

# Wake Up!

TO GOOD HEALTH

## December 2021

Masks and COVID-19 Vaccinations are required for in-person events.



### Arthritis Exercise Class

**Tuesday, December 7**  
**10:00 a.m. - 11:00 a.m.**  
**Palm Vista Senior Center**  
**801 S. C Street, Oxnard**

### Health Ministries Basic Needs Program- Food Pantry

**Tuesdays,**  
**December 7 and 14, 2021**  
**9:00 a.m. - 12:30 p.m.**

**Thursdays,**  
**December 9 and 16, 2021**  
**11:30 a.m. - 2:30 p.m.**

**Christ the King Church**  
**(Please use the back entrance)**  
**535 Cooper Rd., Oxnard**

### Nutrition Counseling

Need help managing a medical condition or want tips on how to make healthier choices? Speak to a Registered Dietitian over the phone regarding your nutrition questions or concerns such as:

- Controlling High Blood Pressure
- Lowering Cholesterol
- Managing Diabetes
- Planning kid-friendly meals/ helping your child try new foods
- Meal planning with limited resources

**To schedule your FREE phone appointment, please call 805.988.2709 or text 805.790.5033 and leave your name and call back number.**

### Healthy, Stress-less, Meaningful Holidays

Healthy recipes, stress-less tips and meaningful plans can enhance your health and joy during the holidays. Spend this hours thinking about how you can use some of these ideas to enhance your holidays. To register, call 805.988.2693 or email [suzanne.soppe@dignityhealth.org](mailto:suzanne.soppe@dignityhealth.org) and provide your name, email address, address and phone number.

**Wednesday, December 8**  
**6:00 p.m. - 7:00 p.m.**

**St. John's reserves the right to cancel and change dates for classes and services**  
**Pleasant Valley Recreation and Park District Activity Guide**  
**<https://www.pvrpd.org/virtual-recreation>**



Dignity Health.

St. John's Regional Medical Center | St. John's Hospital Camarillo



In partnership with Pleasant Valley Park & Recreation District