

NOVEMBER EVENTS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|--|---|--|---|--|
| 27 | 28 Be Well Yoga 10a-11a | 29 Chair Yoga Evaluations 12:30p-1:30p* Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p | 30 Healthier Living with Diabetes 1p-3:30p Counseling Services Walk-Ins 1p-2p Wellness Wednesday 1:30p-3:30p | 31 Discover Tai Chi 9a-10a Bereavement Support Group 10-11:30a RxBallroom 1p-1:45p | 1 Chair Yoga 12:30p-1:30p* Fix it Friday 1p-3p | 2 Wellness Walk @ Los Jilgueros Preserve 9a-10a |
| 3 | 4 Be Well Yoga 10a-11a | 5 Chair Yoga 12:30p-1:30p* Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p | 6 Counseling Services Walk-Ins 1p-2p Healthier Living with Diabetes 1p-3:30p | 7 Discover Tai Chi 9a-10a Caregiver Wellness Community 9:30 - 11:30a Bereavement Support Group 10-11:30a RxBallroom 1p-1:45p | 8 Chair Yoga 12:30p-1:30p* Fix it Friday 1p-3p | 9 |
| 10 | 11  OFFICE CLOSED | 12 Chair Yoga 12:30p-1:30p* Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Interfaith Mobile Unit 12p-3p Discover Tai Chi 6p-7p | 13 All Cancer Support Group 10a-11a Counseling Services Walk-Ins 1p-2p Healthier Living with Diabetes 1p-3:30p | 14 Discover Tai Chi 9a-10a Bereavement Support Group 10-11:30a RxBallroom 1p-1:45p Alzheimer's Association Planning for the Holidays 2:30p-3:30p | 15 Chair Yoga 12:30p-1:30p* Fix it Friday 1p-3p | 16 |
| 17 | 18 Veterans Mental Health First Aid Training 9a-5p Be Well Yoga 10a-11a | 19 Chair Yoga 12:30p-1:30p* Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p | 20 Counseling Services Walk-Ins 1p-2p Healthier Living with Diabetes 1p-3:30p | 21 Discover Tai Chi 9a-10a Bereavement Support Group 10-11:30a RxBallroom 1p-1:45p | 22 North County Parkinson's Support Group 10a-12p Chair Yoga 12:30p-1:30p* Fix it Friday 1p-3p | 23 |
| 24 | 25 Be Well Yoga 10a-11a San Diego Blood Bank Blood Drive 11a-4p | 26 Chair Yoga 12:30p-1:30p* Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p | 27 Counseling Services Walk-Ins 1p-2p | 28 Happy Thanksgiving OFFICE CLOSED | 29 BLACK FRIDAY OFFICE CLOSED | 30 |

Partner Services @ The Wellness Hub

Michelle's Place Cancer Resource Center Hours:
Tuesdays & Wednesdays 9a-12p [By Appointment ONLY]
To Book an Appointment: Call (951) 699-5455

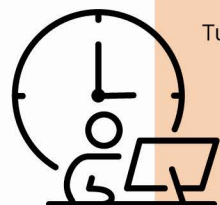
Palomar Family Counseling Service, Inc. Hours:

Tuesdays 1p-7p & Wednesdays 9a-5p
Tuesdays & Wednesdays Walk-ins from 1p-2p
To Book an Appointment: Call (760) 741-2660

Wellness Wednesday: CANCELLED
No Wellness Wednesday for November

For any classes with [*] next to it, you must register first before attending.
To register for these classes, visit www.fallbrookhealth.org/community-health-wellness-center.

Scan me for the most up-to-date calendar!



LEARN MORE...

Healthier Living with Diabetes: Wednesdays 1:00p-3:30p (Starting Oct. 16th)

If you or someone you care for has diabetes, this workshop is for you! Living with diabetes can sometimes feel overwhelming. The good news is that there are things you can do to feel better and take control of your health.

