

# January Happenings

chomp.org | (888) 45-CHOMP ((888) 452-4667)



classes

## bone health

### Considering Joint Replacement?\*

Friday, January 18, 10–11:30 a.m.

Conference room A

What causes joints to wear out? How do you know if, and when, joint surgery is the right option? What activities can you do afterward? How long do replacement joints last? Learn the basics in this free class. Register at [chomp.org/classes](http://chomp.org/classes).

### Introduction to Modified Pilates for Bone Building\*

Mondays and Wednesdays, January 7-February 27  
(no class 1/21, 2/18), 2–3 p.m. or 3:30–4:30 p.m.  
OR

Mondays and Fridays, January 7-March 1 (no class 1/21, 2/18), 8:30–9:30 a.m. or 11:30 a.m.–12:30 p.m.

Hartnell Professional Center, conference room

Halt bone loss, restore bone mass and prevent fracture. Learn Pilates-based exercises to correct posture, strengthen muscles, and improve balance and flexibility. Exercises done in a seated or standing position. Class is for those who have difficulty getting up and down from the floor. Register at [chomp.org/classes](http://chomp.org/classes).

### Introduction to Pilates for Bone Building\*

Tuesdays and Thursdays, January 8-February 28  
7:30–8:30 a.m. or 8:45-9:45 a.m. or 10–11 a.m.

Hartnell Professional Center, conference room

This Pilates-based class focuses on alignment, breathing and core control, balance, spinal mobility, and postural correction. This class is for those who are able to get up and down from the floor for mat exercises. Register at [chomp.org/classes](http://chomp.org/classes).

## cancer

### Healing Art Retreat\*

Thursday, January 10, 10 a.m.–3 p.m.

Cancer Center classroom, \$20 for course materials

This one-day retreat offers a creative outlet for healing the mind, body, and spirit. Various art media will be explored to promote well-being.

### Live Longer. Live Stronger\*

Thursdays, January 31-March 28 (no class 2/28),  
4:30–7 p.m. Montage Wellness Center, Marina,  
conference room

Join our Comprehensive Cancer Center and Montage Wellness Center for a free interactive, motivational series to help you live longer and stronger after a cancer diagnosis. Covers nutrition, stress reduction, and exercise to take control of your survivorship.

Underwritten by a grant from the Safeway Foundation. To register, call 625-4753.

## diabetes/nutrition

### Diabetes Self-Management Series\*

Tuesdays, January 8, 15, 22, 29

OR

Thursdays, January 10, 17, 24, 31

Ryan Ranch Outpatient Campus, Building D  
Diabetes and Nutrition Therapy classroom

Learn more about your diabetes and the day-to-day skills needed to live a healthy life and prevent complications. In four weekly group classes and a one-on-one session, you'll learn about monitoring and managing your blood sugar, the best diet, medication and non-medication options, complication risks, and more. Led by registered dietitians and nurses. Cost of series may be covered by insurance, with a doctor's referral. For questions and to register, call 649-7220.

### Nutrition After Weight-Loss Surgery: What Can You Eat?\*

Thursday, January 17, 3–4:30 p.m.

Ryan Ranch Outpatient Campus, Building D  
Suite D200, \$60

Learn how and what you can eat after gastric bypass or lap-band surgery. Should be taken about one month before your surgery. Register at [chomp.org/classes](http://chomp.org/classes)

### Topics in Diabetes

TECHNOLOGY IN DIABETES MANAGEMENT:  
CONTINUOUS GLUCOSE MONITORING

Wednesday, January 23, 6-7:30 p.m.

Conference rooms A, B, and C

Continuous glucose monitoring tracks your blood sugars automatically to help you make informed decisions throughout the day about balancing your food, activity, and medications. Is CGM for you? How does it work? Do you stop testing your blood sugar? Dr. Leonard Sanders, an endocrinologist who is board certified in hypertension, advanced diabetes management, and clinical lipidology with 45 years experience, will be speaking on the benefits and challenges of CGM to help you answer these questions.

### Weight-Loss Surgery Informational Seminar\*

Thursday, January 3, Conference rooms A,B, C  
OR

Thursday, January 17, 7–8:30 p.m.

Montage Wellness Center, Salinas

Learn about the biological basis of obesity; strategies for weight loss; and surgical options, outcomes, and complications. Attend before having a weight-loss surgery consultation. Register at [chomp.org/classes](http://chomp.org/classes)

## diabetes/nutrition

### Weigh of Life\*

FOR MEN:

Introductory class: Tuesday, January 22, 5:30–7 p.m.

