

2023-24 Health, Wellness, & Movement Classes

Salinas Valley Health
 (831) 759-1890 www.SalinasValleyHealth.com

Class	Class Cost	You Pay
BAMM Balance, Mobility & Meditation	Free	Free
Breastfeeding Made Easy	\$20	\$7
Childbirth Preparation Series	\$60	\$25
Freedom From Smoking	\$25	\$10
Group Chair Class: Movement & Meditation	Free	Free
Mindful Meditation – via Zoom	Free	Free
Yoga Flow 6-week series class	\$55	\$22

Wellvolution**
 (866) 671-9644

4 program categories

- 1. Behavioral health**
(lower stress and manage anxiety)
- 2. Tobacco cessation**
- 3. Disease prevention**
(weight management, diabetes prevention)
- 4. Condition-specific**
(hypertension, heart-disease, diabetes)

**Access and review digital programs at www.wellvolution.com - \$0 member fee

Community Hospital of Monterey Peninsula
 (888) 452-4667 www.chomp.com

Class	Class Cost	You Pay
HealthSmart Classes—Nutrition	Free	Free
Ohana Mental Health Classes	Free	Free

Diabetes Education & Support

Diabetes: From Eyes to Exercise and Food to Foot Care
Salinas Valley Medical Clinic (831) 422-3636
<https://www.svmh.com/Events-Classes/Classes.aspx>
 4 classes @ \$50 per class \$200 total FREE*

Diabetes Self-Management Education and Support
CHOMP/Montage Health - Monterey Peninsula (831) 649-7220
<https://www.chomp.org/diabeteseducation>
 4-week series – call for pricing details
 (\$250 reimbursement available for class fees through MCSIG Wellness)

French Hospital Medical Center (805) 543-5353
 1911 Johnson Ave. SLO
<https://www.dignityhealth.org/diabetes>
Diabetes Support Group Free

Self-Management Resource Center (650) 725-4617
www.selfmanagementresource.com
Diabetes Self-Management Program Free
 Find a workshop!

* Diabetes Education & Support - \$500 reimbursement available annually for all diabetes prevention programs.

All fees listed are subject to change.



Contact MCSIG Wellness at 831-755-0161