

September Happenings

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



classes

bone health

Considering Joint Replacement?*

Friday, September 20, 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.

cancer

Healing Art Retreat*

Thursday, September 12, 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. Register at chomp.org/classes.

childbirth

Childbirth Education*

Family Birth Center, Dates and times vary

\$40 Materials fee

This course introduces the birthing person and their support person(s) to labor, birth, and current evidenced based practices surrounding them. Get introduced to Community Hospital's Family Birth Center, explore the facilities, and meet the care team. These small-size classes are taught by a Lamaze-trained labor and delivery nurse. Information and register at chomp.org/classes.

diabetes/nutrition

Diabetes Self-Management Series*

Tuesdays, September 3, 10, 17, 24, 10 a.m.–noon
OR

Thursdays, September 5, 12, 19, 26, 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.

Fad vs. Fact: The Truth Behind Diets*

Wednesday, September 25, 5–6 p.m.

Ryan Ranch Outpatient Campus
Lupine and Poppy conference rooms

Are diets created equal? In this informative class, popular diets will be examined to find the truth about what works and what doesn't. Register at chomp.org/classes.

diabetes/nutrition

Family Nutrition Workshop: Health in Action*

Wednesday, August 28, 5:30–6:30 p.m.

Casanova Oak Knoll Park Center

735 Ramona Avenue, Monterey, FREE

Learn how to make healthy choices, participate in a fun activity, and get resources to help you and your family live healthy. To register, call 646-5665.

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

Thursday, September 19, 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

Preventing Diabetes*

Friday, September 6, Noon–1 p.m.

Montage Wellness Center, Marina, conference room

This class is for people at risk for developing pre-diabetes or diabetes, and people who just want to learn more about diabetes. Register at chomp.org/classes.

Sports Nutrition 101*

Monday, September 16, 6–7 p.m.

Ryan Ranch Outpatient Campus, Building D
Nutrition Services classroom

Identify nutritional needs for athletes, learn proven strategies for optimal performance, and understand how sports nutrition plays a vital role in training. Register at chomp.org/classes.

Weigh of Life*

FOR WOMEN

Orientation: Wednesday, October 9, 5:30 p.m.

Classes: Wednesdays

October 23, 2019-January 22, 2020

(no class on November 27, December 25,

and January 1) 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, call 622-2772.

Weight-Loss Surgery Informational Seminar*

Thursday, September 5, 7–8:30 p.m.

Conference rooms A, B, C

OR

Thursday, September 19, 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

end-of-life planning

Advance Healthcare Planning Workshop*

Thursday, September 12, 1–3 p.m.

Montage Medical Group

Ryan Ranch Outpatient Campus, Hazen Education Center
OR

Thursday, September 19, 10 a.m.–noon

Cancer Center classroom

OR

Thursday, September 26, 1–3 p.m.

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

heart health

BLS Instructor-led Training (clinical)*

Friday, September 6, 9 a.m.–1 p.m.

Ryan Ranch Outpatient Campus

Poppy and Lupine conference rooms, \$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

Heartcode BLS (clinical)*

Tuesday, September 24, 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

wellness: body and mind

Healthier Living with a Chronic Condition*

INTRO: Saturday, September 7, 11 a.m.–noon

SIX-WEEK SESSION: Saturdays,

September 14-October 19

11 a.m.–1:30 p.m.

Oldemeyer Center, 986 Hilby Ave., Seaside

\$15 (refunded if all 6 classes are completed)

Developed at Stanford University to help those living with ongoing health conditions and chronic diseases.

Take charge of your health and design your own self-management program. To register, call 622-2772.

Metabolic Conditioning for Weight Loss

Monday, September 9, 6 p.m.

Montage Wellness Center, Salinas

OR

Tuesday, September 10, 6 p.m.

Montage Wellness Center, Marina

Metabolic conditioning sounds like a great tool for weight loss. But what exactly does that mean? Join us as we dive into metabolic conditioning, the science behind it, and the best ways to achieve your goals for every age and fitness level. Register at www.montagewellnesscenter.com/betteru

support groups

Mindfulness-Based Stress Reduction*

CLASS: Mondays, September 9-October 28
6–8:30 p.m.

ONE-DAY RETREAT: Saturday, October 19
9 a.m.–4 p.m.

ALUMNI DROP-IN: September 23 and
October 14, 5–5:50 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. To register, call 622-2772 by September 4.

*Registration required.

Alzheimer's Family

Thursdays, September 12, 26
1:30–3 p.m.

Hartnell Professional Center

AWAKE

Alert, Well, and Keeping Energized
Sleep Apnea Support Group
Thursday, September 19, 6:30–8:30 p.m.
Ryan Ranch Outpatient Campus, Building D
Poppy and Lupine conference rooms

Brain Injury Support Group*

Tuesdays, September 3, 4–5 p.m.
Inpatient Rehabilitation Unit, day room

Breast Cancer Early Support*

Wednesdays, 1–2:30 p.m.
Cancer Center classroom
Registration required. Call 625-4753.

Cancer Wellness®

Tuesdays, 2–3:30 p.m.
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
Registration required. Call 625-4753.

Diabetes

Thursday, September 12, 10–11:30 a.m.
Monterey Senior Center (Scholze Park)
Lighthouse and Dickman Avenues, Monterey
Thursday, September 26, 10–11:30 a.m.
Oldemeyer Center
986 Hilby Avenue, Seaside

Drop-in Grief Group

Mondays, September 3, 2–4 p.m.
or September 16, 6–7:30 p.m.
Westland House
100 Barnet Segal Lane, Monterey

Living with Stroke

Thursday, September 12, 3:30–4:30 p.m.
Inpatient Rehabilitation Unit, day room

Ostomy

Thursday, September 5, 1–2:30 p.m.
Ryan Ranch Outpatient Campus
Hospice conference room

Weight-Loss Surgery

Thursday, September 12, 6:30–8:30 p.m.
Cancer Center classroom

(Other weight-loss support offered.
Go to chomp.org, click on
Classes and Events and then Bariatric.)

When Parenting Persists:

Caring for Your Adult Children 18+
Tuesdays, 5–6:30 p.m.
Hartnell Professional Center

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, 2 Upper Ragsdale Drive, 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.

EMERGENCY PREPAREDNESS FAIR

Be ready.



Education and fun for all ages

- Emergency kit essentials
- Home safety
- Fire extinguisher how-to's
- Emergency vehicles on display
- And more

Saturday, September 21

10:30 a.m.–2:30 p.m.

Del Monte Center, Monterey

Emergency "starter kits" from Community Hospital
(free to first 500 attendees)

Irregular heartbeat: Is it AFib or another arrhythmia?

Racing, a skipped beat, or fluttering — all can be signs of arrhythmia.

Learn about symptoms, diagnosis, and new treatments, including Watchman™, a device that can eliminate a need for blood thinners.

Tuesday, September 10, 5:30-6:30 p.m.

Community Hospital of the Monterey Peninsula
Conference rooms A, B, C
23625 Holman Highway, Monterey

Registration required at chomp.org/classes | Questions? Call 622-2772