Classes: Tuesdays, February 5-April 23, 5:30–8:15 p.m.

Montage Wellness Center, Marina

Conference room, \$410

A program to help you lose weight and keep it off. Don't diet — learn to make long-term, positive lifestyle and attitude changes to manage your weight. Our clinical dietitians will lead you through a 12-week course that focuses on optimum health and permanent results.

To register, visit [chomp.org/classes](http://chomp.org/classes).

## end-of-life planning

### Advance Healthcare Planning Workshop\*

Tuesday, January 22, 10 a.m.–noon

Conference room B

Help your loved ones know your wishes for treatment and care. Complete documents, receive expert coaching, and submit your wishes in your Community Hospital medical record. Register at [chomp.org/planning](http://chomp.org/planning)

## heart health

### BLS Instructor-led Training (clinical)\*

Friday, January 11, 9 a.m.–1 p.m.

Montage Health Educational Services Training Office  
2930 Second Avenue, Ste. 120, Marina, \$80

BLS instructor-led classes are for healthcare professionals seeking to complete an initial or renewal BLS course.

The BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. Register at [chomp.org/classes](http://chomp.org/classes)

### Heartcode BLS (clinical)\*

Wednesday, January 24, 2–4 p.m.

Montage Health Educational Services Training Office  
2930 Second Avenue, Ste. 120, Marina, \$60

HeartCode BLS is for healthcare professionals seeking completion of a BLS course (online + classroom) with decreased classroom time. Register at [chomp.org/classes](http://chomp.org/classes)

### Heartsaver CPR AED (community)\*

Wednesday, January 16, 9 a.m.–1 p.m.

Montage Health Educational Services Training Office  
2930 Second Avenue, Ste. 120 Marina, \$70

This is a video-based, instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements. Register at [chomp.org/classes](http://chomp.org/classes)

\*Registration required.

**Boxing for Balance\***

Thursdays, January 10-March 14, 3:30–4:30 p.m.  
 Montage Wellness Center, Marina, \$60  
 Learn exercises to improve balance, coordination, strength, endurance, posture, reaction time, and execution of dual-task activities. Ideal for individuals dealing with health conditions that can impair balance such as Parkinson's disease, Multiple Sclerosis, stroke, or other neurological conditions. For questions and to register, call 883-5656.

**Fitting in Exercise\***

Monday, January 7, 10-11 a.m.  
 Ryan Ranch Outpatient Campus, Building D, D200  
 Learn how to create a personalized exercise routine that meets your needs. Register at [chomp.org/classes](http://chomp.org/classes)

**InBody Screenings**

Wednesday, January 9, 10 a.m.–noon or 4–6 p.m.  
 Montage Wellness Center, Salinas  
 OR  
 Thursday, January 10, 10 a.m.–noon or 5–7 p.m.  
 Montage Wellness Center, Marina  
 Find out what your weight really means. InBody is a smart and effective test that breaks down your weight in terms of muscle, fat, and water in a matter of seconds. Your result sheet can help you target muscle groups and work out smarter. Registration is not required. Questions? Contact Kellie Schoepp at [kschoepp@montagewellnesscenter.com](mailto:kschoepp@montagewellnesscenter.com).

**Mindful Eating\***

Monday, January 28, 9-10 a.m.  
 Ryan Ranch Outpatient Campus, Building D, D200  
 Learn more about emotional eating: Led by a dietitian, we'll review the definition, causes, and strategies to control mindless eating and promote a more mindful and healthful lifestyle. Managing your eating plan can help you feel more in control of your health. Register at [chomp.org/classes](http://chomp.org/classes)

**Mindfulness-Based Stress Reduction\***

FREE INTRODUCTION:  
 Monday, January 14, 6–7:30 p.m.  
 CLASS: Mondays, January 28-March 25, 6–8:30 p.m. (no class February 11)  
 ONE-DAY RETREAT: Saturday, March 16  
 9 a.m.–4 p.m.  
 Ryan Ranch Outpatient Campus  
 Poppy and Lupine conference rooms  
**\$175 (includes materials)**  
 Learn new ways to transform your reactions to daily stress, anxiety, chronic pain, illness, and stress-related conditions, and improve life at home, in social situations, and in the workplace. The course consists of intensive training in mindfulness meditation, gentle movement, and group support. Register at [chomp.org/classes](http://chomp.org/classes)

