



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

August 2024

Friday 8/2, 8/16, 8/23, 8/30	Arthritis Exercise Class Colonia Senior Center	10:00 AM - 10:30 AM
Friday 8/2, 8/16, 8/23, 8/30	Walking Club Colonia Senior Center	10:30 AM - 11:00 AM
Tuesday 8/6, 8/13, 8/20, 8/27	Blood Pressure Screenings St. John's Food Pantry	9:00 AM - 10:30 AM
Wednesday 8/7	Blood Pressure and Blood Sugar Screenings South Oxnard Senior Center	9:15 AM - 10:45 AM
Thursday 8/8	Blood Pressure and Blood Sugar Screenings Colonia Senior Center	10:00 AM - 11:30 AM
Monday 8/12	Ask the Doctor with Dr. John R. Ford, MD South Oxnard Senior Center	10:30 AM - 11:30 AM
Tuesday 8/13	Ask the Doctor with Dr. John R. Ford, MD Colonia Senior Center	10:30 AM - 11:30 AM
Wednesday 8/14	Arthritis Exercise Class South Oxnard Senior Center	9:00 AM - 9:30 AM
Thursday 8/15	Blood Pressure and Blood Sugar Screenings Wilson Senior Center	10:00 AM - 11:30 AM
Thursday 8/22	Blood Sugar Screenings Plaza Park	9:00 AM - 12:30 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

agosto 2024

viernes 8/2, 8/16, 8/23, 8/30	Clase de ejercicio para la Artritis Colonia Senior Center	10:00 AM - 10:30 AM
viernes 8/2, 8/16, 8/23, 8/30	Club de Caminar Colonia Senior Center	10:30 AM - 11:00 AM
martes 8/6, 8/13, 8/20, 8/27	Examen de la presión arterial St. John's Food Pantry	9:00 AM - 10:30 AM
miércoles 8/7	Examen de azúcar en la sangre y presión arterial South Oxnard Senior Center	9:15 AM - 10:45 AM
jueves 8/8	Examen de azúcar en la sangre y presión arterial Colonia Senior Center	10:00 AM - 11:30 AM
lunes 8/12	Pregunta para el Doctor con Dr. John R. Ford, MD South Oxnard Senior Center	10:30 AM - 11:30 AM
martes 8/13	Pregunta para el Doctor con Dr. John R. Ford, MD Colonia Senior Center	10:30 AM - 11:30 AM
miércoles 8/14	Clase de ejercicio para la Artritis South Oxnard Senior Center	9:00 AM - 9:30 AM
jueves 8/15	Examen de azúcar en la sangre y presión arterial Wilson Senior Center	10:00 AM - 11:30 AM
jueves 8/22	Examen de azúcar en la sangre Plaza Park	9:00 AM - 12:30 PM

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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.