

PATHWAYS TO WELLNESS

Whether you're managing a chronic condition, working on your fitness or looking for ways to de-stress, Salinas Valley Health can put you on the path to wellness.



Health



Diabetes

Diabetes: From Eyes to Exercise and Food to Foot Care

4-session series:

Tuesdays; 4:00–6:00pm

Thursdays; 9:30–11:30am

Location: Diabetes & Endocrine Center, Salinas

Some insurance policies may cover diabetes program fees. For more information or to register for classes, call Salinas Valley Health Diabetes & Endocrine Center at [831-422-3636](tel:831-422-3636).

Diabetes: De Ojos a Ejercicio y Comida a Cuidado de los Pies

Serie de 4 sesiones:

Lunes; 4:00–6:00pm; Diabetes & Endocrine Center, Salinas

Miércoles; 9:30–11:30am; Diabetes & Endocrine Center, Salinas

Jueves; 4:00–6:00pm; Taylor Farms Family Health & Wellness Center, Gonzales

Algunas pólizas de seguro pueden cubrir el costo de los programas de diabetes. Para más información o para registrarse en las clases, llame al Salinas Valley Health Diabetes & Endocrine Center al [831-422-3636](tel:831-422-3636).

Joint Replacement

Offering top quality and compassionate care for people undergoing joint replacement surgery. To learn more, visit [SalinasValleyHealth.com/Joint](https://salinasvalleyhealth.com/joint) or call [831-759-1978](tel:831-759-1978).

* Registration required
\$ Participation fee

Heart

To learn more about our regional heart program, visit [SalinasValleyHealth.com/Heart](https://salinasvalleyhealth.com/Heart)

Mended Hearts Monthly Meeting

3rd Tuesday of the month; 6:00pm

Location: Salinas Valley Health

450 East Romie Lane, Salinas

Downing Resource Center-Rooms AB

Facilitator: Julie Jezowski, Lifeline Member Liaison

July 15

Speaker: Sherrie Addison, Registered Yoga Instructor

Topic: Yoga and the Heart

August 19

Speaker: Krystal Cortez, RN, Chest Pain Coordinator

Topic: Chest Pain? Now What?

September 16

Speaker: Megan Giovanetti, RN, Director of Cardiovascular Services

Topic: Cath Lab Procedures

Facilitating a positive patient care experience through support group meetings, speakers and visiting programs – Mended Hearts is for heart patients, their families and caregivers. For more information, call [831-755-0772](tel:831-755-0772).

Mother / Baby

Childbirth Preparation Series*

2-session series:

Saturdays; 9:00am–4:00pm

• August 16 & 23

5-session series:

Wednesdays; 6:30–9:30pm

• September 3, 10, 17, 24, October 1

• October 22, 29, November 5, 12, 19

Classes are held in-person and virtually.

For more information and to register, call [831-759-1890](tel:831-759-1890).

Lactation Services

Monday–Friday; by appointment

Breastfeeding support you need in the medical center and when concerns arise after returning home. Call Holly Shannon, RN, IBCLC, at [831-759-3060](tel:831-759-3060).

Breastfeeding Made Easy*

Saturdays; 9:00am–12:30pm

July 26, August 9, September 13

Classes are held virtually. For more information and to register, call [831-759-1890](tel:831-759-1890).

Maternity Center Tours*

Saturdays; 9:00am & 10:30am

August 2, September 6

Registration required at

[SalinasValleyHealth.com/Events-Classes](https://salinasvalleyhealth.com/events-classes)

For more information and to register, call [831-759-1890](tel:831-759-1890).

Cancer

For more information on any Cancer Care Program, call [831-759-1951](tel:831-759-1951).

Nutrition Services for Cancer Patients and Survivors

One on one counseling for oncology patients with a Salinas Valley Health registered dietitian. By appointment only with referral from physician. For more information, please call [831-759-1951](tel:831-759-1951).

Look Good – Feel Better*

July 14, August 11, September 15

10:00am–12:00pm

In-person workshops led by Look Good Feel Better volunteer beauty professionals provide you with tips and tools for skin and nail care, makeup application, wig selection, scarves, turbans and hats. This workshop also teaches beauty techniques for female cancer patients. Space is limited to 5 participants. To register and for more information, call [831-759-1951](tel:831-759-1951).

