



# September

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

## Call in and ZOOM Health Classes (Free)

<p><b>12 Saturday</b></p>	<p><b>Every Woman Counts – Breast and Cervical Cancer Screening and Prevention</b>  <b>9:00 AM – 10:00 AM · Brianda Montelongo</b>          Register in advance for this free ZOOM class  <a href="https://us02web.zoom.us/meeting/register/tZ0kduihpjkvE901ofagWrL2MLoQXgcp3mLV">https://us02web.zoom.us/meeting/register/tZ0kduihpjkvE901ofagWrL2MLoQXgcp3mLV</a>          After registering, you will receive a confirmation email with Meeting ID and Password. Please submit any questions to: briamont123@gmail.com</p>
<p><b>16 Wednesday</b></p>	<p><b>“Mindfully Managing Our Stress” (Wellness/Diabetes Support Group)</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>. 805 988-2693</p>
<p><b>23 Wednesday</b></p>	<p><b>Let's Play! Join us for a fun interactive game of trivia while learning fun evidence based facts about the foods we eat.</b>  <b>5:30 – 6:30 PM · To register, email Carolina.Villavicencio@Dignityhealth.org</b></p>

To register for these Zoom or call-in classes, please email your name, address, phone number, email address and name of class. You will receive ZOOM link, meeting ID and Password or call in number through email or a phone call.

To download Zoom, go to Zoom.us.com.

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