



Scripps Mercy Hospital Well Being Center
 237 Church Avenue, Chula Vista CA 91910
 For Program Information, call (619) 862-6600 or 1-800- SCRIPPS (1-800-727-4777)

DECEMBER 2008
 Calendar of Events

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
<p>1-2 PM Breastfeeding Support Group 6-8 PM Spanish Breast Cancer Support Group 7-9 PM Spanish Al-Anon Support Grp (SMHCV 499 Bldg)</p>	<p>11am-12noon Stroke/ Parkinson's Exercise Group 5-6 PM Child Ready School Ready 7-8 PM Overeaters Anonymous-Spanish (SMHCV 499 Bldg.)</p>	<p>2-4 PM Diabetes Class (Span.) 6:30 – 9 PM Childbirth Class 7-9 PM Spanish Al-Anon Support Group (SMHCV 499 Bldg)</p>	<p>9:30 – 10:30 AM Toddler Play 11am-12 noon Stroke/Parkinson's Exercise Class 6-8 PM TOPS (Norman Park Cntr) 6-9 PM Food Handlers Class ENG</p>	<p>11-12:00 noon S.T.A.R. Communications Enhancement Group 7-9 pm Spanish Al-Anon Support Group 7-9 PM Alateen Support Group</p>	<p>10-11:30 AM Weight Loss Support Group</p>
<p>8 10-11 AM Holidays the Healthy Way Senior Health Chat (Norman Park Cnt) 1-2 PM Breastfeeding Support Grp 6-8 PM Spanish Autism Support Grp 7-9 PM Spanish Al-Anon Support Grp (SMHCV 499 Bldg)</p>	<p>9 11am-12noon Stroke/ Parkinson's Exercise Group 12:15-1:15 PM Men's Group (Norman Park Center) 5-6 PM Child Ready, School Ready 7-8 PM Overeaters Anonymous Spanish (SMHCV 499 Bldg)</p>	<p>10 11AM -12:30 PM Toy Library 11AM-12 noon Hospital Tour Expectant Parents (ENG) SMHCV 2-4 PM Diabetes Class (Span.) 5:30-7:00 PM Spanish Postpartum Depression Support Grp (SMHCV) 6:30 – 9 PM Childbirth Class 7-9 PM Spanish Al-Anon Support Group (SMHCV 499 Bldg)</p>	<p>11 9:30 – 10:30 AM Toddler Play 11am-12 noon Stroke/ Parkinson's Exercise class 6-9 PM Food Handlers Class SPN</p>	<p>12 11-12:00 noon S.T.A.R. Communications Enhancement Group 7-9 PM Spanish Al-Anon Support Group 7-9 PM Alateen Support Group</p>	<p>13 8:30 AM – 5 PM AARP Driver Safety Class</p>
<p>15 1-2 PM Breastfeeding Support Group 6-8 PM Spanish Breast Cancer Support Group 7-9 PM Spanish Al-Anon Support Grp (SMHCV 499 Bldg)</p>	<p>16 9:30-10:30 AM Spanish Parkinson's Support Group 11am-12noon Stroke/ Parkinson's Exercise Group 5-6 PM Child Ready, School Ready 7-8 PM Overeaters Anonymous Spanish (SMHCV 499 Bldg)</p>	<p>17 2-4 PM Diabetes Class (Span.) 7-9 pm Spanish Al-Anon Support Group (SMHCV 499 Bldg)</p>	<p>18 9:30 – 10:30 AM Toddler Play 11AM-12noon Stroke/ Parkinson's Exercise class Total Joint Replacement Class 2-3 PM Spanish 3-4 PM English 6-8 PM TOPS (Norman Park Cnt) 6-9 PM Food Handlers Class ENG</p>	<p>19 7-9 PM Spanish Al-Anon Support Group 7-9 PM Alateen Support Group</p>	<p>20 10-11:30 AM Weight Loss Support Group</p>
<p>22 1-2 PM Breastfeeding Support Group 7-9 PM Spanish Al-Anon Support Grp (SMHCV 499 Bldg)</p>	<p>23 11am-12noon Stroke/ Parkinson's Exercise Group 5-6 PM Child Ready, School Ready 7-8 PM Overeaters Anonymous Spanish (SMHCV 499 Bldg)</p>	<p>24 11AM-12 noon Hospital Tour Expectant Parents (SPN) SMHCV 2-4 PM Diabetes Class (Span.) 5:30-7:00 PM Spanish Postpartum Depression Support Grp (SMHCV) 7-9 PM Spanish Al-Anon Support Group (SMHCV 499 Bldg)</p>	<p>25 <i>Happy Holidays</i>  <i>Center Closed</i></p>	<p>26 5:15-6:30PM Laughter Yoga 7-9 PM Spanish Al-Anon Support Group 7-9 PM Alateen Support Group</p>	<p>27</p>
<p>29 1-2 PM Breastfeeding Support Group 7-9 PM Spanish Al-Anon Support Grp (SMHCV 499 Bldg)</p>	<p>30 11am-12noon Stroke/ Parkinson's Exercise Group 5-6 PM Child Ready, School Ready 7-8 PM Overeaters Anonymous Spanish (SMHCV 499 Bldg)</p>	<p>31 7-9 PM Spanish Al-Anon Support Group (SMHCV 499 Bldg)</p>		<p>Color Code: *Support Group = Green *Chronic Disease = Red *Health Lectures = Purple *General Education = Blue</p>	

