



WAKE UP! TO GOOD HEALTH...

April 2024

To register, please call 805.988.2865

Wednesday 4/3	Blood Pressure and Blood Sugar Screenings South Oxnard Senior Center	9:15 AM - 10:45 AM
Wednesday 4/10	Diabetes Support Group - Advance Directives St. John's Community Health Department	5:30 PM - 6:30 PM
Thursday 4/11	Blood Pressure and Blood Sugar Screenings Colonia Senior Center	10:00 AM - 11:30 AM
Friday 4/12 & 4/26	Walking Club Colonia Senior Center	10:00 AM - 11:00 AM
Tuesday 4/16	"How to Take Your Blood Pressure Accurately" Palm Vista Senior Center	10:00 AM - 11:00 AM
Thursday 4/18	Blood Pressure and Blood Sugar Screenings Wilson Senior Center	10:00 AM - 11:00 AM
Tuesday 4/23	"How to Take Your Blood Pressure Accurately" Colonia Senior Center	10:00 AM - 11:00 AM
Thursday 4/25	Blood Sugar Screenings Plaza Park	9:00 AM - 12:30 PM
Tuesday 4/30	"How to Take Your Blood Pressure Accurately" South Oxnard Senior Center	11:00 AM - 12:00 PM

Colonia Senior Center 197 N. Marquita	St. John's Community Health Dept. 1600 N. Rose Ave.	Palm Vista Senior Center 801 S. C St.	Plaza Park 500 S. C St.	Wilson Senior Center 350 N. C St.	South Oxnard Senior Center 200 Bard Rd.
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Dignity Health®

St. John's Regional
Medical Center

St. John's Hospital
Camarillo



¡DESPIERTA!

A LA SALUD...

abril 2024

Para registrarse por favor llame al 805.988.2865

miércoles 4/3	Examen de azúcar en la sangre y presión arterial South Oxnard Senior Center	9:15 AM - 10:45 AM
jueves 4/11	Examen de azúcar en la sangre y presión arterial Colonia Senior Center	10:00 AM - 11:30 AM
viernes 4/12 & 4/26	Club de Caminar Colonia Senior Center	10:00 AM - 11:00 AM
martes 4/16	"Cómo tomar su presión arterial con precisión" Palm Vista Senior Center	10:00 AM - 11:00 AM
jueves 4/18	Examen de azúcar en la sangre y presión arterial Wilson Senior Center	10:00 AM - 11:30 AM
martes 4/23	"Cómo tomar su presión arterial con precisión" Colonia Senior Center	10:00 AM - 11:00 AM
jueves 4/25	Examen de azúcar en la sangre Plaza Park	9:00 AM - 12:30 PM
martes 4/30	"Cómo tomar su presión arterial con precisión" South Oxnard Senior Center	11:00 AM - 12:00 PM

Colonia
Senior Center
197 N. Marquita

St. John's Community
Health Dept.
1600 N. Rose Ave.

Palm Vista
Senior Center
801 S. C St.

Plaza Park
500 S. C St.

Wilson
Senior Center
350 N. C St.

South Oxnard
Senior Center
200 Bard Rd.

* St. John's reserva el derecho de cancelar o cambiar las fechas y el horario de las clases y los servicios.