

May 13th – 19th, 2018

CALENDAR OF EVENTS

	MONDAY 5/14/18	TUESDAY 5/15/18	WEDNESDAY 5/16/18	THURSDAY 5/17/18	FRIDAY 5/18/18	
ALL EVENTS ARE FREE	VENTURA 200 S. Wells Rd. Ventura, CA 93004	Happy Mother's Day! Information Table: Women's Health Yearly Screening 11:30am-3:30pm	Information Table: Teen Connection, Body Image, Puberty and Self-Esteem 1:30pm-4:30pm	Screenings: Body Mass Index (BMI) + Information Table: Exercise Routines & Free Snacks 1:30pm-4:30pm	Information Table: Medi-Cal Information 10:00am-12:00pm Self-Defense Information 11:30am-3:30pm	Screenings: Blood Pressure & Glucose + Education 10:00am-12:00pm & 1:30pm-4:30pm
	OXNARD 650 Meta St. Oxnard, CA 93030	Information Table: Coping Skills 1:00pm-2:30pm	Information Table: Oral Hygiene 1:30pm-4:30pm Screenings: Vision 1:30pm-4:30pm Activity: Healthy Snacks 2:00pm-4:00pm	Screenings: Blood Pressure & Glucose 1:30pm-4:30pm	Information Table: Self-Breast Exams & Birth Control Methods 9:30am-12:00pm & 1:30pm-4:30pm	Screenings: Blood Pressure & Glucose 9:30am-12:00pm & 1:30pm-4:30pm Activity: Nail Polish 1:30pm-5:00pm Presentation: Breathing Exercises by Dr. Medley 1:00pm-2:00pm
	NORTH OXNARD 1200 N. Ventura Rd. Suite E Oxnard, CA 93030	Presentation: How to Lose Weight in A Few Days 4:00pm- 5:30pm	Activity: Cardio and Circuit 4:00pm-5:00pm	Screenings: Blood Pressure, A1c & Glucose 10:00am- 12:00pm & 2:00pm-4:30pm	Information Table: Breast Health 4:00pm-6:00pm	Activity: Beauty Day-Self Love 4:00pm-5:00pm
	MARAVILLA 450 Clara St. Oxnard, CA 93033	Screenings: Blood Pressure & Hemoglobin (Anemia) 12:00pm-6:00pm	Presentation: How to Value Yourself As Women (Spanish & Mixteco) 3:00pm-4:00pm Activity: Exercise Class 4:00pm-5:00pm	Activities: Gel Nail Polish 9:30am-11:30am Healthy Smoothies 4:00pm-5:00pm Presentation: Women's Health (Mixteco) 3:00pm-4:00pm	Screenings: Glucose 10:00am-12:00pm Presentation: Self Esteem, Domestic Violence & Depression with Dr. Alvarado (Spanish) Relaxation Techniques 4:30pm-5:30pm	Activities: Manicures 10:00am-12:00pm Natural Facials 2:00pm-5:00pm
	OCEAN VIEW 4400 Olds Rd. Oxnard, CA 93033	Screenings: Blood Pressure, Glucose, & Hemoglobin (Anemia) 9:30am-12:00pm & 1:30pm-5:00pm	Activity: Nail Polish 1:30pm-4:00pm	Screenings: Blood Pressure & Glucose 9:30am-12:00pm & 1:30pm-5:00pm	Presentation: Dental (Spanish) 1:30pm-2:30pm	Activity: Lotería Game 9:30am-11:00am
	EL RIO 221 Ventura Blvd. Suite 126 Oxnard, CA 93036	Screenings: Anemia & Glucose 9:30am-12:00pm & 1:30pm-4:30pm		Screenings: Blood Pressure 9:30am-12:00pm & 1:30pm-4:30pm CLOTHES GIVEAWAY		Screenings: Body Mass Index (BMI) 10:00am-12:00pm & 1:30pm-3:00pm Activity: ZUMBA Class 4:30pm-5:30pm
