

Community Wellness Classes & Events



Dignity Health[®]

St. John's Regional
Medical Center

St. John's Hospital
Camarillo

Diabetes Management

Eating Healthy with Diabetes

Healthy eating is an important part of managing your diabetes. Why? Because what, when and how much you eat affects your blood sugar. Participants will learn tools and resources for healthy meal planning to help you manage your diabetes.

DEEP: Pre-Diabetes and Diabetes Empowerment Education Program

Come and learn how to use tools to manage pre-diabetes and diabetes. Participants will practice meal planning, blood sugar testing, exercise, coping skills and medication use to improve their health. This is a six-week program.

Healthier Living : Chronic Disease Self-Management Program

If you have a chronic health condition like arthritis, heart condition, diabetes, COPD, depression, etc., then this class is for you. Learn tools to deal with a chronic health condition. This is a six week class.

Diabetes Support Group

The Adult Diabetes Education and Support Group provides education and support for persons with diabetes and pre-diabetes to live well with diabetes and prevent complications. A different topic is presented and discussed each meeting. There is time for participants to support each other in dealing with this chronic condition.

Pre- Diabetes and Diabetes: What do I do Now?

Are you newly diagnosed with pre-diabetes or diabetes, struggle to manage your diabetes or care for someone with diabetes? This class is for you! We will review the basics of managing your diabetes and you will learn the tools needed to live well with diabetes.

Diabetes: Preventing Complications

Complication from diabetes can be prevented. Join us to empower you to live well with diabetes and prevent complications.

Blood Sugar Screenings



Free Blood Sugar Screenings

Colonia Senior Center
197 N. Marquita, Oxnard

Palm Vista Senior Center
801 S. C Street, Oxnard

Please call 805.988.2865 for more information.



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Heart Health



DASH to Blood Pressure Control

Learn ways to help you manage and lower your blood pressure by making these simple steps to adapt nutrition and lifestyle changes.

Healthy Heart, healthy you

Don't skip a beat! Join us in this interactive class and boost your confidence in managing or preventing heart disease.

Cholesterol Countdown

Have you been told that you have high cholesterol? Do you want to help yourself of your loved ones learn how to protect your heart? Let us help to empower you with what you can do to bring those numbers into a safer range.

Stroke: What You Need to Know

Learn ways to help you manage and lower your blood pressure by making these simple to adapt nutrition and lifestyle changes.



Blood Pressure Testing

Normal
Less than 120
and 80

Hypertension
Stage 1 - 130-139 or
80-89

Stage 2 - 140 or higher or 90 or
higher

Hypertensive Crisis
(Emergency care needed)
Higher than 180 or Higher
than 120



Nutrition



Nutrition Counseling

Need help managing a medical condition or want tips on how to make healthier choices? Speak to a Registered Dietitian over the phone regarding your nutrition questions or concerns such as:

- Controlling High Blood Pressure
- Lowering Cholesterol
- Managing Diabetes
- Planning kid-friendly meals/ helping your child try new foods
- Meal Planning with limited resources

Understanding Nutrition Label

Grocery stores are filled with infinite food choices. Faced with so many choices, how can we decide? Join to examine what we can learn from the food label and how reading them can help us make the best choice for our health.



Chronic Kidney Disease and Your Diet

Kidney Disease and Your Diet: If your kidneys are not working as they should, your doctor may have prescribed a diet to help preserve your kidney function. We will review foods that are lower in sodium, potassium and phosphorus and foods to avoid that can cause further strain on your kidneys and worsen your kidney disease.

Eat right, live strong

Learn the basics of healthy nutrition and practice planning balanced meals.

Food for your Brain

Our brains need healthy nutrients to thrive. Participate in this class and learn how to feed your brain!

Eating Healthy on a Budget

Making healthy food choices doesn't mean you need to spend more. Join us for an interactive class on ways to save money and improve your health!

Cooking Demonstration - Building a Healthy Salad

Salads don't need to be boring. Learn how to build a salad that is both flavorful and healthy!

