












CALENDAR OF EVENTS

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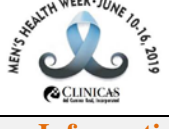
	MONDAY 6/10/2019	TUESDAY 6/11/2019	WEDNESDAY 6/12/2019	THURSDAY 6/13/2019	FRIDAY 6/14/2019
VENTURA 200 S. Wells Rd. Ventura, CA 93004	Information Table: Men's Preventative Health 1:30pm-3:30pm Medicare Information 9:00am-2:00pm	Information Table: Alcohol Safety 1:30pm-3:30pm Medicare Information 9:00am-2:00pm	Information Table: Anthem Medicare Information 1:00pm-3:00pm Eye Health Education & Sun Safety + Screenings: Glucose 1:30pm-3:30pm	Activity: Heart Health "Jeopardy" + Screenings: Blood Pressure 1:30pm-3:30pm	Activity: Game "Guess that Sugar" & Free Healthy Snacks 1:30pm-3:30pm
OXNARD 650 Meta St. Oxnard, CA 93030	Screenings: Blood Pressure & Glucose 9:30am-11:45am 1:15pm-4:30pm Information Table: Medicare Part C 9:00am-2:00pm	Information Table: Heart Disease & Stroke Prevention 2:00pm-5:00pm Information Table: Medicare Part C 2:00pm-5:00pm	Screenings: Blood Pressure & Glucose 9:30am-11:45am 1:15pm-4:30pm Information Table: Anthem Medicare Information 10:00am-12:00pm	Information Table: Diabetes & Oral Hygiene + Importance of Vaccines and VFA program 1:30pm-4:00pm Information Table: Medicare Part C 1:30pm-4:00pm	Information Table: Prostate Cancer Prevention 9:30am-11:45am Importance of Eye Exams 2:00pm-5:00pm Screenings: Glucose & Blood Pressure 9:30am-11:45am & 1:15pm-4:30pm *Raffle at the end of the day
NORTH OXNARD 1200 N. Ventura Rd. Suite E Oxnard, CA 93030	Presentation & Activity SUPER DAD As a Role Model - Exercise - Winning Obesity - Snack Contest 3:00pm-5:00pm		Screenings: Glucose, Blood Pressure & Anemia + Information Table: STD's, Testosterone & Prostate 10:00am-12:00pm & 1:15pm-4:30pm		Information Table: Paid Family Leave Baby Bonding for Dads 9:00am-12:00pm Anthem Medicare Information 2:00pm-4:00pm
MARAVILLA 450 Clara St. Oxnard, CA 93033	Screenings: Blood Pressure 9:00am-12:00pm & 1:00pm-3:00pm	Information Table: Clinicas' Services & Men's Health 2:00pm-5:00pm	Screenings: Anemia 9:00am-11:30am & 1:30pm-4:30pm	Screenings: Glucose 12:00pm-3:00pm Presentation: Men's Depression (Spanish & Mixteco) w/ Dr. Alvarado 4:00pm-5:00pm	Presentation: Men's Health (Spanish & Mixteco) 4:00pm-5:00pm
OCEAN VIEW 4400 Olds Rd. Oxnard, CA 93033	Screenings: Blood Pressure, Glucose & Body Mass Index 9:30am-12:00pm & 12:30pm-6:00pm	Screenings: Vision + Information Table: Oral Health 2:00pm-5:00pm	Information Table: Men's Mental Health Awareness Day - Stress Reduction Techniques - Signs of Depression - Referrals 10:00am-4:00pm	Information Table: Testicular & Prostate Cancer Awareness Day 9:30am-12:00pm & 1:30pm-4:00pm Anthem Medicare Information 2:00-4:00pm	Information Table: Sexually Transmitted Diseases & Prevention *Free Condoms (while supplies last) 10:00am-12:00pm & 1:30pm-4:00pm
EL RIO 221 Ventura Blvd., Suite 126 Oxnard, CA 93036	Screenings: Anemia & Glucose 9:30am-12:00pm & 1:30pm-5:00pm		Information Table: Anthem Medicare Information 1:00pm-3:00pm	Screenings: Blood Pressure 9:30am-12:00pm & 1:30pm-4:30pm Information Table: Medicare Part C 9:30am-12:00pm	Information Table: Prostate & Nutrition 10:00am-12:00pm & 2:00pm-4:00pm
