

# JULY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p	30 COVID Testing 9a- 1p Michelle's Place Office Hours 9a-2p	1 Chair Yoga 10a-11a Fix it Friday 1p-3p	2
3	4 4th of July - Office & CHWC closed 	5	6 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p	7 COVID Testing 9a-1p Michelle's Place Office Hours 9a-2p	8 Chair Yoga 10a-11a Fix it Friday 1p-3p	9
10	11 Mental Health First Aid 8a-5p	12	13 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p	14 COVID Testing 9a-1p Michelle's Place Office Hours 9a-2p	15 Chair Yoga 10a-11a Fix it Friday 1p-3p	16
17	18	19 Parenting Workshop: Teen Depression (E) 9a-10a (S) 10:30a-11:30a	20 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p	21 COVID Testing 9a-1p Michelle's Place Office Hours 9a-2p	22 Chair Yoga 10a-11a North County Parkinson's Support Group 10a-12p Fix it Friday 1p-3p	23
24	25	26	27 Chair Yoga 10a-11a Michelle's Place Office Hours 9a-2p Health Screenings 1:30p-3:30p	28 COVID Testing 9a-1p Michelle's Place Office Hours 9a-2p Nutrition Class 10:30a	29 Chair Yoga 10a-11a Fix it Friday 1p-3p	30

### August Highlights

August 11 Blood Drive with San Diego Blood Bank 11a-4p

August 15 Mental Health First Aid 8a-5p

August 16 Cultivate Health Parenting: Drug Awareness (E) 9a-10a (S)10:30-11:30

August 18 Hands Only CPR 2p-4p

August 31 Cultivate Health Wellness: Understanding Your Blood Sugar Levels 1:30 Eng, 2:30 Span

August 31 Health Screenings- Blood Pressure & Diabetes 1:30-3:30

**For more information or to register for events go to: [Fallbrookhealth.org](https://fallbrookhealth.org)**

# LEARN MORE...

## **Michelle's Place Cancer Resource Center: Wed and Thurs 9a-2p**

Support from diagnosis through treatment and beyond. Services are available in English and Spanish.

**To make an appointment call (951) 699-5455**

## **Hands Only CPR (Offered Monthly)**

Learn what Hands-Only CPR is and how to give it. American Heart Association standard training.

**Register at [fallbrookhealth.org/hands-only-cpr](http://fallbrookhealth.org/hands-only-cpr)**

## **COVID Testing: Thursdays 9a-1p**

Just in time for all your weekend activities! Results in 48 hours.

**Register at [tinyurl.com/cov19test](http://tinyurl.com/cov19test)**

## **Health Screenings: Last Wednesday of the month 1:30p- 3:30p**

Free hearing, blood sugar and blood pressure screenings.

**Register at: [fallbrookhealth.org/health-screenings-2889ae4](http://fallbrookhealth.org/health-screenings-2889ae4)**

## **Mental Health First Aid (Offered Monthly)**

Learn to identify, understand and respond to signs of mental illness and substance abuse disorders and how to connect to care.

**Register: [fallbrookhealth.org/mental-health-first-aid](http://fallbrookhealth.org/mental-health-first-aid)**

## **Parenting Workshop: Teen Depression**

Parents will learn to recognize signs of depression and ways to help their teens, including coping mechanisms, approaches to preventing self-harm, importance of communication and how to have a conversation with teens on seeking help for depression. Parents will receive a list of local resources available to help teens.

**Register: [fallbrookhealth.org/cultivate-health-cultivar-tu-salud](http://fallbrookhealth.org/cultivate-health-cultivar-tu-salud)**

# APRENDA MÁS...

## **Michelle's Place Recursos contra Cáncer Miércoles y Jueves 9a-2p**

Apoyo desde el diagnóstico hasta el tratamiento y más allá. Servicios disponibles en español.

**Para reservar una cita llame al (951) 699-5455.**

## **RCP Sólo con las Manos (Ofrecido Mensualmente)**

Aprenda qué es la RCP con las manos y cómo aplicarla.

**Registre: [fallbrookhealth.org/hands-only-cpr](http://fallbrookhealth.org/hands-only-cpr)**

## **Pruebas de COVID Cada Jueves de 9a-1p**

Justo a tiempo para todas sus actividades de fin de semana! Resultados en 48 horas

**Registre: [tinyurl.com/cov19test](http://tinyurl.com/cov19test)**

## **Exámenes de Salud Último miércoles de cada mes 1:30p- 3:30 p**

Exámenes gratuitos de audición, diabetes y presión arterial.

**Registre: [fallbrookhealth.org/health-screenings-2889ae4](http://fallbrookhealth.org/health-screenings-2889ae4)**

## **Primeros Auxilios en Salud Mental (Ofrecido Mensualmente)**

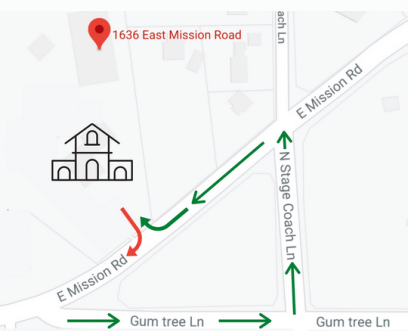
Aprender a identificar, comprender y responder a los signos de enfermedades mentales y los trastornos por abuso de sustancias.

**Registre: [fallbrookhealth.org/mental-health-first-aid](http://fallbrookhealth.org/mental-health-first-aid)**

## **Depresión en los Adolescentes**

Los padres aprenderán a reconocer los signos de la depresión y las formas de ayudar a sus hijos adolescentes, incluyendo los mecanismos de afrontamiento, los métodos para prevenir las auto-daños, la importancia de la comunicación y cómo tener una conversación con los adolescentes sobre cómo buscar ayuda para la depresión. Los padres recibirán una lista de recursos locales disponibles para ayudar a los adolescentes.

**Registre: [fallbrookhealth.org/cultivate-health-cultivar-tu-salud](http://fallbrookhealth.org/cultivate-health-cultivar-tu-salud)**



**Fallbrook Regional Health District  
Community Health and Wellness Center  
1636 East Mission Road, Fallbrook**

**[www.fallbrookhealth.org](http://www.fallbrookhealth.org)**

**(760) 731-9187**