

SEPTEMBER EVENTS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29 COVID Testing 9a- 1p 138 South Brandon Rd Chair Yoga 9:30a-10:30a	30	31 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p	1 COVID Testing 9a- 1p 1636 E Mission Rd Michelle's Place Office Hours 9a-2p Caregiver Support Community 9:30a	2 Chair Yoga 10a-11a Fix it Friday 1p-3p	3
4	5 LABOR DAY OFFICE & CH&WC CLOSED 	6 Yoga 10a-11a	7 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p	8 COVID Testing 9a-1p 1636 E Mission Rd Michelle's Place Office Hours 9a-2p Caregiver Support Series 10a-11:30a	9 Chair Yoga 10a-11a Fix it Friday 1p-3p Grief Support Series 10a-11:30a	10
11	12 COVID Testing 9a- 1p 138 South Brandon Rd Chair Yoga 9:30a-10:30a	13 Yoga 10a-11a	14 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p	15 COVID Testing 9a-1p 1636 E Mission Rd Michelle's Place Office Hours 9a-2p Caregiver Support Series 10a-11:30a	16 Chair Yoga 10a-11a Fix it Friday 1p-3p Grief Support Series 10a-11:30a	17
18	19 COVID Testing 9a- 1p 138 South Brandon Rd Chair Yoga 9:30a-10:30a	20 Yoga 10a-11a Parenting Workshop: Human Trafficking Awareness (E) 9a-10a (S) 10:30-11:30a	21 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p	22 COVID Testing 9a-1p 1636 E Mission Rd Michelle's Place Office Hours 9a-2p Caregiver Support Series 10a-11:30a	23 Chair Yoga 10a-11a Parkinson's Support Group 10a-12p Fix it Friday 1p-3p Grief Support Series 10a-11:30a	24 Mental Health First Aid 8a-5p
25	26 COVID Testing 9a- 1p 138 South Brandon Rd Chair Yoga 9:30a-10:30a	27 Yoga 10a-11a	28 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p Health Screenings 1:30p-3:30p Wellness Workshop: Understanding Type II Diabetes (E) 1:30p (S) 2:30p	29 COVID Testing 9a-1p 1636 E Mission Rd Michelle's Place Office Hours 9a-2p Caregiver Support Series 10a-11:30a	30 Chair Yoga 10a-11a Fix it Friday 1p-3p Grief Support Series 10a-11:30a	1

October Highlights

October 6 San Diego Blood Bank Blood Drive: 11a-4p

October 17 & 18 Mental Health First Aid: 5p-9p

October 18 Cultivate Health Parenting: Career Development (E) 9a (S) 10:30a

October 26 Health Health Screenings: Blood Pressure, BMI, & Diabetes 1:30-3:30p

October 26 Cultivate Health Wellness: How to Improve Your Mental Health (E) 1:30p (S) 2:30p

For more information or to register for events go to: fallbrookhealth.org



LEARN MORE...

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 (Offered Monthly)

Learn what Hands-Only CPR is and how to give it. American Heart Association standard training.

Register at fallbrookhealth.org/hands-only-cpr

COVID Testing: Mondays & Thursdays 9a-1p

Mon: 138 S. Brandon Rd. | Thurs: 1636 E. Mission Rd.

Register at fallbrookhealth.org/covid-19-testing

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

Free hearing, blood sugar and blood pressure screenings.

Register at: fallbrookhealth.org/health-screenings

Mental Health First Aid (Offered Monthly)

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

Register: fallbrookhealth.org/mental-health-first-aid

Parenting Workshop: Human Trafficking Awareness

Parents will learn how to identify if a person may be a victim of human trafficking, who are the most vulnerable, strategies to safeguard youth and resources available for those in crisis. Personal stories of human trafficking experiences will be shared.

Register: fallbrookhealth.org/cultivate-health-cultivar-tu-salud

Wellness: Understanding Type II Diabetes

Type 2 diabetes is preventable and reversible. However, millions of individuals are living with this chronic condition. This workshop will cover different types of diabetes, understanding the functions of insulin and glucose, risk factors for type 2 diabetes, common symptoms for type 2 diabetes, lifestyle changes you can make to prevent or reduce the risk of type 2 diabetes.

Register: fallbrookhealth.org/cultivate-health-cultivar-tu-salud

APRENDA MÁS...

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 (Ofrecido Mensualmente)

Aprenda qué es la RCP con las manos y cómo aplicarla.

Registre: fallbrookhealth.org/hands-only-cpr

Pruebas de COVID Cada Lunes y Jueves de 9a-1p

Lunes: 138 S. Brandon Rd. | Jueves: 1636 E. Mission Rd.

Registre: fallbrookhealth.org/covid-19-testing

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

Exámenes gratuitos de audición, diabetes y presión arterial.

Registre: fallbrookhealth.org/health-screenings

Primeros Auxilios en Salud Mental (Ofrecido Mensualmente)

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

Registre: fallbrookhealth.org/mental-health-first-aid

Educación Para Padres: Concientización Sobre el Trafico Humano

Los padres aprenderán a identificar si una persona puede ser víctima del tráfico humano, quien son los más vulnerables y los recursos disponibles para quienes están en crisis. Se compartirán historias personales de experiencias de trata de seres humanos.

Registre: fallbrookhealth.org/cultivate-health-cultivar-tu-salud

Bienestar: Entendiendo la Diabetes Tipo II

La diabetes tipo 2 puede ser prevenible. Sin embargo, millones de personas están viviendo con esta enfermedad crónica. Este taller cubrirá tipos de diabetes, entender las funciones entre la insulina y la glucosa, factores de riesgo de la diabetes tipo 2, síntomas comunes de la diabetes tipo 2.

Registre: fallbrookhealth.org/cultivate-health-cultivar-tu-salud



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

www.fallbrookhealth.org

(760) 731-9187

