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

childbirth

Childbirth Education*
Family Birth Center, dates and times vary
$40 materials fee
This course introduces the person giving birth and her support person(s) to labor, birth, and evidence-based best practices surrounding them. See 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 registration at chomp.org/classes.

Diabetes Self-Management Series*
Tuesdays, March 3, 10, 17, 24, 10 a.m.–noon
OR
Thursdays, March 5, 12, 19, 26, 4–6 p.m.
Ryan Ranch Outpatient Campus, Building D
Nutrition Services 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*
Monday, March 9, 10:30-11:30 a.m.
Ryan Ranch Outpatient Campus, Building D
Nutrition Services classroom
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.

Gluten: Friend or Foe?*
Monday, March 23, 3-4 p.m.
Ryan Ranch Outpatient Campus, Building D
Nutrition Services classroom
Learn from a registered dietitian the important facts to know about gluten. We’ll review the definition of gluten, what foods contain it, and whether a gluten-free or gluten-containing diet is the best for you. Register at chomp.org/classes.

Nutrition After Weight-Loss Surgery: What Can You Eat?*
Thursday, March 19, 3–4:30 p.m.
Ryan Ranch Outpatient Campus, Building D
Nutrition Services classroom
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.

Probiotics and Your Digestive Health*
Tuesday, March 3, 4:30–5:30 p.m.
Ryan Ranch Outpatient Campus, Building D
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/nutrition

Weight of Life*
FOR WOMEN:
Introductory class: Wednesday, February 26
5:30–7 p.m.
Classes: Wednesday, March 11–May 27
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. For questions and to register, call 649-7220.

Weight-Loss Surgery Informational Seminar*
Thursday, March 5, 6:30–8:30 p.m.
Community Hospital, conference rooms A, B, or C
OR
March 19, 6:30–8:30 p.m.
Montage Wellness Center, Salinas, conference room
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*
Monday, March 9, 1:30 p.m.–3:30 p.m.
Montage Medical Group, Ryan Ranch Outpatient Campus
Building A, Hazen Education Center
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.

BLS Instructor-led Training (clinical)*
Friday, March 13, 9 a.m.–1 p.m.
Ryan Ranch Outpatient Campus, Building D
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)*
Wednesday, March 18, 11 a.m.–1 p.m.
Ryan Ranch Outpatient Campus, Building D
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

Balance 101*
Wednesday, March 18, Noon
Montage Wellness Center, Marina
OR
Thursday, March 19, Noon
Montage Wellness Center, Salinas
Balance and coordination plays a critical role as we age. Learn exercises you can incorporate into your daily routine to move with confidence. Register at www.montagewellnesscenter.com/betteru

END-OF-LIFE PLANNING

Advance Healthcare Planning Workshop*
Monday, March 9, 1:30 p.m.–3:30 p.m.
Montage Medical Group, Ryan Ranch Outpatient Campus
Building A, Hazen Education Center
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.

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Wednesday, March 18, Noon
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* Registration required.
A Non-surgical Approach to Treating Neck and Low Back Pain

Learn helpful ways to address neck and back pain. The discussion will cover:
- Anatomy of the spine
- Causes of spine pain
- Treatment options for spine pain
- When to consult a doctor
- Question-and-answer period

Speaker
Salar Deldar, MD
Board-certified – pain medicine and physical medicine and rehabilitation
Pacific Rehabilitation & Pain

Wednesday, March 4, 6–7 p.m.
Community Hospital of the Monterey Peninsula
Conference rooms A, B, and C
23625 Holman Highway, Monterey

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

WALK AND RUN FOR A CAUSE

Community Hospital of the Monterey Peninsula and Montage Health are proud to support many of our local organizations that hold walks and runs to raise awareness and funds for prevention, research, education, and treatment of chronic and life-threatening health conditions.

Recovery Run
Join this inaugural 5k family friendly run or walk at Fort Ord Dunes State Park in Marina to help raise funds for addiction education, treatment, and recovery on March 7.

To register for this event or learn about future run/walks, visit chomp.org/walkforacause