

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 EASTER	1 Be Well Yoga 10a-11a Tai Chi for Better Balance 11:30a-12:30a* Tai Chi for Better Balance 1p-2p*	2 Living with Type 2 Diabetes 10a-12p Putting the Pieces Together 12p-1p RxBallroom 1p-1:45p Counseling Services Walk-Ins 1p-2p Discover Tai Chi 6p-7p	3 Tai Chi for Better Balance 11:30a-12:30a* Counseling Services Walk-Ins 1p-2p Tai Chi for Better Balance 1p-2p*	4 Discover Tai Chi 9a-10a Caregiver Wellness Community 9:30 - 11:30a Grief Support Group 10-11:30a RxBallroom 1p-1:45p	5 Fix it Friday 1p-3p	6
7	8 Food Smarts & Choose Healthy Beverages 10a-11a Tai Chi for Better Balance 11:30a-12:30a* Be Well Yoga 10a-11a Tai Chi for Better Balance 1p-2p*	9 Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p	10 Tai Chi for Better Balance 11:30a-12:30a* Counseling Services Walk-Ins 1p-2p Tai Chi for Better Balance 1p-2p*	11 Discover Tai Chi 9a-10a Grief Support Group 10-11:30a RxBallroom 1p-1:45p	12 Fix it Friday 1p-3p	13
14	15 Mental Health First Aid Training 9a-1p Food Smarts & Choose Healthy Beverages 10a-11a Be Well Yoga 10a-11a Tai Chi for Better Balance 11:30a-12:30a* Tai Chi for Better Balance 1p-2p*	16 Mental Health First Aid Training 9a-1p Chair Yoga 11:30a-12:30p* Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p	17 Tai Chi for Better Balance 11:30a-12:30a* Counseling Services Walk-Ins 1p-2p Tai Chi for Better Balance 1p-2p*	18 Discover Tai Chi 9a-10a Grief Support Group 10-11:30a Michelle's Place Cancer Support Circle 11a-1p RxBallroom 1p-1:45p	19 Chair Yoga 11:30a-12:30p* Fix it Friday 1p-3p	20
21	22 Food Smarts & Choose Healthy Beverages 10a-11a Tai Chi for Better Balance 11:30a-12:30a* Be Well Yoga 10a-11a Tai Chi for Better Balance 1p-2p*	23 Chair Yoga 11:30a-12:30p* Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p	24 Tai Chi for Better Balance 11:30a-12:30a* Counseling Services Walk-Ins 1p-2p Tai Chi for Better Balance 1p-2p* Wellness Wednesday 1:30p-3:30p	25 Discover Tai Chi 9a-10a Grief Support Group 10-11:30a RxBallroom 1p-1:45p	26 North County Parkinson's Support Group 10a-12p Chair Yoga 11:30a-12:30p* Fix it Friday 1p-3p	27
28	29 Food Smarts & Choose Healthy Beverages 10a-11a Be Well Yoga 10a-11a San Diego Blood Bank Blood Drive 11a-4p Tai Chi for Better Balance 11:30a-12:30a* Tai Chi for Better Balance 1p-2p*	30 Chair Yoga 11:30a-12:30p* Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p	1 Tai Chi for Better Balance 11:30a-12:30a* Counseling Services Walk-Ins 1p-2p Tai Chi for Better Balance 1p-2p*	2 Discover Tai Chi 9a-10a Caregiver Wellness Community 9:30 - 11:30a Grief Support Group 10-11:30a RxBallroom 1p-1:45p	3 Chair Yoga 11:30a-12:30p* Fix it Friday 1p-3p	4

Partner Services @ The Wellness Hub

Michelle's Place Cancer Resource Center Hours:
Tuesdays & Wednesdays 9a-12p [By Appointment ONLY]
To Book an Appointment: Call (951) 699-5455

Palomar Family Counseling Service, Inc. Hours:
Tuesdays 1p-7p & Wednesdays 9a-5p
Tuesdays & Wednesdays Walk-ins from 1p-2p
To Book an Appointment: Call (760) 741-2660

Wellness Wednesday: April 24th

Workshop: Inhale. Exhale. @ 1:30 PM - 2:30 PM
Health Screenings @ 1:30p-3:30p
Diabetes, Blood Pressure & BMI

Scan me for the most up-to-date calendar!



For any classes with [*] next to it, you must register first before attending.