	FILLMORE 355 Central Ave. Fillmore, CA 93015	Screenings: Blood Pressure, Glucose, & Hemoglobin (Anemia) 12:00pm-3:00pm & 4:30pm-6:30pm	Information Table: Dental Care 10:00am-12:00pm & 1:00pm-4:00pm	Activity: Nails and Hair Makeovers + Information Table: STD's, BCM's, Depression & Breast Exams 10:30am-12:00pm & 1:00pm-4:00pm	Screenings: Blood Pressure, Glucose, & Hemoglobin (Anemia) 10:00am-12:00pm & 1:00pm-4:00pm	Information Table: Nutrition and Fitness + Snack Samples 10:30am-12:00pm & 1:00pm-4:00pm
	SANTA PAULA 500 E. Main St. Santa Paula, CA 93060	Screenings: Hemoglobin (Anemia) 4:00pm-6:00pm	Information Table: Self-Breast Exam + Flowers to all women *While supply last 1:00pm-3:00pm	Screenings: Glucose & Blood Pressure 10:00am-12:00pm & 1:00pm-4:00pm	Activities: Varsity Sports Training Facility 3:00pm-5:00pm Free Cell Phones (with Life Wireness) 2:00pm-5:00pm	Activities: Hand Massage and Manicure 2:00pm-4:00pm Basket Raffle 5:00pm
	OJAI 1200 Maricopa Hwy Ojai, CA 93023	Activity: ZUMBA! 6:00pm-7:00pm	Screenings: Hemoglobin (Anemia) & Glucose 9:00am-12:00pm	Activity: Nail Painting 2:00pm-4:00pm	Screenings: Glucose & Blood Pressure 4:00pm-8:00pm	Screenings: Glucose & Blood Pressure 1:00pm-5:00pm
	NEWBURY PARK 1000 Newbury Rd. Suite 150 Newbury Park, CA 91320	Information Table: Stress Management + Screenings: Blood Pressure 1:30pm-4:30pm	Activity: Skin Care Education and Facial Activity 1:30pm-4:30pm	Information Table: Well Woman + Screenings: Hemoglobin (Anemia) 1:30pm-4:30pm	Information Table: Rethink Your Drink + Screenings: Glucose 9:30am-12:00pm	Information Table: Lunch Box Ideas + Screenings: Body Mass Index (BMI) 9:30am-12:00pm
	SIMI VALLEY- MADERA 1424 Madera Rd. Simi Valley, CA 93065	Presentation: Kegel Exercises (Spa) 10:00am-11:30am Activity: Women's Health Jeopardy Game (Eng/Spa) 2:00pm-4:00pm *prize for winner	Screenings: BMI, Blood Pressure, Glucose & Hemoglobin (Anemia) 9:30am-12:00pm & 1:30pm-3:00pm Presentation: Tips to Lose Weight (Eng/Spa.) 3:00pm-4:30pm	Presentation: Making Healthy Eating Part of Your Lifestyle (English class) 3:00pm-4:30pm	Information Table: Smoothie & Healthy Snack Sampling 11:30am-3:00pm	Activity: Facials 1:30pm-4:30pm (sign up with Front Desk)
	MOORPARK 4279 Tierra Rejada Rd. Moorpark, CA 93021	Screenings: Blood Pressure & Hemoglobin (Anemia) 11:00am- 4:00pm		Screenings: Vision 1:00pm- 4:00 pm		Screenings: Blood Pressure & Glucose 10:00am- 12:00pm & 1:00pm-3:00pm
	EAST SIMI VALLEY 4370 Eve Rd. Simi Valley, CA 93063	Screenings: Glucose 3:00pm-5:00pm Activity: Yoga 1:00pm-1:15pm	Screenings: Hemoglobin (Anemia) 3:00pm-5:00pm	Activity: Yogurt Bar 10:00am-12:00pm	Activities: Merengue-Cha-Cha Class 11:30am-12:00pm & 3:00pm-3:30pm Make up Class 4:00pm-5:00pm Screenings: BMI 1:30pm-2:30pm	

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-805-647-6353 (TTY: 1-888-416-6372)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-805-647-6353 (TTY: 1-888-416-6372)



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