



## Community Events & Health Education Programs

### Special Events

#### HealthLinks Presentations

is a twice-monthly presentation to provide quality health information, on a variety of topics, to better educate the community regarding their overall healthcare. Presented by local physicians and experts, the presentations are free. For more information contact 761-5618.

#### Healthy Woman

*Healthy Woman is a new free resource. It's designed to provide women with information to maintain a healthy body, mind and spirit for themselves and their loved ones. Registration is FREE! Sign up at [www.watsonvillehospital.com](http://www.watsonvillehospital.com)*

#### Basic Life Support (BLS) for Healthcare Providers (HCP) CPR (full course)

Classes are intended for individuals who plan to or currently work in a health care environment and are required to complete a HCP course for their employment. Class times are 5:45 p.m. – 9:15 p.m.

Class fee including textbook:

\$80 *full course*

\$60 *recertification*

January 27	July 28
February 24	August 25
March 31	September 29
April 28	October 27
May 26	November 24
June 30	December 15

For registration information please call 768-6246.

### OB Programs

#### Maternity Tour

Tours of the obstetrics unit, well-baby nursery & NICU.  
Call 763-6015 / Free

#### Prepared Childbirth

Series of five, two-hour classes for expectant mothers and coaches  
English and Spanish classes available.  
Call 763-6015 / Fee

#### Baby Talk Support Group

Every Wednesday, 10 a.m.  
Sharing of helpful tips, breastfeeding support & baby weigh-in.

#### Clase bilingüe

Call 763-6015 / Free

### Senior Circle Program

Men and women 50 and better who join the hospital's Senior Circle Program can enjoy free and low-cost lectures, social activities, trips, exercise programs and more year round (\$15 annual membership dues). Call 761-5618

#### Art Classes

Every other Friday, call for schedule, 9 a.m., 11 a.m. & 1 p.m.

#### Popcorn & A Movie

2<sup>nd</sup> and 4<sup>th</sup> Tuesdays, call for information, 2 p.m. / Free

#### Dining Club

Breakfast

Lunch

Dinner

Call for schedule & locations

*And Much More*

### Exercise & Fitness

#### Chair-Supported Tri-Yoga

**Monday & Wednesday, 9:15 a.m.**  
Sitting and standing yoga poses using a chair for support.

#### Stretch & Flex

**Monday & Wednesday, 10 a.m.**  
Work with weights to increase overall strength & stamina.

#### Tri-Yoga

**Monday & Wednesday, 5:30 p.m.**  
Uniting breath & focus with flowing, sustained postures.

#### Rosen Movement

**Tuesday & Thursday, 9:15 a.m.**  
Gentle movements designed to strengthen & improve flexibility.

#### Water Exercise

**Tuesday & Thursday, 12N**  
Water-supported exercise held at Spa Fitness in Capitola.

#### Tai Chi

**Thursdays, 4 p.m.**  
Gentle moving meditation exercise.

#### Walking Club

**Fridays, 10 a.m.**  
Walks on variety of local trails, such as Struve Slough and La Selva Beach.

### Recruiting Volunteers

Experience the rewards of being a hospital volunteer while working with a great group of men and women.  
Call 724-4741, ext. 1510