Events / Virtual Events



Podcasts

Ask the Experts Podcasts

To listen to our **Ask the Experts** podcasts visit SalinasValleyHealth.com/Podcasts. Each episode features a different healthcare professional discussing topics such as family medicine, diabetes, cancer, stroke, prevention and more.

Para escuchar nuestros podcasts en español de **Ask the Experts** visite SalinasValleyHealth.com/Podcasts. En cada episodio un profesional de la salud analiza temas como medicina familiar, diabetes, cáncer, derrames, cerebrales, prevención y más.

Blood Drive - Vitalant

August 5

9:00am-1:00pm

Salinas Valley Health, MRI Parking Lot
450 East Romie Lane, Salinas
Online registration at Vitalant.org

Farmers' Market at Salinas Valley Health

Fridays; May 9–November 7

11:30am-4:30pm

Parking lot on the corner of Romie Lane and Wilgart Way. For more information, visit SalinasValleyHealth.com/farmersmarket

Double Up Food Bucks

CalFresh recipients can save big on fresh, California-grown fruits and vegetables at participating grocery stores – no enrollment needed! Right now, get 75% off, up to \$20 per day, when you use your SNAP/EBT or Summer EBT card. Find participating locations and learn more at DoubleUpCA.org

Asthma Camp 2025

July 21–July 25

9:00am-3:30pm

Monterey Park School
Physician referral & registration required:
SalinasValleyHealth.com/AsthmaCamp

Support Groups



Loss & Grief Support Group

Central Coast Visiting Nurses Association
For information, please contact:
bereavement@ccvna.com or call 831-751-5500.

Ostomy Support Group

July 5, August 2, September 13;
10:30am

Facilitator: Lorynn Monroe Rainieri, RN, BS, CWON
For more information, call 757-4333 ext. 2258.

Traumatic Brain Injury Support Group

Open to all persons experiencing Traumatic Brain Injury (TBI), family members, and anyone from the community.

Every 2nd and 4th Thursday of the month;
11:00am - Spanish Session
1:30pm - English Session

Location: CCCIL Office 318 Cayuga Street,
Suite 208, Salinas

For more information please contact
Yoana Mendoza at 831-757-2968 ext. 27.

Bariatric Surgery Support Group

Please join us for our monthly meetings to share tips, advice, give and receive support from others who are struggling with similar issues.

English Support Group

Fourth Thursday of the month; 5:00–6:00pm
July 24, August 28, September 25

Spanish Support Group

Fourth Wednesday of the month; 5:00–6:00pm
July 23, August 27, September 24

Location: Salinas Valley Health Lifestyle and Metabolic Program; 1260 South Main Street, Suite 101, LAMP Education Room, Salinas

For more information and to register,
call 831-208-6226.

Lifestyle and Metabolic Support Group

Please join us for our monthly meetings to share tips, advise, give and receive support from others who are struggling with similar issues.

Second Monday of the month; 10:00 – 11:00am;
July 14, August 11, September 8

Fourth Tuesday of the month; 5:00 – 6:00pm;
July 22, August 26, September 23

Location: Salinas Valley Health Lifestyle and Metabolic Program; 1260 South Main Street, Suite 101, LAMP Education Room, Salinas

For more information and to register,
call 831-208-6226.

Parkinson's Support Group

Open to individuals with Parkinson's, their loved ones, and anyone who is interested in learning about Parkinson's.

July 16, August 20, September 17; 5:00pm

Facilitator: Eileen Domalaog, CCC-SLP,
Salinas Valley Speech Pathology
Location: Salinas Valley Health
450 East Romie Lane, Salinas
Downing Resource Center Conference Room A
(Basement of parking structure)

For more information, call 831-998-7554.

"Women Helping Women"

Open to all women who have a cancer diagnosis.

Every 1st and 3rd Tuesday of the month;
1:00–2:00pm

Facilitator: Aida Solorio, MSW

Location: In person or virtual meeting by Webex; Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas

For more information, call 831-759-3029.

Grupo de Apoyo de Cáncer - Mujeres Unidas

Este grupo de apoyo es para mujeres diagnosticadas con cáncer.

Primer miércoles del mes; 1:00–2:00pm

Facilitadora: Aida Solorio, MSW

Ubicación: Susan Bacon Cancer Resource Center; 501 East Romie Lane, Suite C, Salinas

Para obtener más información, llame al
831-759-3029.

