



## **FREEDOM FROM SMOKING**

Our program is a 7-week, 8 session program done in a group format. Please call for current meeting times and information. This program is directed to people who seriously thinking about quitting or are ready to quit.

*For more information call (760) 499-3584*

## **CONGESTIVE HEART FAILURE SUPPORT GROUP**

Talk from your heart about your heart.

Get the support you need every 3rd Tuesday of the month at 6:00pm.

*For more information call  
(760) 499-3835*



## **NUTRITION & HEALTH PRESENTATIONS**

Offers nutrition and health education presentations for schools, business and organizations. If you would like us to come and do a presentation give us a call. Our presentations are fun and interactive and we have provided them for preschools, elementary classes, community groups and businesses.

## **HEALTH FAIR**

The community health fair presented by Ridgecrest Regional Hospital is held every year around March. If you are interested in being a vendor or have any questions about the health fair call:

**(760) 499-3825**



# **COMMUNITY OUTREACH**



## **SENIORS GENTLE CHAIR YOGA**

Improve mobility, balance and strength.

Must be 60 years or older.

- Time: Monday-Thursday at 11:00 am
- To sign up call (760) 499-3825

## **SILVER SNEAKERS**

The nation's leading exercise program for active older adults 60 years or older.

- Time: Classes every Monday-Thursday 9:00am and 10:00am
- To sign up call (760) 499-3825

## **SENIOR SERVICES**

Case Management: Provides extensive services for seniors. Services may include:

- Development of a plan of care
- Assistance Completing more complex forms
- Weekly or monthly follow up

Homemakers: Non-medical housekeeping services:

- Shopping, laundry, meal prep and house cleaning

*Information and Referral: Provides free assistance to seniors (60+) in identifying programs to meet their needs.*

- For all Senior Services call (760) 371-1445

## **ONCOLOGY CARE COORDINATOR**

Assist and support patients after diagnosis of cancer.

- Provide education on diagnosis and testing.
- Refer patients and their families to available resources.
- Meet with patients and patient families to ensure their needs are being met and resolve any issues or complaints that arise.
- For all Senior Services call (760) 499-3368

## **ROCK STEADY BOXING**

Rock Steady Boxing is a unique exercise program for those with Parkinson's disease.

This is a non-contact boxing inspired exercise program that focuses on balance, hand-eye coordination, speed of movement, agility, muscle power, mental focus and rhythm.

*For further information on the program and class times please call (760) 499-3825 (Must sign up and meet with instructor before attending class).*

## **ALZHEIMER'S CAREGIVER SUPPORT GROUP**

Alzheimer's Associations caregiver support groups, conducted by trained facilitators, are a safe place for caregivers to come and develop a support system, talk through issues and learn about community resources.

- Time: 1st Wednesday of every month at 1:00pm
- To sign up call (760) 371-1445

## **DIABETES SUPPORT GROUP**

Learn more about diabetes and how it affects your body, share day-to-day struggles, improve blood sugar control and build a support group to help one another.

- Time: 4th Thursday of the month 5:30pm-6:30pm
- For more information call (760) 499-3825

## **D.E.E.P**

The Diabetes Empowerment Education Program (DEEP ) is an evidence-based diabetes self-management education (DSME) program for people with prediabetes or diabetes.

- DEEP workshops are interactive and involve demonstrations, games and other engaging activities for group learning.
- For more information call (760) 499-3825

## **GRIEF SUPPORT**

Helping guide you through the process of grief.

- Time: 1st Tuesday of the month 6:00pm-7:00pm
- To sign up call (760) 499-3617

## **JOURNEY TO HAPPINESS SENIOR GROUP**

Promoting happiness, joy and balance in life

- Time: 2nd and 4th Wednesday 10:00am-11:30am
- To sign up call (760) 499-3825