To Lose is to Gain

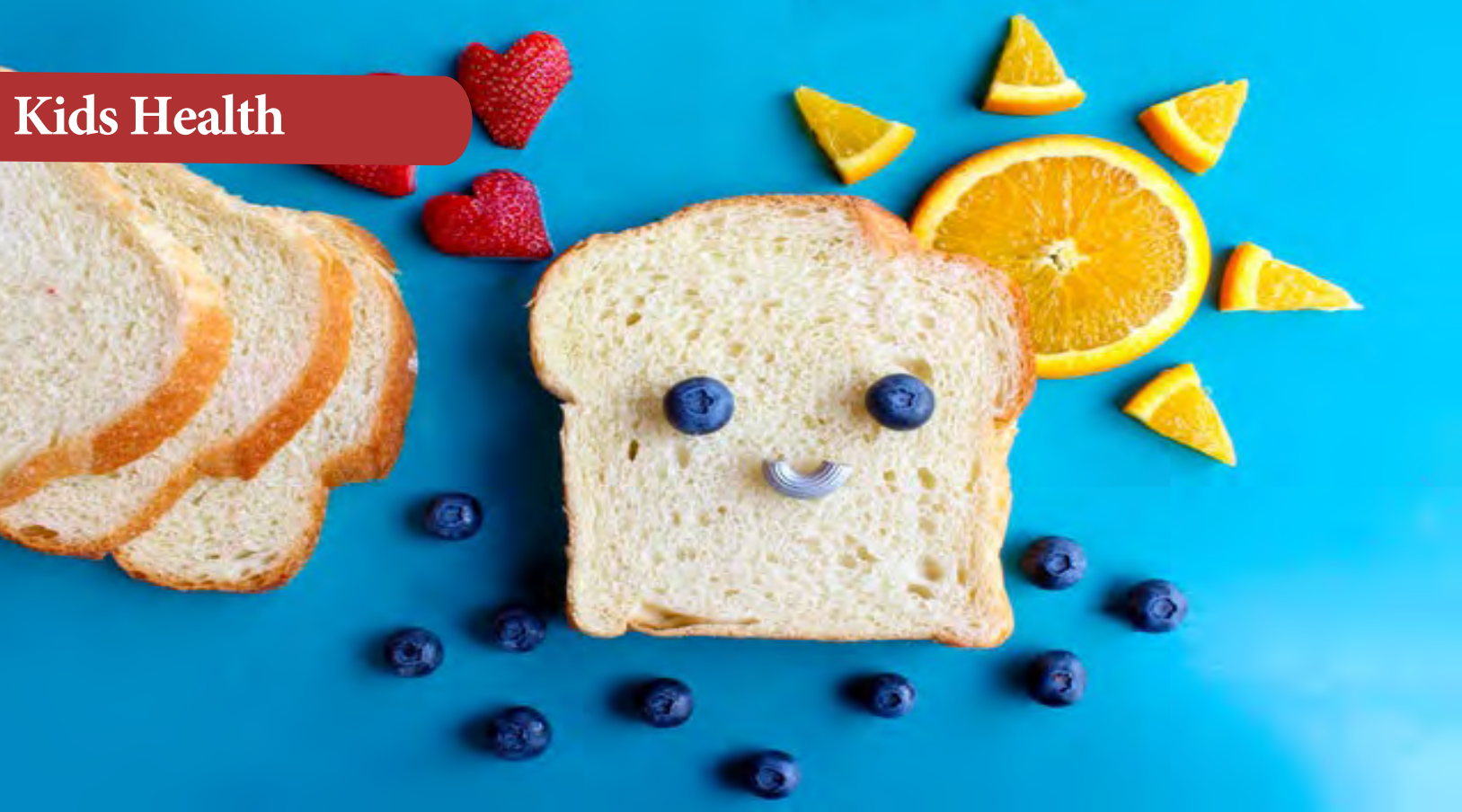
Learn some healthy ways to drop the weight and maintain a healthy weight.

Improve Digestion

Ever wonder about how we digest our food? Explore in this class the amazing digestive system and the key to good digestion.

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Kids Health

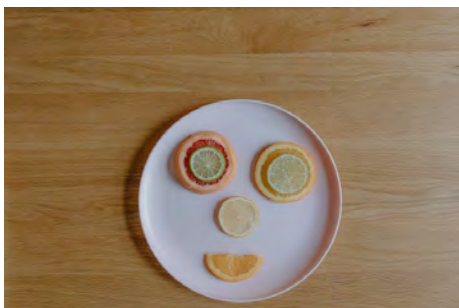


Habits for a Happy Mealtime for Parents of Pre-school children

End the meal time struggles. Learn how to encourage your child to try new foods. Join us to learn how to bring fun and easy back to meal time!

Kid Friendly Recipes

Please call us if you would like to receive a booklet of Kid Friendly Recipes.



Nutrition Trivia for Teens

Learn some facts about nutrition and healthy eating while playing a game.

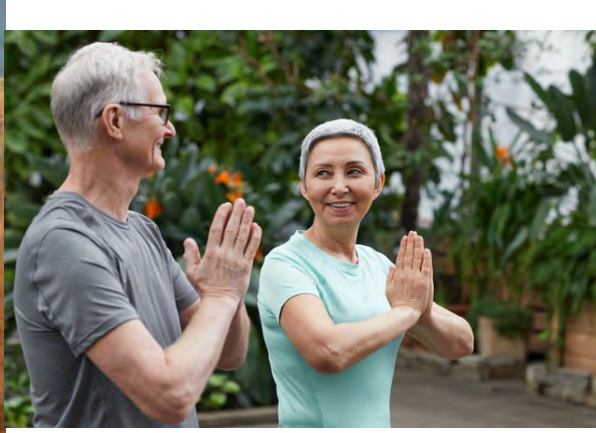
Nutrition Bingo for Younger Kids

Learn facts about fruit and vegetables while playing bingo.



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Health



Getting Motivated for Good Health

Motivation is the key to managing any chronic health condition. Join us to get motivated!

Our Immune System

Our immune system is fascinating. Join us and learn how it works and ways to keep it strong!

