



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

September 2024

Wednesday 9/4	Blood Pressure and Blood Sugar Screenings South Oxnard Senior Center	10:00 AM - 11:30 AM
Friday 9/6 , 9/20	Arthritis Exercise Class Colonia Senior Center	10:00 AM - 10:30 AM
Friday 9/6 , 9/20	Walking Club Colonia Senior Center	10:30 AM - 11:00 AM
Tuesday 9/10	Cancer Care by Alicia Zaragoza, NP South Oxnard Senior Center	11:30 AM - 12:30 PM
Thursday 9/12	Blood Pressure and Blood Sugar Screenings Colonia Senior Center	9:00 AM - 9:30 AM
Friday 9/13	Senior Services Mexican Independence Day Celebration Colonia Senior Center	10:00 AM - 1:00 PM
Wednesday 9/18	Arthritis Exercise Class South Oxnard Senior Center	9:15 AM - 9:45 AM
Thursday 9/19	Blood Pressure and Blood Sugar Screenings Wilson Senior Center	10:00 AM - 11:30 AM
Saturday 9/21	Resource Fair Oxnard Union High School 1800 Solar Dr., Oxnard	9:00 AM - 12:30 PM
Thursday 9/26	Blood Sugar Screenings Plaza Park	10:00 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.



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¡DESPIERTA! A LA SALUD...

Para registrarse por favor llame al 805.988.2865

septiembre 2024

miércoles 9/4	Examen de azúcar en la sangre y presión arterial South Oxnard Senior Center	9:15 AM - 10:45 AM
viernes 9/6 , 9/20	Clase de ejercicio para la Artritis Colonia Senior Center	10:00 AM - 10:30 AM
viernes 9/6 , 9/20	Club de Caminar Colonia Senior Center	10:00 AM - 10:30 AM
martes 9/10	Cuidado del Cáncer presentado por Alicia Zaragoza, NP South Oxnard Senior Center	11:30 AM - 12:30 PM
jueves 9/12	Examen de azúcar en la sangre y presión arterial Colonia Senior Center	10:00 AM - 11:30 AM
viernes 9/13	Servicios para personas mayores Celebraciones del Día de la Independencia de México Colonia Senior Center	10:00 AM - 1:00 PM
miércoles 9/18	Clase de ejercicio para la Artritis South Oxnard Senior Center	9:15 AM - 9:45 AM
jueves 9/19	Examen de azúcar en la sangre y presión arterial Wilson Senior Center	10:00 AM - 11:30 AM
sábado 9/21	Feria de Recursos Oxnard Union High School District	9:00 AM - 12:30 PM
jueves 9/26	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.