

# HEALTH EDUCATION CALENDAR



## August & September 2017



### OPEN TO THE COMMUNITY

#### Understanding Medicare

**Knowledge is key when making Medicare choices!** Gain a better understanding of Medicare. Learn about timelines, costs, savings, parts and plans, changes, limits and more. **HICAP**, Health Insurance Counseling and Advocacy Program, provides free, unbiased information about Medicare and answers to your questions. Free of charge and open to the community.

Tuesday, 9/19. 10:00 am – noon. 4151 Foothill Road, Building A.

#### 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

#### Diabetes & Pre-Diabetes Basics (\$15)

Do you have pre-diabetes or is your blood sugar a little high? This is your chance to prevent diabetes and feel better.

Have you been told you have diabetes? This is an excellent update and a must for anyone newly diagnosed.

##### 3-part program (Pesetas)

Wednesdays, 8/9, 8/16 & 8/23.

5:15 - 6:45 pm.

Wednesdays, 9/13, 9/20 & 9/27.

5:15 - 6:45 pm.

### SEE OTHER SIDE FOR MORE PROGRAMS

Space is limited. Learn more and reserve a spot at

[www.SansumClinic.org/health-and-wellness](http://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, 3<sup>rd</sup> Floor, Santa Barbara

Pueblo Multi-Specialty Clinic, 317 West Pueblo, 1<sup>st</sup> Floor, Santa Barbara

# Sharing + Educating

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#### **Advance Directives Workshop (Free)**

Monday, 8/14 or 9/11. 10:00 am – Noon (Pesetas).

#### **Bariatric Surgery Orientation (Free)**

Monday, 8/21 or 9/11. 5:30 pm (Pueblo).

#### **Bariatric Surgery Orientation (Free)**

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

#### **Camp Wheez (Free, Application Required)**

*Day camp for children with asthma.*

Monday, 8/7 through Friday, 8/11. 8:30 am – 12:30 pm.  
(First Baptist Church)

#### **Doctors Weight Management Program**

Call for schedule, 805-563-6190.

#### **Nutrition Navigator (Free)**

Wednesday, 8/2 & 9/6. 5:15 – 6:45 pm (Pesetas).

#### **Understanding Dementia (Free)**

Thursday, 8/17 & 9/21. 4:30 – 6:00 pm (Pesetas).

#### **Women Heart (Free)**

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

#### **Health Resource Center**

- Healthy recipes & exercise DVDs
- Community resource information
- Assistance with Medicare & Advance Directives
- Lending library and internet kiosks
- Reliable answers to your health questions

#### ***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 or 800-281-4425 x7672

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