



Dignity Health®

St. John's Regional
Medical Center

St. John's Hospital
Camarillo



WAKE UP! TO GOOD HEALTH...

To register, please call 805.988.2865

November 2024

Thursday, 10/10, 10/17, 10/24 Wednesday, 10/30, 11/6, 11/13	Diabetes Education and Empowerment Program (DEEP) (Spanish) Wilson Senior Center	9:30 AM - 11:30 AM
Friday 11/1, 11/8, 11/15	Arthritis Exercise Class/Walking Club Colonia Senior Center	10:00 AM - 10:30 AM
Wednesday 11/6	Blood Pressure and Blood Sugar Screenings South Oxnard Senior Center	9:15 AM - 10:45 AM
Thursday 11/14	Blood Pressure and Blood Sugar Screenings Colonia Senior Center	10:00 AM - 11:30 AM
Monday 11/18	Healthy Heart Snacking (Spanish) Palm Vista Senior Center	10:30 AM - 11:30 AM
Tuesday 11/19	Stroke Presentation: Sherri Greif, NP-C, Stroke Program Manager South Oxnard Senior Center	11:30 PM - 12:30 PM
Thursday 11/21	Blood Pressure and Blood Sugar Screenings Wilson Senior Center	10:00 AM - 11:30 AM
Tuesday 11/5, 11/12, 11/19, 11/26	Individual Nutrition Counseling Speak to a Registered Dietitian over the phone regarding your nutrition questions or concerns	9:00 AM - 2:00 PM

Colonia Senior Center 197 N. Marquita	St. John's Community Health Dept. 1600 N. Rose Ave.	Palm Vista Senior Center 801 S. C St.	Plaza Park 500 S. C St.	Wilson Senior Center 350 N. C St.	South Oxnard Senior Center 200 Bard Rd.
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* St. John's reserves the right to cancel and change dates/times for classes and services.



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¡DESPIERTA! A LA SALUD...

Para registrarse por favor llame al 805.988.2865

noviembre 2024

jueves 10/10, 10/17, 10/24 miércoles 10/30, 11/6, 11/13	DEEP - Programa de Educación y Capacitación en Diabetes Wilson Senior Center	9:30 AM - 11:30 AM
viernes 11/1, 11/8, 11/15	Clase de ejercicio para la Artritis/Club de Caminar Colonia Senior Center	10:00 AM - 11:00 AM
miércoles 11/6	Examen de azúcar en la sangre y presión arterial South Oxnard Senior Center	9:15 AM - 10:45 AM
jueves 11/7	Prevención de accidentes cerebrovasculares Presentado por: Diana Aguilar Palm Vista Senior Center	12:00 PM - 1:00 PM
jueves 11/14	Examen de azúcar en la sangre y presión arterial Colonia Senior Center	10:00 AM - 11:30 AM
lunes 11/18	Meriendas saludables para el corazón Palm Vista Senior Center	10:00 AM - 11:30 AM
jueves 11/21	Examen de azúcar en la sangre y presión arterial Wilson Senior Center	10:00 AM - 11:30 AM
martes 11/5, 11/12, 11/19, 11/26	Consulta de Nutrición Individual Hable por teléfono o en persona con una dietista registrada sobre sus preguntas de nutrición o sobre otros temas	9:00 AM - 2:00 PM
lunes 11/25	Bingo de fruta y verdura Colonia Senior Center	10:30 AM - 11:30 AM

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*St. John's reserva el derecho de cancelar o cambiar las fechas y el horario de las clases y los servicios.