

Janel Jurosky, MSN, RN
Community Health Nurse & Educator
Dignity Health, Sequoia Hospital Health & Wellness



I have spent the last 15 years of my nursing career in community health and education. I am passionate about offering evidence-based health promotion programs. I believe in collaborative, person-centered learning with the goal of providing knowledge that empowers the individual to make small, but steady prevention-based behavior change.

Presentations Available

Classes: 45 - 60 minutes (no charge)

- Prediabetes/Diabetes *
- Blood Pressure Basics *
- Blood Pressure Measurement Workshop
- Cholesterol: Facts and Fixes*
- Stroke Prevention *
- Medication Management
- Heart Disease & Lifestyle Change
- Mobility is Medicine*
- Behavior Change
- Holistic Approach to Managing Stress *
- Fall Prevention*

Note: * Available virtually via ZOOM

Evidence-based community education program series (no charge)

Matter of Balance (MOB) for fall prevention

Fall prevention program, 8 sessions, 2-hours each session offered in English & Spanish

Diabetes Empowerment Education Program (DEEP)

6 sessions, 2 hours each session, offered in English & Spanish

If you are interested please email or call me at janel.jurosky@commonspirit.org or (650) 367-5101. I look forward to connecting with you to serve your members.