

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|--|--|---|----------|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 Martin Luther King Jr. Day  Office Closed | 21 Discover Tai Chi 9a-10a FRHD Chair Yoga 12:30p-1:30p RxBallroom 1p-1:45p Counseling Services Walk-Ins 1p-2p | 22 Counseling Services Walk-Ins 1p-2p | 23 Discover Tai Chi 9a-10a Bereavement Support Group 10-11:30a RxBallroom 1p-1:45p | 24 Parkinson's Support Group 10a-12p FRHD Chair Yoga 12:30p-1:30p Fix it Friday 1p-3p | 25 |
| 26 | 27 Malis Be Well Yoga 10a-11a Blood Drive 11a-4p | 28 Discover Tai Chi 9a-10a FRHD Chair Yoga 12:30p-1:30p RxBallroom 1p-1:45p Counseling Services Walk-Ins 1p-2p | 29 CHSI Mobile Unit 9:30a-3p Counseling Services Walk-Ins 1p-2p Wellness Wednesday 1:30p-3:30p | 30 Discover Tai Chi 9a-10a Bereavement Support Group 10-11:30a RxBallroom 1p-1:45p | 31 FRHD Chair Yoga 12:30p-1:30p Fix it Friday 1p-3p | 1 |

WELCOME BACK!

Partner Services @ The Wellness Hub

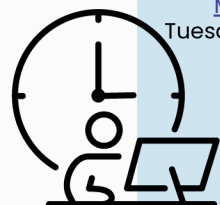
Michelle's Place Cancer Resource Center Hours:
Tuesdays & Wednesdays 9a-12p [By Appointment ONLY]
To Book an Appointment: Call (951) 699-5455

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: Wednesday, January 29th
Workshop: Preventing Glaucoma & Protecting Your Vision
English 1:30 PM | Spanish 2:30 PM
Health Screenings: Blood Pressure, Blood Sugar, BMI
1:30p-3:30p

For up-to-date class calendar & to register for events scan QR code or visit our website at: www.fallbrookhealth.org/community-health-wellness-center

Scan Me for Online Copy of Calendar!



LEARN MORE...

Lifestyle Change Program: Next Cohort Starting in March 2025!

This 12-month CDC-approved program is designed for individuals and families who have prediabetes OR may be at risk of developing Diabetes. A trained Lifestyle Change Coach teaches this program and covers multiple aspects of health & wellness, including but not limited to Eating, Physical Activity, Stress Management, Sleep, and Cooking. Free to residents in the FRHD service area. Prequalification is required.

Interested in joining, complete form:

www.fallbrookhealth.org/lifestyle-change-program-diabetes-prevention

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

Mental Health First Aid

Learn to identify, understand and respond to signs of mental illness and substance abuse disorders and how to connect to care.

Register: www.fallbrookhealth.org/mental-health-first-aid

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...

Programa de Cambio de Estilo de Vida: ¡El próximo grupo comienza en marzo de 2025!

Este programa aprobado por los CDC tiene una duración de 12 meses y está diseñado para personas y familias con prediabetes O que podrían estar en riesgo de desarrollar diabetes. Un entrenador capacitado en cambios de estilo de vida imparte este programa, cubriendo diversos aspectos de la salud y el bienestar, incluyendo, entre otros, alimentación, actividad física, manejo del estrés, sueño y cocina. Gratuito para residentes del área de servicio del FRHD. Se requiere pre-calificación.

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¡Interesado en unirse? Complete el formulario:

www.fallbrookhealth.org/lifestyle-change-program-diabetes-prevention

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

Primeros Auxilios en Salud Mental

Aprender a identificar, comprender y responder a los signos de enfermedades mentales y los trastornos por abuso de sustancias.

Registre: www.fallbrookhealth.org/mental-health-first-aid

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

****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****

1636 E. Mission Rd., Fallbrook, CA
(760)-731-9187