SUPPORT GROUPS

DECEMBER 2008

Alateen Support Group – Held Fridays, 7:00-9:00 PM FREE

Twelve Step Program of young people whose lives have been affected by alcoholism in a family member or close friend. They share experiences, learn effective ways to cope with their problems, strength, and hope with each other. Held at Scripps Mercy Well Being Center. For more info (619)862-6600.

Spanish Al-Anon Support Group - Held Monday, Wednesday & Friday, 7:00-9:00 PM FREE

Children of alcoholics, parents, partners, spouses, co-workers can all find help in Al-Anon. Held at Scripps Mercy Well Being Center. Call (619) 862-6600.

Breastfeeding Support Groups – Held Mondays 1:00 – 2:00 PM FREE

Support groups for new mothers and their babies focusing on breastfeeding and other women's health issues. Call (619) 862-6600 for more information.

Diabetes Support Groups (English and Spanish) FREE

Open for community members with diabetes who would like more education in diabetes and support services. For more information and registration, contact Norman Mendoza at (619) 446-8922 for more information. Sponsored by Project Dulce

Men's Support Group - Held 2nd Tuesday of each month 12:15-1:15 PM FREE

Learn more about health and social well-being issues affecting your life. Held at Norman Park Center, 270 F Street. For more info call (619) 862-6600.

Spanish Autism Support Group – 2nd Monday of each month, 6:00-8:00 PM FREE

On-going support group for families of children and adolescents diagnosed with autism. Sponsored by Exceptional Family Resource Center and Autism Society of America. For more information, please call 1-800-281-8252 or (619) 862-6600.

Spanish Overeaters Anonymous Support Group – Held Tuesdays, 7:00-8:00 PM FREE

This is Twelve-Step recovery program. Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. For more information, call (619) 862-6600. Held 499 H Street, Chula Vista.

Spanish Postpartum Depression Support Group – Held 2nd & 4th Wednesdays of each month 5:30-7:00 PM FREE

For mothers who need support, education and guidance in dealing with postpartum depression. Meets at Scripps Mercy Hospital Chula Vista, 435 H St. (Main Lobby). Please call Postpartum Health Alliance at (619) 685-7458 for information.

Spanish Parkinson's Support Group - 3rd Tuesday of each month., 9:30-10:30 AM FREE

For information, please call (619) 862-6600. Sponsored by Parkinson's Disease Association of San Diego.

TOPS (Take Off Pounds Sensibly) - Held Thursdays, 6:00-8:00 PM Annual membership: \$24

TOPS is the oldest international, non-profit, non-commercial weight-loss support group. TOPS supports you – no matter how long-even after you've reached your goal! For More information, please call (619) 862-6600.

Toy Library - Held every other Wednesday 11:00 AM - 12:30 PM FREE

Loans instructional toys to families who have children with disabilities. Sponsored by United Cerebral Palsy Association of SD. Please call (619) 862-6600.

