



October

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

17 Saturday	Managing Your Pre-Diabetes and Diabetes 9:00 AM – 10:00 AM · Sr. Suzanne Soppe, MPH To register, email Suzanne.Soppe@dignityhealth.org or call 805 988-2693.
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31 Saturday	Osteoporosis 9:00 AM – 10:00 AM · Sr. Suzanne Soppe, MPH To register, email Suzanne.Soppe@dignityhealth.org or call 805 988-2693.
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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
<https://myemail.constantcontact.com/The-latest-news-for-you.html?soid=1117480283123&aid=BITc4h2snCI>

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](https://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