Community Programs



Speakers Bureau

Connecting community organizations, schools and worksites with our local, experienced medical providers and clinicians for free, tailored presentations that support and improve health and well-being. For more information, visit SalinasValleyHealth.com/speakersbureau

Aspire Health Healthy Together

Aspire Health's family-focused pediatric wellness program offers six engaging sessions that guide families to discover how to live Healthy Together. No cost to eligible families regardless of health coverage status. To learn more, visit AspireHealth.org/HealthyTogether

Legal Issues for Life Planning*

via Zoom with Steve Mudd, Attorney at Law

- **July 17; 5:30-7:00pm**
Topic: The Truth About Trusts
- **September 18; 5:30-7:00pm**
Topic: A Guide to Long Term Care

American Heart Association Heartsaver® CPR & AED Course for Non-Healthcare Providers*\$

Course covers Infant/Child/Adult

- **July 12, August 16, September 13
8:00am-12:00pm**
\$75 for a 2-year certification

American Heart Association Heartsaver® First Aid Course*\$

Not a Pediatric First Aid course

- **April 12, August 16, September 13
1:00-4:00pm**
\$75 for a 2-year certification;
\$35 if including CPR/AED class participation.

Walk With A Doc/Just Walk 2025

Connecting our community with Salinas Valley Health physicians and healthcare providers to learn about important health topics while promoting physical activity.

Location: Fort Ord National Monument Badger Hills Trailhead - (Across Highway 68 from Toro Café). Online registration at SalinasValleyHealth.com/Patients-Visitors/Walk-With-A-Doc

- **July 12; 9:00-10:00am**
Topic: Nutrition: Food Is Medicine
Facilitator: Dolores Peña, MD
Location: Taylor Farms Family Health & Wellness Center, 850 5th Street, Gonzales, CA
- **August 2; 9:00-10:00am**
Topic: Liver Health Awareness
Facilitator: Vikram Patel, MD
- **September 13; 9:00-10:00am**
Topic: Key Factors for Healthy Aging
Facilitator: Arvind Bhat, MD

Advance Care Planning

Advance care planning involves thinking about what is most important to you, as an individual, to help guide your overall treatment. An Advance Directive lets your healthcare team and loved ones have a better understanding about what is important to you should there come a time when you are unable to express this for yourself. For more information and to register, call 831-759-1951.

- **1er jueves de cada mes; 3:00pm - Spanish**
- **2nd & 3rd Thursday of every month; 3:00pm**
- **4th Friday of every month; 10:30am**
Facilitator: Jessica Vega
Susan Bacon Cancer Resource Center
501 East Romie Lane, Suite C, Salinas

Free Wellness Classes



Group Chair Class for Movement & Meditation*

via Zoom

Thursdays; 9:30-10:30am

This free class guides you through simple stretching movements while seated to increase circulation, reduce stress and improve overall well-being.

BaMM: Balance, Mobility & Meditation*

via Zoom

Saturdays; 9:30-10:30am

This class will help you increase balance and mobility through stretching and stabilization of muscles and joints, and promote peace through meditation.

Mindfulness Meditation*

via Zoom

Mondays & Fridays; 12:00-1:00pm

Wednesdays; 4:30-5:30pm

A free mindfulness meditation session that aims to reduce stress and isolation during difficult times and improve overall health and well-being.

To register for Meditation classes, visit: SalinasValleyHealth.com/Mindfulness

Yoga Flow*

via Zoom

Mondays; 5:30-7:00pm

Yoga in Gonzales*

In person

Saturdays; 9:00-10:00am

**July 12 & 26, August 9 & 23,
September 6 & 20**

Location: Taylor Farms Family Health & Wellness Center, 850 5th Street, Gonzales
To register for Yoga classes, visit: SalinasValleyHealth.com/Yoga

Zumba in Gonzales*

In person

Mondays; 6:00-7:00pm

**July 7 & 14, August 4 & 11,
September 8 & 15**

Location: Taylor Farms Family Health & Wellness Center, 850 5th Street, Gonzales

Zumba in Salinas*

In person

Fridays; 6:15-7:15pm

**July 11 & 18, August 1 & 8,
September 5 & 12**

Location: Boys & Girls of Monterey County - Salinas Clubhouse, 86 Maryal Drive, Salinas
To register for Zumba classes, visit: SalinasValleyHealth.com/Zumba