Weight Loss Management Support Group - Held 1st & 3rd Saturdays of each month 10-11:30 AM FREE

For more information, please call (619) 862-6600.

Spanish Breast Cancer Support Group – Held 1st & 3rd Mondays of each month 6:00-8:00 PM FREE

For information, call (619) 862-6600. Sponsored by Breast Cancer Network of Strength.

CHRONIC DISEASE MANAGEMENT CLASSES

Diabetes Classes For information on classes both in English and Spanish, call Norma Mendoza at (619) 446-8922. **FREE**

Stroke/Parkinson's Exercise Group - Held Every Tuesday & Thursday 11:00 AM - 12:00 Noon FREE

Offers support groups, exercise classes, communication enhancement and skills to cope with lifestyle changes for adults who have suffered a stroke. Facilitated by a Scripps Mercy Hospital Occupational Therapist. For information call (619) 862-6600. Physician Consent is required.

S.T.A.R. Communication Enhancement Group -Held every Friday 11:00 AM -12:00 Noon FREE

A support and practice group led by a Speech Therapist helps adults with communications difficulties resulting from stroke. For more information, please call (619) 862-6600. Sponsored by Scripps Mercy Hospital Chula Vista Rehabilitation Department.

HEALTH PROFESSIONAL LECTURES

Older Adults and Diabetes – “Senior Health Chats” Monday, December 8, 2008 10-11:00 AM FREE

The holidays are in full swing, which means lots of family, friends and fun.... and FOOD! But it doesn't have to mean extra pounds. The key is balance and moderation. To avoid holiday weight gain physical activity and moderate food choices will help. The holidays are a great time to enjoy a colorful variety of fruits and vegetables. Join us and learn tips you can give yourself and your family to maintain a healthy lifestyle. Facilitated by Scripps Family Medicine Residency Program. Location: Norman Park Center. For information, call (619) 862-6600 or 1-800-SCRIPPS.

GENERAL EDUCATION PROGRAMS

AARP Driver Safety Class Saturday, December 13, 2008 8:30 AM – 5 PM Fee: \$10

The program is geared to help persons 50 years and older. Program includes information on the aggressive driver, road rage, anti-lock brakes, space cushion, car phones and the latest laws from the Department of Motor Vehicles (DMV). The class also covers age-related changes in vision, hearing and reaction time. Certificate good for three years and receive discount on your car insurance for completion of the class. Registration is required please call (619) 641-7020.

Total Joint Replacement Class Thursday, December 18, 2008 2-3 PM (Spanish) 3-4 PM (English) FREE

Are you considering Total Hip Replacement or Total Knee Replacement? Attend the Total Joint Replacement Class. We will discuss what to expect prior to and following total joint replacement. Held at Scripps Mercy Well Being Center. **Registration Required.** Please call (619) 862-6600.

Food Handlers Class Thursday, December 4 & 18 (Spanish) Thursday, December 11 (English) 6:00-9:00 PM Fee: \$25 per person

Three-hour course provides certification for food handlers and meets the requirements of the San Diego County Food Handlers Ordinance. For information, call (858) 550-9086. Latecomers will not be permitted to attend. Held at Scripps Mercy Well Being Center.

Child Ready, School Ready Held Every Tuesday 5:00-6:00 PM FREE

Many parents are concerned about their children's behavior and attention skills. Learn new ways of understanding, redirecting and coping with challenging behaviors. Parent-Only. **Registration is required.** Please call to sign-up at (619) 681-0655 or (619) 681-0525.

Toddler Play! Held Every Thursday 9:30 -10:30 AM FREE

Fun interactive class where your child will be exposed to new play ideas while interacting with other children. Ages: 15 months and walking – 35 months. Learn the importance of movement and play in your child's development and learning. Classes are taught by Physical and Occupational Therapists. Call to sign up at (619) 681-0655 or (619) 681-0525.

“Laughter Yoga” Held the 4th Friday of Each Month 5:15-6:30 PM FREE Offered in English and Spanish

Laughter exercise with yoga breathing makes one feel energetic and healthy. Laughter comes straight from the heart as pure joy. It is a gym for the soul. Please call (619) 862-6600 for more information. Sponsored by San Diego Laughter Club (Club de la Risa San Diego).