Register: www.fallbrookhealth.org/diabetes-management

Chair Yoga: Tuesdays & Fridays 12:30p-1:30p

This class focuses on gentle stretches, mindful breathing techniques, and relaxation exercises, all performed while seated or using a chair for support. No prior yoga experience is necessary, making it ideal for beginners and those with physical limitations. **Registration is REQUIRED to attend.**

Register: www.fallbrookhealth.org/chair-yoga

Counseling Services: Tuesdays 1:00p-7:00p & Wednesdays 9:00a-5:00p

Counseling Services provided by Palomar Family Counseling Service, Inc. for kids, teens and adults. Accessible, Affordable and Confidential.

Schedule Appointment: www.fallbrookhealth.org/counseling-services

Wellness Wednesdays: Last Wednesday of the month 1:30p- 3:30p

Free blood sugar, blood pressure, and BMI screenings, Cultivate Health workshops, wellness resources and pre-diabetes support.

Register: www.fallbrookhealth.org/health-screenings

Community Resource Navigator

The Community Resource Navigator helps community members access healthcare and health-impacting resources. Navigators are non-licensed, non-clinical staff who gather information related to economic barriers, healthcare systems concerns, and basic needs.

Register: www.fallbrookhealth.org/community-resource-navigator

Michelle's Place Cancer Resource Center: Tuesdays & Wednesdays by Appointment ONLY

Support from diagnosis through treatment and beyond. Services are available in English and Spanish.

To make an appointment call (951) 699-5455

APRENDA MÁS...

Viviendo Saludablemente con Diabetes: Todos los miércoles de 1:00 p.m. a 3:30 p.m. (a partir del 16 de octubre).

[Impartido solo en inglés] ¡Si tú o alguien a quien cuidas tiene diabetes, este taller es para ti! Vivir con diabetes puede ser abrumador a veces. La buena noticia es que hay cosas que puedes hacer para sentirte mejor y tomar el control de tu salud.

Registro: www.fallbrookhealth.org/diabetes-management

Yoga en Silla: Martes y Viernes de 12:30p-1:30p

Esta clase se enfoca en estiramientos suaves, técnicas de respiración consciente y ejercicios de relajación, todos realizados mientras se está sentado o utilizando una silla para apoyo. No se requiere experiencia previa en yoga, lo que lo hace ideal para principiantes y personas con limitaciones físicas. Es NECESARIO registrarse para asistir.

Registrarse: www.fallbrookhealth.org/chair-yoga

Servicios de Consejería: Martes: 1:00p-7:00p y Miércoles: 9:00a-5:00p

Los servicios de consejería serán proporcionados por Palomar Family Counseling Services, Inc para niños, adolescentes y adultos. Accesible, económico, y confidencial.

Para reservar una cita: www.fallbrookhealth.org/counseling-services

Exámenes de Salud Último miércoles de cada mes 1:30p- 3:30p

Exámenes gratuitos de audición, diabetes y presión arterial.

Registre: www.fallbrookhealth.org/health-screenings

Navegador de Recursos Comunitarios

El Navegador de Recursos Comunitarios ayuda a los miembros de la comunidad a obtener acceso a la asistencia médica y a los recursos que afectan a la salud. Los navegadores son personal no licenciado y no clínico que obtiene información relacionada con las barreras económicas, los problemas de los sistemas de salud y las necesidades básicas.

Registre: www.fallbrookhealth.org/community-resource-navigator

Michelle's Place Recursos contra Cáncer: Martes y Miercoles solo por cita

Apoyo desde el diagnóstico hasta el tratamiento y más allá. Servicios disponibles en Español.

Para reservar una cita llame al (951) 699-5455



Fallbrook Regional
HEALTH DISTRICT
...community health & wellness center

1636 E. Mission Road, Fallbrook
www.fallbrookhealth.org
(760) 731-9187

****Classes, groups, and events are subject to change. For an up to date class schedule and to register for events go to our website at:**

www.fallbrookhealth.org/community-health-wellness-center**