

















2009 National Health Center Week Activities

	Ventura	Oxnard	Fillmore	Ojai	Santa Paula	Maravilla	Ocean View	N.Oxnard	Newbury Park	El Rio
Monday 8-10-09	*Toga 9:00am-10am *Presentation (Reading Food Labels) (All Day)	*Screening Cholesterol 10:00am *Sales Lecture 6:00pm-7:00pm	*Work out Class 6:00pm-7:00pm *Screening BMI, Height, Weight 9:00am-8:00pm			*Anemia Presentation 10:00am and 2:00pm *Medica Presentation: Anemia 4:30pm		*Fitness for Pregnant Women 10:00am-11:30am *Womens & Life Fitness 2:00pm-3:00pm	*Screening: Diabetes, Blood Pressure, BMI 2:00pm-4:00pm *Cholesterol and Hypertension Information (All Day) *Pregnancy Info (All Day)	*Baby Bonding (Milk & Spoons) 10:00am 
Tuesday 8-11-09	*STD & Family Planning Information 2:00pm-4:00pm *Reading Food Labels 2:00pm-4:00pm	*Screenings: Blood Pressure 2:00pm-4:00pm 	*Speech Class Communication Skills Between Parents & Children 4:30-2:00pm		*Screenings: Blood Pressure and Diabetes 2:00pm-4:00pm	*Screenings BMI, Diabetes, Blood Pressure 2:00pm-4:00pm *Nutrition Demonstration 2:30pm *Getting To Know Your Body Presentation: 2:30pm	*Screenings: Diabetes, Hypertension 3:00pm-4:00pm 	*Healthy Nutrition 2:00pm-3:00pm 	*Healthy Eating Information 2pm-4pm *STD's Presentation 3:00pm-4:00pm	*Screening: Blood Pressure, Diabetes 2:00pm-4:00pm *Cholesterol Information Booth
Wednesday 8-12-09	*Nutrition Information & Food Tasting 10:00am-2:00pm *Aerobics 4:00pm-8:00pm	*Breast Bag Exercise with Pharmacist 9:30am-11:30am Patients are to bring their meds along (over the counter, prescribed and herbal (meds)), and pharmacist will discuss.	*Screening BMI, Height, Weight (All Day) *Face Painting 10:00am-12:00pm	*Screenings: Vision, Anemia, Body Mass Index, Blood Pressure, Diabetes 9:30am-4:30pm	*Pregnacy Test (All Day) *Birth Control Methods Presentation: 2:00pm	*Aerobic Activity 10:00am *Aerobic Activity 2:30pm *Medica Presentation: Hypertension 3:30pm		*Activity Fa/M Healthy Start off by Measuring and Taking Patient's Height Measuring BMI Followed by Healthy Exercise 10:00am-11:00am	Recommended Health Tests for Men & Women (All Day) 	
Thursday 8-13-09	*Multiphasic Pregnancy Test, Anemia, Blood Pressure, Diabetes 10:00am-4:00pm *STD's & Family Plan- ning Information 10:00am-4:00pm	*Children's Eye Exams 10:00am-2:00pm *Tango Classes 6:30pm-7:30pm 		*Screenings: Vision, Anemia, Body Mass Index, Blood Pressure, Diabetes 9:30am-4:30pm	*Healthy Eating Presentation: 2:00pm 	*Screenings: BMI, Diabetes, Blood Pressure (All Day) *Toga Presentation: Getting to Know Your Body 2:00pm Prevention & Tips Against the Flu (H1N1) 4:00pm *Baby Bonding (Milk & Spoons) 10:00am	Day of the Park Family Physical Activities at Pleasant Valley Park 3:00pm-4:00pm *Screenings: Diabetes, Hypertension 10:00am-2:00pm	*Healthy Eating and Cooking Smart 7:00pm-8:00pm 	*Predicto Safety Presentation 3:00pm-4:00pm	*Screenings: Anemia & Diabetes 10:00am-4:00pm
Friday 8-14-09	*Toga 9:00am-10:00am *Aerobics 4:00pm-8:00pm 	*Dental Screenings for Children 9:00am-3:00pm *Making Healthy Gracils with Children 1:30pm-3:00pm	*Work Out Class 4:00pm-8:00pm 	*Nutrition Demonstration 11:00am (All school) 2:30pm *Getting To Know Your Body Presentation: 11:00am 3:30pm	*Nutrition Demonstration 11:00am (All school) 2:30pm *Getting To Know Your Body Presentation: 11:00am 3:30pm		*Healthy Living for Teens: Pre-Teen class at 10:00am and Teen Class at 2:00pm	*Healthy Eating for Kids Presentation: 2:00pm-3:00pm	