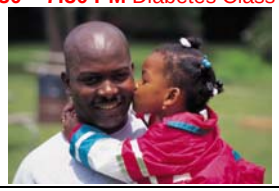
Scripps Mercy Hospital Chula Vista Well Being Center
237 Church Avenue, Chula Vista, CA 91910
(619) 862-6600 or 1-800-SCRIPPS (1-800-727-4777)

JUNE 2012

Scripps AHEC

Monday	Tuesday	Wednesday	Thursday	Friday
	Color Code: *Support Group = Green *Chronic Disease = Red *Health Lectures = Purple *General Education = Blue			1 **11 AM– 12 PM** Communication Enhancement Group
4 Parenting Classes: Infants **9:30AM** English **11:30 AM** Spanish **1–2 PM** Breastfeeding Support Grp **5:30 – 7:30 PM** Diabetes Class 	5 **5:30 – 7:30 PM** Diabetes Class **SPAN** **7-8 PM SPAN** Overeaters Anonymous (SMHCV 499)	6 Parenting Classes: Toddlers **9:30 AM** English **11:30 AM** Spanish 	7 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)	8 **11 AM– 12 PM** Communication Enhancement Group
11 Parenting Classes: Infants **9:30AM** English **11:30 AM** Spanish **10 AM – 12 PM** Widow Support Grp **10-11AM** Eating As We Grow Old (Norman Park Center) **1–2 PM** Breastfeeding Support Grp **5:30 – 7:30 PM** Diabetes Class	12 **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) 	13 Parenting Classes: Toddlers **9:30 AM** English **11:30 AM** Spanish **11 AM – 12:30 PM** Toy Library **11AM & 12:30 PM** Hospital Tour Expectant Parents (**ENG**) SMHCV	14 Parenting Classes: Preschoolers **9:30 AM** English **11:30 AM** Spanish **11AM-12 PM** Stroke/ Parkinson's Exercise class Total Joint Replacement Class **1-2 PM** English **2-3 PM** Spanish **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)	15 **11 AM– 12 PM** Communication Enhancement Group
18 Parenting Classes: Infants **9:30AM** English **11:30 AM** Spanish **10-11AM** Balance and Fall Prevention **1–2 PM** Breastfeeding Support Grp **5:30-7:30 PM** Diabetes Class	19 **1-2 PM** Caregivers Support Group **5:30 – 7:30 PM** Diabetes Class **SPAN** **7-8 PM SPAN** Overeaters Anonymous (SMHCV 499)	20 Parenting Classes: Toddlers **9:30 AM** English **11:30 AM** Spanish 	21 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)	22 **11 AM– 12 PM** Communication Enhancement Group
25 Parenting Classes: Infants **9:30AM** English **11:30 AM** Spanish **10 AM – 12 PM** Widow Support Grp **1–2 PM** Breastfeeding Support Grp **5:30 – 7:30 PM** Diabetes Class	26 **5:30 – 7:30 PM** Diabetes Class **SPAN** **7-8 PM SPAN** Overeaters Anonymous (SMHCV 499) 	27 Parenting Classes: Toddlers **9:30 AM** English **11:30 AM** Spanish **11 AM – 12:30 PM** Toy Library **11 AM** Hospital Tour for Expectant Parents (**SPAN**) SMHCV **6:30-7:30 PM** Men's Health Talk	28 **9-11:30 AM Senior Health Fair** **(Norman Park Center)** 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)	29 **11 AM– 12 PM** Communication Enhancement Group

SUPPORT GROUPS ***June 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. Call (619) 862-6600 for more information.

Caregiver's Support Group – Held 3rd 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 1st Thursday 4 – 5 PM ENGLISH 2nd 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 2nd 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, please call (619) 862-6600.

Toy Library – Held every other Wednesday 11:00 AM – 12:30 PM FREE
Loans instructional/educational to families who have children with disabilities. Sponsored by United Cerebral Palsy of San Diego. Please call (858) 278-5420

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

Eating Well as We Grow Older - "Senior Health Chat" Monday, June 11, 2012 10:00 -11:00 AM FREE
As we age, our relationship to food changes along with our bodies. Eating well can be the key to staying healthy. Come learn how to create a healthy meal, well balanced diet and specific nutritional recommendations for older adults. For more info call (619) 862-6600 or 1-800-SCRIPPS.

Balance and Fall Prevention – "Senior Health Chat" Monday, June 18, 2012 10:00 – 11:00 AM FREE
More than one third of adults ages 65 and older fall each year in the United States. Come learn steps to increase balance, protect your independence, reduce your risk of falling and learn the benefits of having a physical activity routine. For more info call (619) 8662-6600 or 1-800-SCRIPPS.

GENERAL EDUCATION PROGRAMS

Expectant Parents Monthly Hospital Tour 2nd Wednesday (English) 11 AM & 12:30 PM 4th Wednesday (Spanish) 11 AM FREE
Learn where to go, what to do and expect when it's time to welcome your baby into the world. To register call 1 800-727-4777

Food Handlers Class Thursday, June 7 & 21 (ENG) Thursday, June 14&28 (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 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

Total Joint Replacement Class Thursday, June 14, 2012 1:00 – 2:00 PM (English) 2:00 – 3:00 PM (Spanish) FREE
Are you considering Total Hip or Knee Replacement? Attend the Total Joint Replacement class. We will discuss what to expect prior to and following total joint replacement. Held at Scripps Mercy Well Being Center. **Pre-registration REQUIRED** (619) 862-6600.

Senior Health Fair Thursday, June 28, 2012 9 AM – 11:30 AM FREE
Come join us for a health and wellbeing fair. Learn about the benefits of a healthy diet, proper nutrition, diabetes, cancer prevention, support groups and resources and services available in the community. FREE SCREENINGS. Held at Norman Park Center in Chula Vista. For more info call (619) 862-6600 or 1-800-SCRIPPS. Pre-registration is NOT required.