



Dignity Health®

St. John's Regional
Medical Center

St. John's Hospital
Camarillo



WAKE UP! TO GOOD HEALTH...

June 2024

To register, please call 805.988.2865

Wednesday 6/5	Blood Pressure and Blood Sugar Screenings South Oxnard Senior Center	9:15 AM - 10:45 AM
Wednesday 6/12	Diabetes Support Group Topic: Advance Directives Community Health Department	5:30 PM - 6:30 PM
Thursday 6/13	Blood Pressure and Blood Sugar Screenings Colonia Senior Center	10:00 AM - 11:30 AM
Tuesday 6/18	"Stress Management" South Oxnard Senior Center	11:30 AM - 12:30 PM
Thursday 6/20	Blood Pressure and Blood Sugar Screenings Wilson Senior Center	10:00 AM - 11:30 AM
Thursday 6/20	Free Health Clinic - Sponsored by Vituity Cares Foundation Christ the King Church, 535 Cooper Rd., Oxnard	11:30 AM - 2:30 PM
Friday 6/21	Leisure Village Health Fair Leisure Village Recreation Center, 12000 Verdugo Dr., Camarillo, 93012	10:00 AM - 1:30 PM
Wednesday 6/26	Arthritis Exercise Class South Oxnard Senior Center	10:30 AM - 11:30 AM
Thursday 6/27	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...

junio 2024

Para registrarse por favor llame al 805.988.2865

miércoles 6/5	Examen de azúcar en la sangre y presión arterial South Oxnard Senior Center	9:15 AM - 10:45 AM
miércoles 6/12	Grupo de Apoyo - Diabetes El Plan de Avanzada para la Atención (Inglés) Departamento de Salud para la Comunidad en St. John's	5:30 PM - 6:30 PM
jueves 6/13	Examen de azúcar en la sangre y presión arterial Colonia Senior Center	10:00 AM - 11:30 AM
martes 6/18	"Manejo del estrés" (Inglés) South Oxnard Senior Center	11:30 AM - 12:30 PM
jueves 6/20	Examen de azúcar en la sangre y presión arterial Wilson Senior Center	10:00 AM - 11:30 AM
jueves 6/20	Clínica de Salud (Gratuita) - Patrocinado por Vituity Cares Foundation Iglesia Cristo Rey, 535 Cooper Rd., Oxnard	11:30 AM - 2:30 PM
viernes 6/21	Leisure Village - Feria de Salud Leisure Village Centro de Recreacion, 12000 Verdugo Dr., Camarillo 93012	10:00 AM - 1:30 PM
miércoles 6/26	Clase de ejercicio para la artritis South Oxnard Senior Center	10:30 AM - 11:30 AM
jueves 6/27	Examen de azúcar en la sangre 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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