### December Events

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>COVID Testing 9a-1p 138 South Brandon Rd</td>
<td>Michelle's Place Office Hours 9a-2p Yoga 10a-11a</td>
<td>Michelle's Place Office Hours 9a-2p Yoga 10a-11a</td>
<td>Wellness- Holiday Blues: (E) 1:30p (S) 2:30p Health Screening 1:30-3:30p Michelle's Place Office Hours 9a-2p Yoga 10a-11a</td>
<td>1 COVID Testing 9a-1p 1636 E Mission Rd Caregiver Wellness Community 9:30a Grief Support Group 10a-11:30a Blood Drive 11a-4p Healthy for Holidays 12:30p-2p</td>
<td>Mental Health First Aid 8a-5p Chair Yoga 10a-11a Fix it Friday 1p-3p</td>
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<tr>
<td>COVID Testing 9a-1p 138 South Brandon Rd Chair Yoga 9:30a-10:30a</td>
<td>Michelle's Place Office Hours 9a-2p Yoga 10a-11a</td>
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<td>Grief Support: Holidays 10a-11:30a COVID Testing 9a-1p 1636 E Mission Rd</td>
<td>Fix it Friday 1p-3p</td>
<td>Pop-up Moonlight Chic Shopping Benefit 11a-3p Chair Yoga 10a-11a Fix it Friday 1p-3p</td>
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<tr>
<td>COVID Testing 9a-1p 138 South Brandon Rd Chair Yoga 9:30a-10:30a</td>
<td>Healthy for Holidays 6p-7:30p Michelle's Place Office Hours 9a-2p Yoga 10a-11a Michelle's Place All Cancer group 10a-11a</td>
<td>Postpartum Support 9:30a-11a Michelle's Place Office Hours 9a-2p Yoga 10a-11a</td>
<td>ID Theft &amp; Senior Scams 10:30a Grief Support: Holidays 10a-12p COVID Testing 9a-1p 1636 E Mission Rd</td>
<td>Fix it Friday 1p-3p</td>
<td>Chair Yoga 10a-11a Fix it Friday 1p-3p</td>
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<td>Fallbrook Drum Circle 2p-5p</td>
<td>Michelle's Place Office Hours 9a-2p Yoga 10a-11a</td>
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<tr>
<td>OFFICE CLOSED Chair Yoga 9:30a-10:30a</td>
<td>Michelle's Place Office Hours 9a-2p Yoga 10a-11a</td>
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<td>Chair Yoga 10a</td>
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### January Highlights

- **January 5, 12, 19**: Hospice of the Valley Grief Support Group 10:00 am-12:00 pm
- **January 10 & 24**: Postpartum Support Group 9:30 am-11:00 am
- **January 12**: Good Dog Service Canine's Graduation Ceremony 3:30 pm-6:30 pm
- **January 25**: Wellness Wednesday 1:30 pm-3:30 pm
- **January 30**: Qigong 2:00 pm

For more information or to register for events go to: [www.fallbrookhealth.org/community-health-wellness-center](http://www.fallbrookhealth.org/community-health-wellness-center)
**Learn More...**

**Diabetes Prevention Lifestyle Change Program**

Coming March 2023

More than one in three Americans has prediabetes and only 10% know it.

This program provides a supportive environment where participants work together in a small group to learn about healthier eating and increasing their physical activity to reduce their risk for developing diabetes. The program, which is CDC approved and led by a trained Lifestyle Coach, is delivered over a 12-month period, beginning with weekly meetings for 6 months and followed by monthly maintenance. Free to Fallbrook Area residents.

Interested? Contact Bianca for more information at 760.731.9187 or bheyming@fallbrookhealth.org.

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**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**
Aprenda qué es la RCP con las manos y cómo aplicarla.
**Registre: www.fallbrookhealth.org/hands-only-cpr**

**Pruebas de COVID Cada Lunes y Jueves de 9a-1p**
**Registre: www.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: www.fallbrookhealth.org/health-screenings**

**Primeros Auxilios en Salud Mental**
Aprender a identificar, comprender y responder a los signos de enfermedades mentales y los trastornos por abuso de sustancias.
**Registre: www.fallbrookhealth.org/mental-health-first-aid**

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

www.fallbrookhealth.org
(760) 731-9187

**Classes, groups, and events are subject to change. For an up-to-date class schedule go to our website at:**

www.fallbrookhealth.org/community-health-wellness-center