Scan the QR code for more information on our Pathways to Wellness offerings or visit SalinasValleyHealth.com/Pathways

* Registration required
\$ Participation fee

Mobile Clinic | Clínica Móvil

SERVICES OFFERED

Healthcare services provided through the Salinas Valley Health Mobile Clinic during its weekly community visits include:

- Primary care
- Simple urgent care
- COVID-19 testing
- Flu vaccine
- Flu testing
- Sports physicals
- Women's health
- Health screenings
- Health education resources to manage chronic medical problems

All services provided by the Salinas Valley Health Mobile Clinic are currently free of charge. The mobile clinic is dedicated to improving the health of our community by increasing access to care for those in medically underserved areas, providing preventive and primary care where it is needed.

Our mobile clinic is a state-of-the-art 40-foot vehicle featuring two exam rooms, Wi-Fi and laboratory capabilities, and educational functionality. It is staffed with a Nurse Practitioner or Physician Assistant, Medical Assistant and a Community Health Advocate.

SERVICIOS OFRECIDOS

Los servicios de atención médica comunes que se brindan a través de Salinas Valley Health Mobile Clinic durante las visitas semanales son los siguientes:

- Atención primaria
- Atención urgente simple
- Prueba de COVID-19
- Vacuna contra la gripe
- Pruebas de detección de la influenza
- Exámenes físicos deportivos
- Salud de la mujer
- Controles de salud
- Recursos de educación de la salud para administrar problemas médicos crónicos

Todos los servicios que ofrece actualmente Salinas Valley Health Mobile Clinic son gratuitos. La clínica móvil se dedica a mejorar la salud de nuestra comunidad al aumentar el acceso a la atención para aquellas personas en áreas con atención médica insuficiente y al ofrecer atención preventiva y primaria donde sea necesario.

Nuestra clínica es un vehículo de vanguardia de 40 pies con dos salas de examinación, Wi-Fi y capacidades de laboratorio, y una instalación educativa. Cuenta con un enfermero especializado o un auxiliar médico, un asistente médico y un promotor de la salud comunitaria.

SERVICE SCHEDULE | HORARIO DE SERVICIO

Services are offered on a first-come, first-served basis (unless an appointment has been made). We appreciate your understanding. Los servicios se ofrecen por orden de llegada (a menos que se haya solicitado una cita). Le agradecemos su comprensión.

Sundays/Domingos; 11:00am-2:00pm

(Service from March to November)

(Servicio de marzo a noviembre)

Salinas Regional Soccer Complex
1440 Constitution Boulevard, Salinas

Mondays/Lunes; 3:30-7:00pm

Alisal High School

777 Williams Road, Salinas

Tuesdays/Martes; 10:00am-1:30pm

Walmart

1800 North Main Street, Salinas

Tuesdays/Martes; 2:30-6:00pm

Everett Alvarez High School

1900 Independence Boulevard, Salinas

Wednesdays/Miércoles; 12:00-6:00pm

Greenfield Family Resource Center

493 El Camino Real, Greenfield

Thursdays/Jueves; 10:00am-5:00pm

MLK Family Resource Center

925 North Sanborn Road, Salinas



Scan to make an appointment or visit SalinasValleyHealth.com/MobileClinic. Walk-ins are welcome. For groups of 10 or more, please schedule by calling **831-759-1927** or **831-737-6579**.

Escanee el código QR para solicitar una cita o visite SalinasValleyHealth.com/MobileClinic. Los pacientes sin turno pueden visitarnos. Para grupos de 10 o más, por favor programe una cita llamando al **831-737-6579**.

Blue Zones Project Monterey County



Power 9 Principles

For more information on the Blue Zones Project Power 9 Principles, visit MontereyCounty.BlueZonesProject.com



80% Rule



Loved Ones First



Purpose



Plant Slant



Belong



Down Shift



Friends at 5



Positive Pack



Move Naturally



Well-Being Activities

Free, Blue Zones Project well-being activities that help people live longer, healthier lives. For more details and to register, visit MontereyCounty.BlueZonesProject.com/Events or scan the QR code.



Volunteer Opportunities

For more details, scan the QR code.