**T'ai Chi for All Levels\***

Tuesdays, January 22-March 26, 10:30 a.m.–noon  
 Montage Wellness Center, Salinas, conference room  
 OR  
 Fridays, January 25-March 29, 1–2:30 p.m.  
 Hartnell Professional Center, conference room, \$60  
 T'ai chi's gentle, slow movements can strengthen arms and legs, improve balance and flexibility, prevent falls, and help manage stress. Register at [chomp.org/classes](http://chomp.org/classes)

**Tips and Tricks to Start Your New You\***

Tuesday, January 15, 5:30 p.m.  
 Montage Wellness Center, Salinas  
 OR  
 Thursday, January 17, 5:30 p.m.  
 Montage Wellness Center, Marina  
 Resolving for a better workout? Identify your program's trouble spots early and get the tips you need for the best results. Our degreed trainers will give you the answers you need. Register at [www.montagewellnesscenter.com/betteru](http://www.montagewellnesscenter.com/betteru)

**Walk and Win\***

Mondays and Wednesdays  
 January 28-March 13, 4:30–5:30 p.m.  
 Monterey Peninsula College (MPC)  
 Adapted PE/Dance Building 9, #104 (next to parking lot C), \$15  
 (Parking pass required at MPC), \$3 per car  
 Join any time. Strengthen your heart and body and learn about flexibility and stretching. Participants walk on the track at MPC. Register at [chomp.org/classes](http://chomp.org/classes)

Classes/support groups held at Community Hospital, 23625 Holman Highway, Monterey, unless noted. Montage Wellness Center, Salinas is at 1910 North Davis Road, Salinas and Montage Wellness Center, Marina is at 2920 2nd Avenue, Marina. Ryan Ranch Outpatient campus is at 2 Upper Ragsdale Drive, Building D, Monterey. Hartnell Professional Center (HPC) is at 576 Hartnell Street, Monterey. Classes cancelled if insufficient registration. Accommodations available for those with special needs by calling (888) 45-CHOMP ((888) 452-4667)) at least one week in advance.

\*Registration required.

support groups

**Alzheimer's Family**

Thursday, January 10, 24  
 1:30–3 p.m., HPC

**AWAKE**

Thursday, January 10  
 6:30–8:30 p.m.  
 Ryan Ranch Outpatient Campus, Building D  
 Poppy and Lupine Conference Rooms

**Breast Cancer Early Support\***

Wednesdays, 1–2:30 p.m.  
 Cancer Center classroom

**Cancer Wellness®**

Tuesdays, 2–3:30 p.m. (No meeting January 1)  
 Cancer Center classroom

**Caregivers' Drop-in Program**

Tuesdays, 11 a.m.–noon  
 Terrace West conference room

**Chronic Pain\***

Wednesdays, 10 a.m.–noon  
 Cancer Center classroom

**Diabetes**

Thursday, January 10, 10–11:30 a.m.  
 Monterey Senior Center (Scholze Park)  
 Lighthouse and Dickman Avenues, Monterey  
 Thursday, January 24, 10–11:30 a.m.  
 Oldemeyer Center  
 986 Hilby Avenue, Seaside

**Drop-in Grief Group**

Mondays, January 7, 2–4 p.m.  
 or January 21, 6–7:30 p.m.  
 Westland House  
 100 Barnet Segal Lane, Monterey

**Living with Stroke**

Thursday, January 10, 3:30–4:30 p.m.  
 Inpatient Rehabilitation Unit, day room

**Ostomy**

Thursday, January 3, 1–2:30 p.m.  
 Ryan Ranch Outpatient Campus  
 Hospice conference room

**Parents of Difficult Kids**

Tuesdays, 5–6 p.m., HPC

**Weight-Loss Surgery**

Thursday, January 10, 6:30–8:30 p.m.  
 Cancer Center classroom  
 (Other weight-loss support offered.  
 Go to [chomp.org](http://chomp.org), click on  
 Classes and Events and then Bariatric.)

Give blood  
 Give life

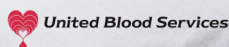
**Upcoming drives:**

**Thursday, January 3, 11 a.m.–3 p.m.**

**Friday, January 4, 10 a.m.–2 p.m.**

Hartnell Professional Center  
 576 Hartnell Street, Monterey  
 Sign up online at [blood4life.org](http://blood4life.org)

**Information: (831) 751-1993**



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