



Wake Up!

TO GOOD HEALTH

February

St. John's Community Health Department would like to invite you to attend our upcoming events!

5 Wednesday	"Dealing with a Chronic Health Condition-Coping with Emotions and Stress" 9:30 AM – 10:30 AM Main Level, Wellness Center 1
6 Thursday	"Mental Wellbeing and Your Physical Wellbeing" 5:30 PM – 6:30 PM Garden Level, Conference Center
15 Saturdays	DEEP – Diabetes and Pre-Diabetes Six Saturdays, 9:00 AM – 11:00 AM Garden Level, Conference Rooms 1&3
19 Wednesday	"Ways to Reduce Blood Pressure and Cholesterol" 9:30 AM – 10:30 AM Main Level, Wellness Center1
19 Wednesday	Blood Pressure Screenings 10:00 AM – 11:00 AM Pleasant Valley Senior Center, 1605 Burnley Street, Camarillo

Programs are held at St. John's Regional Medical Center unless otherwise indicated. St. John's reserves the right to cancel and change dates for classes and services.

All programs are free. Registration is required, please call 805.988.2865.



¡Despierta!

A LA SALUD

Febrero

El Departamento de Salud para la Comunidad le invita a asistir a nuestros próximos eventos.

4 martes	Pregúntele al doctor: Nos visitara el Doctor Ford 6:00 PM – 7:00 PM Nivel del Jardín, Salón de Conferencias #2
13 y 27 jueves	Pruebas de azúcar 8:30 AM – 12:00 PM Plaza Park – 500 S. B Street, Oxnard
20 jueves	Claves para Mantener un Corazón Sano 10:00 AM – 11:00 AM Palm Vista Senior Center, 801 S. C St., Oxnard
27 jueves	Tome Control de su Diabetes 6:00 PM – 7:00 PM Nivel del Jardín, Salón de Conferencias # 2

Los programas son gratis y se llevarán acabo en el hospital St. John's Regional Medical Center a menos que se indique lo contrario.
St. John's reserva el derecho de cancelar o cambiar las fechas y el horario de las clases y los servicios.

Para registrarse, por favor llame al (805) 988-2865.



St. John's Pleasant Valley Hospital
St. John's Regional Medical Center