Forgetful - How Can I Help Myself

Come and learn about the challenges of memory with normal aging and signs of dementia. Learn some ways to help yourself with these memory challenges.

Stress-Less

Join us to learn ways to reduce and cope with stress.

The Art of Managing Chronic Health Conditions

Learn the tools to help you manage chronic health conditions.

My Thyroid

In this class, you will learn about what the thyroid does, thyroid conditions, thyroid tests and thyroid treatments.

Facts about Fibromyalgia

Learn about what Fibromyalgia is and ways to manage it.



Osteoporosis: Protect your Bones

Join us to learn about osteoporosis, tests, treatments and ways to improve bone health.

Don't Let a Fall Trip You Up

Fall-proof your home and surroundings. Learn some easy ways to do this and protect yourself from falls.

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Examen de azúcar en la sangre - Gratis

Colonia Senior Center
197 N. Marquita, Oxnard

Palm Vista Senior Center
801 S. C Street, Oxnard

Para mas informacion, por favor llame al 805.988.2865

Examen de azúcar en la sangre

Resultado	A1C
Normal	menos de 5.7%
Prediabetes	5.7% - 6.4%
Diabetes	6.5% o más

Resultado	Azúcar en la sangre
Normal	menos de 100 mg/dl
Prediabetes	100-125
Diabetes	126 o más



Clases de Diabetes



Pre-diabetes y Diabetes : ¿Qué hago ahora?

¿Tiene un diagnóstico reciente de diabetes, dificultades para controlar su diabetes o cuida a alguien con diabetes? ¡Esta clase es para usted! Repasaremos los conceptos básicos del manejo de su diabetes y aprenderá las herramientas necesarias para vivir bien con diabetes.

Alimentación saludable con diabetes

La alimentación saludable es una parte importante del control de la diabetes. ¿Por qué? Porque lo que, cuándo y cuánto come afecta su nivel de azúcar en sangre. Los participantes aprenderán herramientas y recursos para planificar comidas saludables que le ayudarán a controlar su diabetes.

Grupo de Apoyo - Diabetes

El Grupo de Apoyo y Educación sobre la diabetes para adultos brinda información y ayuda a las personas con diabetes y prediabetes para vivir bien con la diabetes y prevenir complicaciones. En cada reunión se presenta y se discute un tema diferente.

Diabetes: prevención de complicaciones

Las complicaciones de la diabetes se pueden prevenir. Únase a nosotros para que pueda vivir bien con la diabetes y prevenir complicaciones.

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Hábitos Alegres para Padres con niños de edad pre-escolar

Pon fin a las dificultades a la hora de comer. Aprenda a animar a sus hijos a probar alimentos nuevos. ¡Únase a nosotros para aprender cómo traer la diversión y la relajación a la hora de comer!

Corazon sano, usted sano

¡No pierdas el ritmo! Únase a nosotros en esta clase interactiva y aumente su confianza para controlar o prevenir enfermedades cardíacas.

La enfermedad renal y su dieta

Cuando los riñones pierden parte de su función su doctor le recetará cambios en su dieta para preservar la salud de los riñones.

Repasaremos comidas que son bajas en sodio, potasio y fósforo y alimentos que debe eliminar para no causar más daño a los riñones.

Clase de ejercicios para personas con artritis

Clase de ejercicio diseñada para personas con artritis.

Pasos para bajar su colesterol

¿Le han dicho que tiene el colesterol alto? Permítanos enseñarle lo que puede hacer para llevar esos resultados a un nivel más seguro.

Como ahorrar en su compra de alimentos

Elegir alimentos saludables no significa que tenga que gastar más en su compra de alimentos. ¡Únase a nosotros para una clase interactiva sobre formas de ahorrar dinero en su compra de alimentos y mejorar su salud!

Pasos para bajar su presión arterial

Pasos para bajar su presión arterial

Participantes aprenderán como bajar la presión arterial haciendo cambios simples en el estilo de vida y de alimentación.

Examen de presión arterial

Normal
Menos de 120 y 80

Hipertensión
Nivel 1 - 130-139 o 80-89

Nivel 2 - 140 o más o 90 o más

Crisis hipertensiva
(Atención de emergencia necesaria)
Más de 180 o más de 120



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Demostración de cocina - Como preparar una ensalada saludable

Las ensaladas no tienen por qué ser aburridas. ¡Aprenda a preparar una ensalada sabrosa y saludable!

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Nutrición para niños jugando Bingo

Aprenda acerca de frutas y vegetales mientras juega Bingo.

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Datos interesantes de nutrición para adolescentes

Aprenda algunos datos acerca de nutrición y alimentación saludable mientras juega.

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Consulta de Nutrición

¿Necesita usted ayuda para mejorar una condición médica o busca formas de mejorar su alimentación? Hable por teléfono con una dietista registrada sobre sus preguntas de nutrición o sobre otros temas como:

- Controlando su Presión Arterial
- Como Bajar su Colesterol
- Manejo de la Diabetes
- Alimentación para los niños
- Planificación de comidas saludables con bajo recursos económicos

Recetas apropiadas para niños

Llámenos si le interesa recibir un folleto de Recetas Apropriadas para Niños.

