



September Happenings

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



classes

cancer

Healing Art Retreat*

Thursday, September 13, 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.

Live Longer. Live Stronger*

Tuesdays, September 11–October 30
10 a.m.–12:30 p.m.
Montage Wellness Center, Marina
Conference room
Join our Comprehensive Cancer Center and Montage Wellness Center for a free interactive, motivational series to help you live longer and stronger after a cancer diagnosis. Covers nutrition, stress reduction, and exercise to take control of your survivorship. Underwritten by a grant from the Safeway Foundation. To register, call 625-4753.

Look Good...Feel Better*

Monday, September 24, 10 a.m.–noon
Cancer Center classroom
Cancer treatment causes many changes to the body. Learn techniques for wearing wigs and scarves and using makeup to enhance your appearance during treatment. Register with American Cancer Center call (800) 277-2345.

diabetes/nutrition

Diabetes Self-Management Series*

Tuesdays, September 4, 11, 18, 25
OR
Thursdays, September 6, 13, 20, 27
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.

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

Thursday, September 20, 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

Probiotics and Your Digestive Health*

Wednesday, September 5, 10:30–11:30 a.m.
Ryan Ranch Outpatient Campus
Diabetes and Nutrition Therapy classroom
Learn what probiotics are and how they may benefit our health, from digestion to improved immunity. Register at chomp.org/classes

Supermarket Tour*

Thursday, September 27, 6–7:15 p.m.
Lucky Supermarket, Marina
\$20 per person. \$25 per couple.
Tour the supermarket with a registered dietitian as your guide. Learn to use nutrition labels to make smart decisions about the food you buy. Register at chomp.org/classes

diabetes/nutrition

Weight-Loss Surgery Informational Seminar*

Thursday, September 6, 7–8:30 p.m.
Ryan Ranch Outpatient Campus, Building D
Poppy and Lupine conference rooms
OR

Thursday, September 20, 7–8:30 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

Weigh of Life*

FOR WOMEN:
Introductory class: Wednesday, October 10
5:30–7 p.m.
Classes: Wednesdays
October 24, 2018–January 30, 2019, 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. Register at chomp.org/classes

Weight Management: What is PROVEN to Work?*

Friday, September 14, 10–11 a.m.
Montage Wellness Center, Salinas
Get basic, usable tools to improve health and manage weight permanently. Strategies for weight loss and management taught in this class are adopted from scientific research that has been PROVEN to work. Register at chomp.org/classes

end-of-life planning

Advance Healthcare Planning Workshop*

Tuesday, September 11, 1:30–3:30 p.m.
Cancer Center classroom
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)*

Wednesday, September 5, 9 a.m.–1 p.m.
Montage Health Educational Services Training Office
2930 Second Avenue, Ste. 120, Marina, \$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

heart health

Heartcode BLS (clinical)*

Wednesday, September 19, 2–4 p.m.
Montage Health Educational Services Training Office
2930 Second Avenue, Ste. 120, Marina, \$60
HeartCode BLS is for healthcare professionals seeking completion of a BLS course (online + classroom) with decreased classroom time. Register at chomp.org/classes

stroke

Living with Stroke Series

NEW BEGINNINGS: WHAT HAS STROKE
TAUGHT US ABOUT CHANGE?
Thursday, September 13, 3:30–4:30 p.m.
Inpatient Rehabilitation Unit, day room
Join a discussion on adjusting to changes and adapting to a new lifestyle. Discuss ideas and new ways to engage in things you love and complete daily and social activities. For information, call 625-4996.

wellness: body and mind

Better Choices for Better Health*

INTRO: Saturday, September 8, 11 a.m.–noon
SIX-WEEK SESSION: Saturdays
September 15–October 20, 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. Register at chomp.org/classes.

Boxing for Balance*

Thursdays, September 6–November 8, 3:30–4:30 p.m.
Montage Wellness Center, Marina, \$60
Learn exercises to improve balance, coordination, strength, endurance, posture, reaction time, and execution of dual-task activities. Ideal for individuals dealing with health conditions that can impair balance such as Parkinson's disease, Multiple Sclerosis, stroke, or other neurological conditions. For questions and to register, call 883-5656.

