



## December 2020

St. John's Community Health Department would like to invite you to attend our upcoming events!

### Call in and ZOOM Health Classes (Free)

<b>5 Saturday</b>	<p><b>Preparing for Holidays during the Pandemic Stress-Less, Healthy, Meaningful Holidays</b>  <b>9:00 AM – 10:00 AM · Sr. Suzanne Soppe, MPH</b>          To register, email <a href="mailto:Suzanne.Soppe@dignityhealth.org">Suzanne.Soppe@dignityhealth.org</a> or call 805 988-2693. Please leave your name, address, phone number and the class for which you wish to register.</p>
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<b>12 Saturday</b>	<p><b>Signs of Domestic Violence and How to Get Help</b>  <b>Family Violence Intervention Services, Interface Children &amp; Family Services</b>  <b>Register in advance for this class by clicking link below:</b>  <a href="https://urldefense.com/v3/https://zoom.us/meeting/register/tJMldeyoqzoiHdfVtKzvHWkyFROdIEUAMkgK;!!CqLityr3mSQ!TPHyMInm24eSPc3aFpYC84lsCypyfeNgFq9hBLbCWPbxQ340ZtRVYXQJobfFKF6I2II-bw\$">https://urldefense.com/v3/https://zoom.us/meeting/register/tJMldeyoqzoiHdfVtKzvHWkyFROdIEUAMkgK;!!CqLityr3mSQ!TPHyMInm24eSPc3aFpYC84lsCypyfeNgFq9hBLbCWPbxQ340ZtRVYXQJobfFKF6I2II-bw\$</a>          After registering, you will receive a confirmation email containing information about joining the meeting.</p>
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**Phone Nutrition Counseling (available in English and Spanish)**  
**To schedule your FREE appointment with a Registered Dietitian,**  
**please call 805.988.2709 or email [Carolina.Villavicencio@Dignityhealth.org](mailto:Carolina.Villavicencio@Dignityhealth.org) .**

**Pleasant Valley Recreation and Park District Activity Guide**  
<https://www.pvrpd.org/virtual-recreation>

St. John's reserves the right to cancel and change dates for classes and services.  
 If you have any questions, please call 805-988-2693 and leave a message.



In partnership with Pleasant Valley Park & Recreation District



St. John's Pleasant Valley Hospital  
 St. John's Regional Medical Center