



January 2021

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

Call in and ZOOM Health Classes (Free)

<p>23 Saturday</p>	<p>What to Know about Stroke 11:00 AM – 12:00 PM · Sherri Greif, RN To register, email Suzanne.Soppe@dignityhealth.org 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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<p>26 Tuesdays (6 sessions)</p>	<p>Healthier Living: Chronic Disease Self-Management Class Co-sponsored by Camarillo Health Care District and St. John's Hospitals 9:00 AM – 11:30 AM · Sr. Suzanne Soppe, MPH and Blake Barker, MPH To register, email Suzanne.Soppe@dignityhealth.org 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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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 .

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

Dignity Health
<https://myemail.constantcontact.com/The-latest-news-for-you.html?soid=1117480283123&aid=BITc4h2snCI>

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