 5:15 – 6:45 pm (Pesetas).

Nutrition for a Healthy Heart (\$10)

Wednesday, 10/25. 5:15 – 6:45 pm (Foothill).

Understanding Dementia (Free)

Thursday, 9/21 & 10/19. 4:30 – 6:00 pm (Pesetas).

Women Heart (Free)

Monday, 9/11 & 10/9. 4:30 – 6:00 pm (Pesetas).

SPECIAL – FOR SANSUM CLINIC PATIENTS ONLY

Care Manager/Medical Social Worker

Free of charge to patients of Sansum Clinic

Call for an appointment, 805-681-7580.

Prescription Navigator

Free of charge to patients of Sansum Clinic

Call for an appointment, 805-692-4633.

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