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

Considering Joint Replacement?*
Friday, April 19, 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.

Nutrition lecture*
Tuesday, April 9, 6 p.m.
Montage Wellness Center, Salinas
OR
Thursday, April 11, 6 p.m.
Montage Wellness Center, Marina
There is a common understanding that you are what you eat. But how does nutrition impact your overall health and wellness? In this lecture you’ll learn the scientific link between food and your weight-management goals. And, get simple adjustments you can make without a “diet” to accomplish them. Register at montagewellnesscenter.com/betteru

Probiotics and Your Digestive Health*
Wednesday, April 3, noon–1 p.m.
Ryan Ranch Outpatient Campus,
Nutrition Services classroom
Learn what probiotics are and how they may benefit our health, from digestion to improved immunity. Register at chomp.org/classes.

Diabetes Distress
Diabetes Distress
Wednesday, April 24, 6–7:30 p.m.
Conference rooms A, B, C
Often mistaken as depression, anxiety, or stress, diabetes distress is the emotional experience of burden or defeat that comes with living with the chronic illness of diabetes. Join Sabah Al-Marashi, nurse practitioner and certified diabetes educator with over 20 years’ experience as she facilitates a discussion on diabetes distress and its impact on your diabetes. To register, call 649-7220.

Weight-Loss Surgery Informational Seminar*
Thursday, April 4, 7–8:30 p.m.
Conference rooms A, B, C
OR
Thursday, April 18, 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

Advance Healthcare Planning Workshop*
Tuesday, April 16, 10 a.m.–noon
Cancer Center classroom
OR
Saturday, April 20, 10 a.m.–noon
Montage Wellness Center, Marina, conference room
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

Heartcode BLS (clinical)∗
Thursday, April 18, 2–4 p.m.
Ryan Ranch Outpatient Campus
Poppy and Lupine conference rooms, $60
HeartCode BLS is for healthcare professionals seeking completion of a BLS course (online + classroom) with decreased classroom time. Register at chomp.org/classes

Heartsaver CPR AED (community)*
Monday, April 8, 9 a.m.–1 p.m.
Ryan Ranch Outpatient Campus
Poppy and Lupine conference rooms, $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

Heart Health
Preventing High Cholesterol*
Monday, April 22, 5–6 p.m.
Ryan Ranch Outpatient Campus
Nutrition Services classroom
This class will discuss how diet can affect blood lipid levels and tips on how to help improve future lipid panel readings. Register at chomp.org/classes

Diabetes Self-Management Series∗
Tuesdays, April 2, 9, 16, 23, 10 a.m.– noon
Thursdays, April 4, 11, 18, 25, 4–6 p.m.
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, April 18, 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

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End-of-Life Planning
Advance Healthcare Planning Workshop*
Tuesday, April 16, 10 a.m.–noon
Cancer Center classroom
OR
Saturday, April 20, 10 a.m.–noon
Montage Wellness Center, Marina, conference room
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* Registration required.
Mindfulness-Based Stress Reduction*
FREE INTRODUCTION:
Monday, April 15, 6–7:30 p.m.
CLASS: Mondays, April 22-June 17, 6–8:30 p.m.
(No class May 27)
ONE-DAY RETREAT: Saturday, June 15, 9 a.m.–4 p.m.
Ryan Ranch Outpatient Campus
Poppy and Lupine conference rooms, $175
(includes material)
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

T'ai Chi for All Levels*
Tuesdays, April 16-June 18, 10:30 a.m.–noon
Montage Wellness Center, Salinas, conference room
OR
Fridays, April 19-June 21, 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

* Registration required.

Memory or other cognitive concerns?
How to keep your brain healthy
Join us for a talk on how to prevent, identify, and address memory and other cognitive concerns.

Speaker
Dana L. McDermott, DO, board-certified neurologist
Cognitive and behavioral specialist
Montage Medical Group

Thursday, April 18, 5:30–6:30 p.m.
Community Hospital of the Monterey Peninsula
23625 Holman Highway, Monterey, Conference rooms A, B, C

Worksite Wellness is Community Hospital’s wellness program for local employers. Let’s work together to improve your employees’ quality of life and, at the same time, decrease your healthcare costs.

Let’s make Monterey County the healthiest county in California.

Worksite Wellness
Gene Fischer, (831) 658-3983 | gene.fischer@chomp.org
Allison McHenry, (831) 658-3976 | allison.mchenry@chomp.org

Our team is ready to help

Give blood.
Give life.

Upcoming drives:
Thursday, April 4, 10 a.m.–2 p.m.
Friday, April 5, Noon–4 p.m.
Hartnell Professional Center
576 Hartnell Street, Monterey
Sign up online at blood4life.org

Information: (831) 751-1993