



GIVING BACK TO OUR COMMUNITY

The Community Wellness Resource Center (CWRC) provides many services to the community to promote health and wellness. The goal of this program is to help people be aware of small changes they can make so that health and wellness choices become habit.

The CWRC provides education within classrooms of all ages to educate on nutrition and health. Fun, interactive lessons are provided to allow children and adolescents the opportunity to learn in a meaningful way.

The CWRC also provides educational programs to workplaces and organizations.

Services Provided

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

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).

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'S 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

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

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

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

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 more information call 760-499-3368

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:



For more information about our Community Groups call our Community Outreach Program Director at (760) 499-3825.