











Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
	<p><b>Color Code:</b>                      *Support Group = Green                      *Chronic Disease = Red                      *Health Lectures = Purple                      *General Education = Blue</p>	<p>Parenting Classes: Toddlers                      9:30 AM English 11:30 AM Spanish                      5-6:30 PM Parenting Classes:0-5 yrs</p> 	<p>Parenting Classes: Preschoolers                      9:30 AM English 11:30 AM Spanish                      11AM-12 PM Stroke/ Parkinson's Exercise class                      4-5 PM Diabetes Support Grp SPAN                      6-8 PM TOPS (SMHCV 495 Bldg)                      6-9 PM Food Handlers Class ENG                      7-8 PM SPAN Overeaters Anonymous (SMHCV 499 Bldg)</p>	<p>11 AM– 12 PM Communication Enhancement Group</p> 
<p>Parenting Classes: Infants                      9:30AM English 11:30 AM Spanish                      1–2 PM Breastfeeding Support Grp                      5:30 – 7:30 PM Diabetes Class</p> 	<p>5:30 – 7:30 PM Diabetes Class SPAN                      7-8 PM SPAN Overeaters Anonymous (SMHCV 499)</p>	<p>Parenting Classes: Toddlers                      9:30 AM English 11:30 AM Spanish                      5-6:30 PM Parenting Classes:0-5 yrs</p> 	<p>Parenting Classes: Preschoolers                      9:30 AM English 11:30 AM Spanish                      11AM-12 PM Stroke/ Parkinson's Exercise class                      5 PM Diabetes Support Grp ENG                      6-8 PM TOPS (SMHCV 495 Bldg)                      6-9 PM Food Handlers Class SPAN                      7-8 PM SPAN Overeaters Anonymous (SMHCV 499 Bldg)</p>	<p>11 AM– 12 PM Communication Enhancement Group</p>
<p>Parenting Classes: Infants                      9:30AM English 11:30 AM Spanish                      10 AM – 12 PM Widow Support Grp                      10-11AM Parkinson's Disease (Norman Park Center)                      1–2 PM Breastfeeding Support Grp                      5:30 – 7:30 PM Diabetes Class</p>	<p>12:15-1:15 PM Men's Group (Norman Park Cntr)                      5:30 – 7:30 PM Diabetes Class SPAN                      7-8 PM SPAN Overeaters Anonymous (SMHCV 499)</p>	<p>Parenting Classes: Toddlers                      9:30 AM English 11:30 AM Spanish                      5-6:30 PM Parenting Classes:0-5 yrs</p> 	<p>Parenting Classes: Preschoolers                      9:30 AM English 11:30 AM Spanish                      11AM-12 PM Stroke/ Parkinson's Exercise class                      6-8 PM TOPS (SMHCV 495 Bldg)                      6-9 PM Food Handlers Class ENG                      7-8 PM SPAN Overeaters Anonymous (SMHCV 499 Bldg)</p>	<p>11 AM– 12 PM Communication Enhancement Group</p> 
<p>Parenting Classes: Infants                      9:30AM English 11:30 AM Spanish                      10-11AM Anemia                      1–2 PM Breastfeeding Support Grp                      5:30-7:30 PM Diabetes Class</p>	<p>1-2 PM Caregivers Support Group                      5:30 – 7:30 PM Diabetes Class SPAN                      7-8 PM SPAN Overeaters Anonymous (SMHCV 499)</p> 	<p>Parenting Classes: Toddlers                      9:30 AM English 11:30 AM Spanish                      5-6:30 PM Parenting Classes:0-5 yrs</p>	<p>Parenting Classes: Preschoolers                      9:30 AM English 11:30 AM Spanish                      11AM-12 PM Stroke/ Parkinson's Exercise class                      6-8 PM TOPS (SMHCV 495 Bldg)                      6-9 PM Food Handlers Class SPAN                      7-8 PM SPAN Overeaters Anonymous (SMHCV 499 Bldg)</p>	<p>11 AM– 12 PM Communication Enhancement Group</p>
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## SUPPORT GROUPS

August 2012

### **Breastfeeding Support Groups – Held Mondays 1:00 – 2:00 PM FREE**

Support groups for new mothers and their babies focusing on breastfeeding and other women's health issues. For more information call (619) 862-6600

### **Caregiver's Support Group – Held 3<sup>rd</sup> Tuesday of each month FREE**

Support group for those that care and take care of others with Parkinson's, stroke etc.. Sponsored by Parkinson's Foundation. For more info call 1 (877) 273-6763

### **Diabetes Support Group – Monthly SPANISH 1<sup>st</sup> Thursday 4 – 5 PM ENGLISH 2<sup>nd</sup> Thursday 5 – 6 PM FREE**

Meetings are held for community members with diabetes who would like more education and support services. Come share your experience and learn from others. Sponsored by Project Dulce a program of the Scripps Whittier Institute for Diabetes.

