

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p	5 COVID Testing 9a- 1p Michelle's Place Office Hours 9a-2p	6 Chair Yoga 10a-11a Fix it Friday 1p-3p	7 Michelle's Place Movement Therapy 3p-4:30p
8	9	10 Hands Only CPR 1p-3p	11 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p	12 COVID Testing 9a-1p Michelle's Place Office Hours 9a-2p	13 Chair Yoga 10a-11a Fix it Friday 1p-3p Ribbon Cutting 12p	14 Mental Health First Aid 8a- 5p
15	16	17	18 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p	19 COVID Testing 9a-1p Michelle's Place Office Hours 9a-2p	20 Chair Yoga 10a-11a Fix it Friday 1p-3p	21
22	23	24	25 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p Health & Hearing Screenings 1:30p-3:30p	26 COVID Testing 9a-1p Michelle's Place Office Hours 9a-2p Tea Party 10:30a	27 Chair Yoga 10a-11a North County Parkinson's Support Group 10a-12p Fix it Friday 1p-3p	28 Butterfly Release 8:30-10a
29	30 Memorial Day 	31	1 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p	2 COVID Testing 9a-1p Michelle's Place Office Hours 9a-2p	3 Chair Yoga 10a-11a Fix it Friday 1p-3p	4 Foundation for Senior Care Healthy Living Fair & Cornhole Tournament

## June Highlights

June 6 & 7 Mental Health First Aid- Español, 5 pm -9pm

June 4 Foundation for Senior Care- Healthy Living & Cornhole Tournament, 10a-2p

June 9 Hospice of the Valleys- Medicare Fraud: What You Need to Know, 2p

June 11 Mental Health First Aid- Adults Working with Youth, 8a - 5p

June 16 Blood Dive with San Diego Blood Bank, 11a - 4p

Parent & Teen Wellness Workshops - June 14 & June 28, 9-10 am English, 10-11 Spanish

June 29 Health Screenings- Blood Pressure & Blood Sugar, 1:30p-3:30p

# LEARN MORE...

**Chair Yoga with Sandra Buckingham: Wed and Fri 10a-11a**

**Please email [flourishyoga@roadrunner.com](mailto:flourishyoga@roadrunner.com) to reserve your spot**

**Michelle's Place Cancer Resource Center: Wed and Thurs 9a-2p**

Support from diagnosis through treatment and beyond. Services are available in English and Spanish.

**To make an appointment call (951) 699-5455**

**Hands Only CPR**

CPR without rescue breaths.

**\*\*\*THIS IS NOT A CERTIFICATION CLASS\*\*\***

**Register at [fallbrookhealth.org/hands-only-cpr](https://www.fallbrookhealth.org/hands-only-cpr)**

**North County Parkinson's Support Group:**

Information for People with Parkinson's, care partners, their families, friends and the public. **For more information contact Irene Miller at (760) 731-0171 or [ncpsgf@gmail.com](mailto:ncpsgf@gmail.com)**

**COVID Testing: Thursdays 9a-1p**

Just in time for all your weekend activities!

**Register at [tinyurl.com/cov19test](https://tinyurl.com/cov19test)**

**Health Screenings: Last Wednesday of the month 1:30p- 3:30p**

Free hearing blood sugar and blood pressure screenings.

**Blood pressure & blood sugar register at [tiny.one/healthscreening](https://tiny.one/healthscreening)**

**Hearing screenings register at [tiny.one/hear-test](https://tiny.one/hear-test)**

**Fix it Fridays: Every Friday 1:00p-3:00p**

Computer, Smart Phone and, Tablet training for Seniors by Seniors.

**Register and learn about computer classes at [foundationforseniorcare.org/our-services/computer-classes/](https://foundationforseniorcare.org/our-services/computer-classes/)**

**Mental Health First Aid**

Learn to identify, understand and respond to signs of mental illness and substance abuse disorders and how to connect to care.

**[fallbrookhealth.org/mental-health-first-aid](https://fallbrookhealth.org/mental-health-first-aid)**

Fallbrook Regional Health District  
Community Health and Wellness Center  
1636 East Mission Road, Fallbrook

[www.fallbrookhealth.org](https://www.fallbrookhealth.org)

(760) 731-9187

# APRENDA MÁS...

**Yoga en Silla con Sandra Buckingham: Miércoles y Viernes 10a-11a**

**Envíe o un email a [flourishyoga@roadrunner.com](mailto:flourishyoga@roadrunner.com) para reservar su lugar**

**Michelle's Place Recursos contra Cáncer: Miércoles y Jueves 9a-2p**

Apoyo desde el diagnóstico hasta el tratamiento y más allá. Servicios disponibles en español.

**Para reservar una cita llame al (951) 699-5455.**

**RCP Sólo con las Manos:**

RCP sin respiración de rescate.

**\*\*\*ESTE NO ES UN CURSO DE CERTIFICACIÓN\*\*\*.**

**Para inscribirse, vaya a <https://www.fallbrookhealth.org/hands-only-cpr>**

**Grupo de apoyo de Parkinson del Condado Norte:**

Información a las personas con Parkinson, a los cuidadores, sus familias, amigos y al público. **Para más información, contacte a Irene al (760) 731-0171 o [ncpsgf@gmail.com](mailto:ncpsgf@gmail.com)**

**Pruebas de COVID: Cada Jueves de 9a-1p**

Justo a tiempo para todas sus actividades de fin de semana!

**Registre [tinyurl.com/cov19test](https://tinyurl.com/cov19test)**

**Exámenes de Salud: Último miércoles de cada mes 1:30p- 3:30 p**

Exámenes gratuitos de diabetes y presión arterial.

**Registre [tiny.one/healthscreening](https://tiny.one/healthscreening)**

**Prueba de audición registre [tiny.one/hear-test](https://tiny.one/hear-test)**

**Reparación Viernes: Todos los Viernes 1:00p-3:00p**

Información de computadoras, celulares y tabletas para personas mayores por personas mayores.

**Registre [foundationforseniorcare.org](https://foundationforseniorcare.org)**

**Primeros Auxilios en Salud Mental**

Aprender a identificar, comprender y responder a los signos de enfermedades mentales y los trastornos por abuso de sustancias.

**[fallbrookhealth.org/mental-health-first-aid](https://fallbrookhealth.org/mental-health-first-aid)**