FILLMORE 355 Central Ave. Fillmore, CA 93015	Screenings & Information Table: Glucose & Hemoglobin 12:00pm-3:00pm & 4:00pm-5:00pm	Information Table: Dental 1:00pm-4:00pm	Screenings & Information Table: Glucose & Blood Pressure 10:00am-12:00pm & 1:00pm-3:00pm	Information Table: Men's Health: STD's & Self-Exam 10:00am-12:00pm & 1:00pm-3:00pm	Information Table: Healthy Snacks 10:00am-12:00pm & 1:00pm-3:00pm Anthem Medicare Information 9:00-11:00am
SANTA PAULA 500 E. Main St. Santa Paula, CA 93060	Information Table: Anemia & Testicle Exam 1:00pm-2:30pm & 5:00pm-6:30pm	Activity: Spinning Wheel Trivia Liver, Lung, Colon, Prostate & Testicle Cancers 2:00pm-4:00pm	Screenings: Blood Pressure & Glucose 10:00am-12:00pm & 2:00pm-4:00pm	Screenings: A1c test + Think Before You Drink Poster 10:00am-12:00pm & 2:00pm-3:30pm	Information Table: Anemia & Smoking 10:30am-12:00pm & 2:00pm-3:30pm Gift Basket Raffle
OJAI 1200 Maricopa Hwy Ojai, CA 93023	Activity: "Men's Health" Word Search (raffle prize) 9:00am- 8:00pm	Information Table: Alcohol Effects 9:00am-5:00pm	Screenings: Blood Pressure & Glucose 9:30am- 4:30pm	Screenings: A1c & Body Mass Index 12:00pm-7:00pm	Screenings: A1c & BMI 9:30am- 4:30pm Information Table: Anthem Medicare Information 10:00am-12:00pm
NEWBURY PARK 1000 Newbury Rd#150 Newbury Park, CA 91320	Information Table: Men's Health: STIs & Self-Exams 9:00am-12:00pm & 1:00pm-5:00pm	Activity: H.I.I.T. Exercises 1:30pm-5:00pm	Activity: Healthy Meal Planning- Protein 9:00am-12:00pm	Screenings: Glucose 12:00pm-7:00pm	
SIMI VALLEY MADERA 1424 Madera Rd. Simi Valley, CA 93065	Screenings & Information Table: Blood Pressure 2:00pm-4:00pm		Screenings: Body Mass Index, Glucose & Anemia 11:00am-12:00pm & 1:00pm-4:00pm Medicare Information 9:00am-2:00pm	Information Table: Prostate & Testicular Cancer 1:00pm-3:00pm Medicare Information 9:00am-2:00pm	
MOORPARK 4279 Tierra Rejada Rd. Moorpark, CA 93021		Screenings: Vision and Body Fat % 1:00pm-4:00pm	Screenings: Blood Pressure & Glucose 1:00pm-4:00pm		Screenings: Anemia & Blood Pressure 10:00am-12:00pm 1:00pm-3:00pm
EAST SIMI VALLEY 4370 Eve Rd. Simi Valley, CA 93063	Screenings: Glucose 12:00pm-2:00pm & 4:00pm-5:30pm		Screenings: Blood Pressure 10:00am-12:00pm & 1:30pm-3:00pm	Information Table: STI's 10:00am-12:00pm & 1:30pm-3:00pm	Information Table: Medicare Information 9:00am-2:00pm
LA COLONIA 801 Cooper Rd Oxnard, CA 93030	Screenings: Anemia & Information Table: Prostate 9:30am-12:00pm & 1:30pm-5:00pm	Information Table: Sexually Transmitted Diseases 2:00pm - 5:00pm	Information Table: How Much Sugar is in Your Drink? 9:30am-11:30am & 3:30pm-5:00pm	Screenings: Glucose 9:30am-12:00pm & 2:00pm-5:00pm	Screenings: Blood Pressure & Body Mass Index (BMI) 9:30am-12:00pm & 1:30pm-5:00pm Information Table: Medicare Part C 9:30am-12:00pm
PASEO CAMARILLO 730 Paseo Camarillo Camarillo, CA 93010	Screenings: Body Mass Index (BMI) & Glucose 9:00am-11:30am	Information Table: STI's & Smoking Cessation 1:30pm-3:00pm	Information Table: "Think Before You Drink" + Medicare Part C 2:00pm-4:00pm	Information Table: Oral Hygiene 10:00am-12:00pm	Screenings: Body Mass Index (BMI) & Glucose 1:30pm-4:30pm