To register for these classes, visit www.fallbrookhealth.org/community-health-wellness-center.



LEARN MORE...

Tai Chi for Better Balance: Mondays & Wednesdays 11:30a- 12:30p & 1:00p-2:00p

Tai Chi for Better Balance (Tai Ji Quan) has been shown to improve balance and mobility and reduce the risk of falls. People of all ability levels are welcome. This class can be conducted from a seated or standing position. **Registration is REQUIRED to attend class.**

Register: www.fallbrookhealth.org/tai-chi-for-balance

Chair Yoga: Tuesdays & Fridays 11:30a-12:30p

This class focuses on gentle stretches, mindful breathing techniques, and relaxation exercises, all performed while seated or using a chair for support. No prior yoga experience is necessary, making it ideal for beginners and those with physical limitations. **Registration is REQUIRED to attend.**

Register: Email Bianca at bheyming@fallbrookhealth.org

Counseling Services: Tuesdays 1:00p-7:00p & Wednesdays 9:00a-5:00p

Counseling Services provided by Palomar Family Counseling Service, Inc. for kids, teens and adults. Accessible, Affordable and Confidential.

Schedule Appointment: www.fallbrookhealth.org/counseling-services

Wellness Wednesdays: Last Wednesday of the month 1:30p- 3:30p

Free blood sugar, blood pressure, and BMI screenings, Cultivate Health workshops, wellness resources and pre-diabetes support.

Register: www.fallbrookhealth.org/health-screenings

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.

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

Community Resource Navigator

The Community Resource Navigator helps community members access healthcare and health-impacting resources. Navigators are non-licensed, non-clinical staff who gather information related to economic barriers, healthcare systems concerns, and basic needs.

Register: www.fallbrookhealth.org/community-resource-navigator

Michelle's Place Cancer Resource Center: Tuesdays & Wednesdays by Appointment ONLY

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

To make an appointment call (951) 699-5455

APRENDA MÁS...

Tai Chi para un Mejor Equilibrio: Lunes y Miércoles de 11:30 a.m. a 12:30 p.m. y de 1:00 p.m. a 2:00 p.m

El Tai Chi para un Mejor Equilibrio (Tai Ji Quan) ha demostrado mejorar el equilibrio y la movilidad, y reducir el riesgo de caídas. Personas de todos los niveles de habilidad son bienvenidas. Esta clase puede realizarse desde una posición sentada o de pie. **Es NECESARIO registrarse para asistir a la clase.**

Registro: www.fallbrookhealth.org/tai-chi-for-balance

Yoga en Silla: Martes y Viernes de 11:30 a.m. a 12:30 p.m

Esta clase se enfoca en estiramientos suaves, técnicas de respiración consciente y ejercicios de relajación, todos realizados mientras se está sentado o utilizando una silla para apoyo. No se requiere experiencia previa en yoga, lo que lo hace ideal para principiantes y personas con limitaciones físicas. Es NECESARIO registrarse para asistir.

Registrarse: Envía un correo electrónico a Bianca a bheyming@fallbrookhealth.org

Servicios de Consejería: Martes: 1:00p-7:00p y Miércoles: 9:00a-5:00p

Los servicios de consejería serán proporcionados por Palomar Family Counseling Services, Inc para niños, adolescentes y adultos. Accesible, económico, y confidencial.

Para reservar una cita: www.fallbrookhealth.org/counseling-services

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

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

Navegador de Recursos Comunitarios

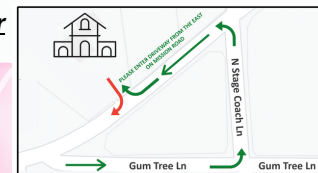
El Navegador de Recursos Comunitarios ayuda a los miembros de la comunidad a obtener acceso a la asistencia médica y a los recursos que afectan a la salud. Los navegadores son personal no licenciado y no clínico que obtiene información relacionada con las barreras económicas, los problemas de los sistemas de salud y las necesidades básicas.

Registre: www.fallbrookhealth.org/community-resource-navigator

Michelle's Place Recursos contra Cáncer: Martes y Miercoles solo por cita

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

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



Fallbrook Regional
HEALTH DISTRICT
...community health & wellness center

1636 E. Mission Road, Fallbrook
www.fallbrookhealth.org
(760) 731-9187

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

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