



November

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

<p>14 Saturday</p>	<p>Healthy Eating for Your Brain 9:00 AM – 10:00 AM · Doctor Maria Kokkinides To register, email Suzanne.Soppe@dignityhealth.org or call 805 988-2693.</p>
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<p>21 Saturday</p>	<p>Prevention of Falls 9:00 AM – 10:00 AM · Sr. Suzanne Soppe, MPH To register, email Suzanne.Soppe@dignityhealth.org or call 805 988-2693.</p>
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Other places with Health and Fitness Programs

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

Dignity Health
<http://www.dignityhealth.org/las-vegas/classes-and-events>
 Click on "Current List of Classes"

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