Circuit Training 101*

Thursday, September 6, 6 p.m.
Montage Wellness Center, Salinas
OR
Thursday, September 13, 6 p.m.
Montage Wellness Center, Marina
From more efficient workouts to a higher metabolism, learn the best type of strength training to burn more calories and build muscle in less time. Register at montagewellnesscenter.com/betteru

Interval Training 101*

Wednesday, September 19, 6 p.m.
Montage Wellness Center, Salinas
OR
Thursday, September 27, 6 p.m.
Montage Wellness Center, Marina
Learn how to start a proper interval training program to burn fat, preserve muscle, and spend less time doing cardio. Register at montagewellnesscenter.com/betteru

wellness: body and mind

T'ai Chi for All Levels*

Fridays, September 28-December 14
(no class October 12 and November 23), 1–2:30 p.m.
Hartnell Professional Center, conference room
OR

Tuesdays, October 2-December 4, 10:30 a.m.–noon
Montage Wellness Center, Salinas, conference room
\$60

T'ai chi's gentle, slow movements can strengthen arms and legs, improve balance and flexibility, prevent falls, and help manage stress.

Register at chomp.org/classes

Understanding Depression*

Wednesday, September 19, 6–7 p.m.

Cancer Center classroom

Attendees will be able to understand what depression is, identify signs and symptoms, treatment options, and community resources for support. This session is for adults who think they or a loved one may have depression. Register at chomp.org/depression

Walk and Win*

Mondays and Wednesdays

Now-October 10, 4:30–5:30 p.m.
Monterey Peninsula College (MPC)
Adapted PE/Dance Building, #104
(next to parking lot C), **\$15**

Parking pass required at MPC, **\$3 per car**

Join any time. Strengthen your heart and body and learn about flexibility and stretching. Participants walk on the track at MPC. Register at chomp.org/classes

*Registration required.

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 is at 2 Lower Ragsdale Drive, Building D, 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.

Alzheimer's Family

Thursdays, September 13, 27
1:30–3 p.m., HPC

Breast Cancer Early Support*

Wednesdays, 1–2:30 p.m.
Cancer Center classroom

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

Diabetes

Thursday, September 13, 10–11:30 a.m.
Monterey Senior Center (Scholze Park)
Lighthouse and Dickman Avenues,
Monterey

Thursday, September 27, 10–11:30 a.m.
Oldemeyer Center
986 Hilby Avenue, Seaside

Grief

Mondays, September 3, 2–4 p.m.
or September 17, 6–7:30 p.m.

Westland House
100 Barnet Segal Lane, Monterey

Ostomy

Thursday, September 6, 1–2:30 p.m.
Ryan Ranch Outpatient Campus
Hospice conference room

Parents of Difficult Kids

Tuesdays, 5–6 p.m., HPC

Weight-Loss Surgery

Thursday, September 13, 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.)

Education and fun for all ages



Be ready.

PARTICIPANTS INCLUDE OVER 20 LOCAL EMERGENCY AGENCIES

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

Emergency "starter kits" from Community Hospital FREE TO THE FIRST 500 ATTENDEES

Emergency Preparedness Fair

Saturday, September 22, 11 a.m.–3 p.m.
Del Monte Center, Monterey

chomp.org/emergencyfair

Addressing Dizziness and Vertigo

Are you feeling dizzy, off balance, or like the room is spinning? These could be signs of an inner ear problem. Learn causes, symptoms, and treatments.

Speakers

Kelly Sheehan, physical therapist
Sasha Spadoni, physical therapist
Rehabilitation Services
Community Hospital of the Monterey Peninsula

**Wednesday, September 26
6–7:30 p.m.**

Ryan Ranch Outpatient, Building D
Poppy & Lupine conference room
2 Upper Ragsdale, Monterey

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



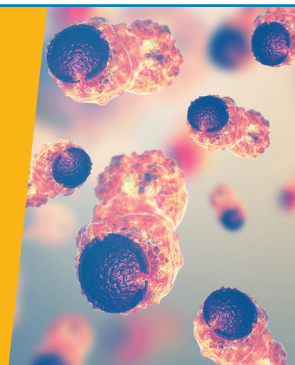
6TH CANCER CARE SYMPOSIUM

A CME event to help prepare clinicians to contribute to successful management of patients on immunotherapy and targeted cancer therapy.

Friday, September 14 | 5–8:30 p.m.
Embassy Suites Monterey Bay, Seaside, California
1441 Canyon Del Rey Boulevard

Symposium and dinner: \$50

Registration chomp.org/cancersymposium
Seating is limited. Questions? (831) 625-4753



 Comprehensive Cancer Center
Montage Health

 UCSF Helen Diller Family Comprehensive Cancer Center