### **Men's Support Group - Held 2<sup>nd</sup> Tuesday of each month 12:15-1:15 PM FREE**

Learn more about health and social well-being issues affecting your life. Held at Norman Park Center, 270 F Street. For more info call (619) 862-6600.

### **Spanish Overeaters Anonymous Support Group – Held Tuesdays & Thursdays 7:00-8:00 PM FREE**

This is Twelve-Step recovery program. Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. For more information, call (619) 862-6600. Held at 499 H Street, Chula Vista.

### **TOPS (Take Off Pounds Sensibly) - Held Thursdays, 6:00-8:00 PM Annual membership: \$26**

TOPS is the oldest international, non-profit, non-commercial weight-loss support group. Change takes time. TOPS supports you no matter how long-even after you've reached your goal! For more information, call (619) 862-6600.

### **Widowed Support Group Held 2nd & 4th Mondays 10:00 AM - 12:00 Noon FREE**

Ongoing group support for people who have lost a spouse.

## CHRONIC DISEASE MANAGEMENT CLASSES

### **Diabetes Classes ENGLISH – Mondays 5:30 – 7:30 PM SPANISH– Tuesdays 5:30 – 7:30 PM FREE**

Understand and manage your diabetes. Learn how to prevent and treat high and low blood sugars, choose meals and physical activities that are appropriate for you, understand how medications work and share your experience and learn from others. Opportunity to know about programs like Project Dulce and clinical trials. Held at Scripps Mercy Well Being Center. For registration and more info call 1-866-791-8154.

### **Stroke/Parkinson's Exercise Group - Held Every Thursday 11:00 AM - 12:00 Noon FREE**

Offers support groups, exercise classes, communication enhancement and skills to cope with lifestyle changes for adults who have suffered a stroke. Facilitated by a Scripps Mercy Hospital Occupational Therapist. For information call (619) 862-6600. Physician Consent is required.

### **S.T.A.R. Communication Enhancement Group -Held every Friday 11:00 AM -12:00 Noon FREE**

A support and practice group led by a Speech Therapist helps adults with communications difficulties resulting from stroke. For more information, please call (619) 862-6600. Sponsored by Scripps Mercy Hospital Chula Vista Rehabilitation Department.

## HEALTH PROFESSIONAL LECTURES

### **Parkinson's Disease - "Senior Health Chat" Monday, August 13, 2012 10:00 -11:00 AM FREE**

Parkinson's is a central nervous system disorder that affects motor skills, cognitive processes and other functions. Tremors are one of the most common symptoms. Come learn more about the signs, symptoms, treatment and prevention. For more info call (619) 862-6600 or 1-800-SCRIPPS.

### **Anemia – "Senior Health Chat" Monday, August 20, 2012 10:00 – 11:00 AM FREE**

Anemia is lack to absorb iron, vitamin B-12 or folic acid. AS a result, the body does not have enough healthy red blood cells to provide oxygen to the body tissues. Come learn more about anemia. For more info call (619) 8662-6600 or 1-800-SCRIPPS.

## GENERAL EDUCATION PROGRAMS

### **Food Handlers Class Thurs, August 2,16 & 30 (ENG) Thurs, August 9&23 (SPAN) 6:00-9:00 PM Fee: \$25 per person**

Three-hour course provides certification for food handlers and meets the requirements of the San Diego County Food Handlers Ordinance. For info call (858) 550-9086. Latecomers will not be permitted to attend. Held at Scripps Mercy Well Being Center.

### **Parenting Class Infants:Mondays Toddlers:Wednesdays Preschoolers:Thursdays ENG @ 9:30 AM SPAN @ 11:30 AM 5:30 PM FREE**

Classes are held weekly. Learn more about your child's health, learning and development, family safety, community and parent advocacy and parenting tips. **Offered in English and Spanish.** For more information and registration call (619) 862-6609