



# WAKE UP TO GOOD HEALTH...

## FEBRUARY 2025

To register, please call 805.988.2865

Monday 2/3	Stroke Prevention (Spanish) Palm Vista Senior Center 12:00 PM - 1:00 PM
Wednesday 2/5	Blood Pressure and Blood Sugar Screenings South Oxnard Senior Center 9:15 AM - 10:45 AM
Fridays 2/7, 2/14, 2/21, 2/28, 3/7, 3/14	Diabetes Education and Empowerment Program Community Health Department 12:00 PM - 2:00 PM
Fridays 2/7, 2/14, 2/21, 2/28	Arthritis Exercise Class/Walking Club Colonia Senior Center 10:00 AM - 11:00 AM
Monday 2/10	Let's Cook! Berry Heart Parfaits (Spanish) Colonia Senior Center 10:30 AM - 11:30 AM
Wednesday 2/12, 2/26	Arthritis Exercise Class South Oxnard Senior Center 9:15 AM - 9:45 AM
Thursday 2/20	Blood Pressure and Blood Sugar Screenings Wilson Senior Center 10:00 AM - 11:30 AM
Monday 2/24	Nutrition Bingo South Oxnard Senior Center 10:30 AM - 11:30 AM

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.



# ¡DESPIERTA! A LA SALUD...

## ENERO 2025

Para registrarse por favor llame al 805.988.2865

lunes 2/3	Prevención de ataque cerrame cerebral Palm Vista Senior Center 12:00 PM - 1:00 PM
viernes 2/7, 2/14, 2/21, 2/28	Clase de ejercicio para la Artritis/Club de Caminar Colonia Senior Center 10:00 AM - 11:00 AM
jueves 1/23, 1/30, 2/6, 2/13, 2/20, 2/27	DEEP - Programa de Educación y Capacitación en Diabetes Departamento de Salud para la Comunidad en St. John's 12:00 PM - 2:00 PM
lunes 2/10	Vamos a Cocinar: Postre helado de yogur con bayas Colonia Senior Center 10:30 AM - 11:30 AM
martes 2/11	Grupo de Apoyo - Diabetes Departamento de Salud para la Comunidad en St. John's 10:00 AM - 11:00 AM
miércoles 2/12, 2/26	Clase de ejercicio para la Artritis South Oxnard Senior Center 9:15 AM - 9:45 AM
jueves 2/20	Examen de azúcar en la sangre y presión arterial Wilson Senior Center 10:00 AM - 11:30 AM
lunes 2/24	Bingo de fruta y verdura South Oxnard 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.