Friday, June 14th, 2019 – Men's Health Week Event

Location: Campo Vanessa | Address: 1700 E. 5th St. Oxnard, CA 93030 | Event Time: 4:00pm-7:30pm

CALENDARIO de EVENTOS

¡Acompáñenos en los eventos GRATUITOS! | (805) 647-6353 | www.clinicas.org

	LUNES 6/10/19	MARTES 6/11/19	MIÉRCOLES 6/12/19	JUEVES 6/13/19	VIERNES 6/14/19
VENTURA 200 S. Wells Rd. Ventura, CA 93004	Mesa Informativa: Salud Preventiva para Hombres 1:30pm-3:30pm Información de Medicare 9:00am-2:00pm	Mesa Informativa: Uso del Alcohol y Seguridad 1:30pm-3:30pm Información de Medicare 9:00am-2:00pm	Mesa Informativa: Información de Medicare Anthem 1:00pm-3:00pm Salud de los Ojos y Protección del Sol + Exámenes: Glucosa 1:30pm-3:30pm	Actividad: Salud del Corazón Juego de Jeopardy + Exámenes: Presión Arterial 1:30pm-3:30pm	Actividad: Juego "Adivina el Azúcar" y Bocadillos Saludables Gratis 1:30pm-3:30pm
OXNARD 650 Meta St. Oxnard, CA 93030	Exámenes: Presión Arterial y Glucosa 9:30am-11:45am y 1:15pm-4:30pm Mesa Informativa: Medicare Parte C 9:00am-2:00pm	Mesa Informativa: Prevención de Enfermedades del Corazón y Ataque 2:00pm-5:00pm Mesa Informativa: Medicare Parte C 2:00pm-5:00pm	Exámenes: Presión Arterial y Glucosa 9:30am-11:45am y 1:15pm-4:30pm Mesa Informativa: Información de Medicare Anthem 10:00am-12:00pm	Mesa Informativa: Diabetes e Higiene Oral + Importancia de las Vacunas y el Programa VFA 1:30pm-4:00pm Mesa Informativa: Medicare Parte C 1:30pm-4:00pm	Mesa Informativa: Prevención del Cáncer de Próstata 9:30am-11:45am Importancia de los exámenes de la vista 2:00pm-5:00pm Exámenes: Glucosa y Presión Arterial 9:30am-11:45am y 1:15pm-4:30pm * Sorteo al final del día
NORTH OXNARD 1200 N. Ventura Rd. Suite E Oxnard, CA 93030	Presentación y Actividad: SUPER PAPA - Ejercicio - Obesidad - Concurso de aperitivos 3:00pm-5:00pm		Exámenes: Glucosa, Presión Arterial y Anemia + Mesa Informativa: ETS, Testosterona y la Próstata 10:00am-12:00pm y 1:15pm-4:30pm		Mesa Informativa: Seguro del Permiso Familiar Pagado para Papás 9:00am-12:00pm Información de Medicare Anthem 2:00pm-4:00pm
MARAVILLA 450 Clara St. Oxnard, CA 93033	Exámenes: Presión Arterial 9:00am-12:00pm y 1:00pm-3:00pm	Mesa Informativa: Servicios de Clinicas y la Salud del Hombre 2:00pm-5:00pm	Exámenes: Anemia 9:00am-11:30am y 1:30pm-4:30pm	Exámenes: Glucosa 12:00pm-3:00pm Presentación: Depresión en los Hombres (Español y Mixteco) con Dra. Alvarado 4:00pm-5:00pm	Presentación: Salud del Hombre (Español y Mixteco) 4:00pm-5:00pm
OCEAN VIEW 4400 Olds Rd. Oxnard, CA 93033	Exámenes: Presión Arterial, Glucosa e Índice de Masa Corporal 9:30am-12:00pm y 12:30pm-6:00pm	Exámenes: Visión + Mesa Informativa: Salud Oral 2:00pm-5:00pm	Mesa Informativa: Día de Conciencia de la Salud Mental de los Hombres -Reducción de estrés -Signos de depresión -Referencias 10:00am-4:00pm	Mesa Informativa: Día de Conciencia- Cáncer Testicular y Próstata 9:30am-12:00pm y 1:30pm-4:00pm Información de Medicare Anthem 2:00pm-4:00pm	Mesa Informativa: Prevención de ETS *Condomes Gratuitos (hasta agotar existencias) 10:00am-12:00pm y 1:30pm-4:00pm
EL RIO 221 Ventura Blvd., Suite 126 Oxnard, CA 93036	Exámenes: Anemia y Glucosa 9:30am-12:00pm y 1:30pm-5:00pm		Mesa Informativa: Información de Medicare Anthem 1:00pm-3:00pm	Exámenes: Presión Arterial 9:30am-12:00pm y 1:30pm-4:30pm Mesa Informativa: Medicare Parte C 9:30am-12:00pm	Mesa Informativa: Próstata y Nutrición 10:00am-12:00pm y 2:00pm-4:00pm
FILLMORE 355 Central Ave. Fillmore, CA 93015	Exámenes y Mesa Informativa: Glucosa y Hemoglobina 12:00pm-3:00pm y 4:00pm-5:00pm	Mesa Informativa: Dental 1:00pm-4:00pm	Exámenes y Mesa Informativa: Glucosa y Presión Arterial 10:00am-12:00pm y 1:00pm-3:00pm	Mesa Informativa: La Salud del Hombre: ETS y Autoexamen 10:00am-12:00pm y 1:00pm-3:00pm	Mesa Informativa: Bocadillos Saludables 10:00am-12:00pm y 1:00pm-3:00pm Anthem Información de Medicare 9:00am-11:00am
SANTA PAULA 500 E. Main St. Santa Paula, CA 93060	Mesa Informativa: Anemia y examen de Testículo 1:00pm-2:30pm y 5:00pm-6:30pm	Actividad: Trivia de Rueda Giradora Cánceres de hígado, pulmón, colon, próstata y testículo 2:00pm-4:00pm	Exámenes: Glucosa y Presión Arterial 10:00am-12:00pm y 2:00pm-4:00pm	Exámenes: Prueba A1c + Póster de Piensa Antes de Beber 10:00am-12:00pm y 2:00pm-3:30pm	Mesa Informativa: Anemia y el Fumar 10:30am-12:00pm y 2:00pm-3:30pm Rifa de canasta de regalo
OJAI 1200 Maricopa Hwy Ojai, CA 93023	Actividad: Búsqueda de Palabras "salud de los hombres" (premio de la rifa) 9:00am-8:00pm	Mesa Informativa: Efectos del Alcohol 9:00am-5:00pm	Exámenes: Presión Arterial y Glucosa 9:30am-4:30pm	Exámenes: A1c e Índice de Masa Corporal (IMC) 12:00pm-7:00pm	Exámenes: A1c e (IMC) 9:30am- 4:30pm Mesa Informativa: Información de Medicare Anthem 1:00pm-3:00pm
NEWBURY PARK 1000 Newbury Rd#150 Newbury Park, CA 91320	Mesa Informativa: Salud del Hombre ETS y Autoexamen 9:00am-12:00pm y 1:00pm-5:00pm	Actividad: Ejercicios H.I.I.T. 1:30pm-5:00pm	Actividad: Planificación de Comidas Saludables- Proteína 9:00am-12:00pm	Exámenes: Glucosa 12:00pm-7:00pm	
SIMI VALLEY MADERA 1424 Madera Rd. Simi Valley, CA 93065	Exámenes y Mesa Informativa: Presión Arterial 2:00pm-4:00pm		Exámenes: Anemia, Índice de Masa Corporal y Glucosa 11:00am-12:00pm y 1:00pm-4:00pm Información de Medicare 9:00am-2:00pm	Mesa Informativa: Cáncer de Próstata y Testículo 1:00pm-3:00pm Información de Medicare 9:00am-2:00pm	
MOORPARK 4279 Tierra Rejada Rd. Moorpark, CA 93021		Exámenes: Visión y % de Grasa Corporal 1:00pm-4:00pm	Exámenes: Presión Arterial y Glucosa 1:00pm-4:00pm		Exámenes: Anemia y Presión Arterial 10:00am-12:00pm y 1:00pm-3:00pm
EAST SIMI VALLEY 4370 Eve Rd. Simi Valley, CA 93063	Exámenes: Glucosa 12:00pm-2:00pm y 4:00pm-5:30pm		Exámenes: Presión Arterial 10:00am-12:00pm y 1:30pm-3:00pm	Mesa Informativa: ETS 10:00am-12:00pm y 1:30pm-3:00pm	Mesa Informativa: Información de Medicare 9:00am-2:00pm
LA COLONIA 801 Cooper Rd Oxnard, CA 93030	Exámenes: Anemia + Mesa Informativa: Próstata 9:30am-12:00pm y 1:30pm-5:00pm	Mesa Informativa: Enfermedades Transmitidas Sexualmente 2:00pm-5:00pm	Mesa Informativa: ¿Cuánta Azúcar Hay en tu Bebida? 9:30am-11:30am y 3:30pm-5:00pm	Exámenes: Glucosa 9:30am-12:00pm y 2:00pm-5:00pm	Exámenes: Presión Arterial e (IMC) 9:30am-12:00pm y 1:30pm-5:00pm Mesa Informativa: Medicare Parte C 9:30am-12:00pm
PASEO CAMARILLO 730 Paseo Camarillo Camarillo, CA 93010	Exámenes: Índice de Masa Corporal y Glucosa 9:00am-11:30am	Mesa Informativa: ETS y Dejar de Fumar 1:30pm-3:00pm	Mesa Informativa: Piensa Antes de Beber + Medicare Parte C 2:00pm-4:00pm	Mesa Informativa: Higiene Oral 10:00am-12:00pm	Exámenes: Índice de Masa Corporal y Glucosa 1:30pm-4:30pm

Viernes, 14 de Junio del 2019 – Evento de la Semana del Hombre

Locación: Campo Vanessa | Domicilio: 1700 E. 5th St. Oxnard, CA 93030 | Horario: 4:00pm-7:30pm