



**NATIONAL HEALTH CENTER WEEK**

**CALENDAR OF EVENTS**

Join us for these FREE EVENTS!	MONDAY 8/13/2018	TUESDAY 8/14/2018	WEDNESDAY 8/15/2018	THURSDAY 8/16/2018	FRIDAY 8/17/2018
<b>VENTURA</b> 200 S. Wells Rd. Ventura, CA 93004	<b>Screenings:</b> Blood Pressure & DEXA Scan (Bone Density) + <b>Information Table:</b> Exercise 1:30pm-4:30pm	<b>Information Table:</b> Disaster Preparedness Officer Lujan PHPD "Listos" 1:00pm-3:00pm	<b>Information Table:</b> Among Friends 9:00am-12:00pm <b>Emergency Response System</b> (Anthem Blue Cross) 1:00pm-3:00pm	<b>Screenings:</b> Glucose + Nutrition Information 11:30am-3:30pm <b>Presentation:</b> Los Agentes 805 4:30pm-5:30pm	<b>Activity:</b> BINGO Raffle- Prize giveaways! + <b>Information Table:</b> Resources for Seniors 10:00am-11:30am
<b>OXNARD</b> 650 Meta St. Oxnard, CA 93030	<b>Presentation:</b> Los Agentes 805 4:30pm-5:30pm <b>Activity:</b> Word Search 1:30pm-3:30pm	<b>Activity:</b> Seated Yoga 1:30pm-3:30pm <b>Information Table:</b> Resources for Seniors with Dr. Highly 1:30pm-2:30pm	<b>Activity:</b> At Home Exercises 10:30am-12:00pm & 1:30pm-4:30pm <b>Information Table:</b> Denture Care 1:30-4:30pm Healthy Snacks with Judy Galanter R.D. 2:30pm-3:30pm	<b>Screenings:</b> Glucose & Blood Pressure 9:30am-11:45am & 1:30pm-4:30pm <b>Information Table:</b> Importance of Adult Physicals 1:30pm-4:30pm	<b>Screenings:</b> Glucose & Blood Pressure 9:30am-11:45am & 1:30pm-4:30pm <b>Information Table:</b> Rethink Your Drink + Retinopathy 1:30pm-4:30pm <small>*Raffle at the end of the day</small>
<b>NORTH OXNARD</b> 1200 N. Ventura Rd. Suite E Oxnard, CA 93030	<b>Screenings:</b> Glucose & Blood Pressure 10:00am-12:00pm & 1:00pm-4:00pm <b>Presentation:</b> (1300 N. Ventura Rd, suite#1) Breastfeeding (Spanish) 4:30pm-5:30pm	<b>Presentation:</b> (1300 N. Ventura Rd, suite#1) Los Agentes 805 4:30pm-5:30pm <b>Information Table:</b> (1300 N. Ventura Rd, suite#1) Senior Resources + BINGO 3:00pm-4:00pm	<b>Information Table:</b> Oral Health for the Entire Family & Senior Resources 10:00am-12:00pm & 2:00pm-4:00pm	<b>Activity:</b> (1300 N. Ventura Rd, suite#1) Movie Night & Health Presentation 5:00pm-7:00pm	<b>Information Table:</b> Senior Resources 1:30pm-3:30pm  <small>*Raffle (tickets given all week)</small>
<b>MARAVILLA</b> 450 Clara St. Oxnard, CA 93033	<b>Screenings:</b> Glucose & Anemia 12:00pm-5:30pm	<b>Screenings:</b> Bone Density 9:30am-12:00pm <b>Presentation:</b> Senior Health (Spanish & Mixteco) 3:30pm-4:30pm	<b>Activities:</b> Face Painting 9:30am-12:00pm Healthy Smoothies 3:30pm-5:00pm <b>Presentation:</b> Nutrition 3:30pm-4:00pm	<b>Screenings:</b> Anemia & Blood Pressure 10:00am-12:00pm <b>Presentation:</b> Dementia with Dr. Alvarado 4:30pm-5:30pm	<b>Activities:</b> Clothes Donation 9:30am-12:00pm Fresh Fruit Water 3:30pm-5:00pm Family Exercise Class 4:00pm-5:00pm
<b>OCEAN VIEW</b> 4400 Olds Rd. Oxnard, CA 93033		<b>Activity:</b> Loteria Game 2:00pm-3:00pm	<b>Screenings:</b> Glucose, Anemia & Blood Pressure 9:30am-12:00pm <b>Presentation:</b> Dental 2:00pm-3:00pm		<b>Screenings:</b> Glucose, Anemia & Blood Pressure 9:30am-12:00pm 1:30pm-4:00pm
<b>EL RIO</b> 221 Ventura Blvd. Suite 126 Oxnard, CA 93036	<b>Screenings:</b> Glucose & Anemia 9:30am-12:00pm & 1:30pm-5:00pm		<b>Information Table:</b> Smoothies & Healthy Snacks + Nutrition Information 10:00am-12:00pm & 2:00pm-4:00pm	<b>Screenings:</b> Blood Pressure + Fall Prevention Info 10:00am-12:00pm & 2:00pm-5:00pm Clothes Giveaway	<b>Screenings:</b> Bone Density + Calcium & Bone Health Information 10:00am-12:00pm & 2:00pm-4:00pm
<b>FILLMORE</b> 355 Central Ave. Fillmore, CA 93015	<b>Screenings + Information Table:</b> Glucose 11:30am-4:00pm	<b>Screenings + Information Table:</b> Blood Pressure 1:00pm-4:00pm	<b>Information Table:</b> Dental 10:00am-12:00pm & 1:00pm-3:30pm	<b>Screenings + Information Table:</b> Hemoglobin (Anemia) 10:00am-12:00pm & 1:00pm-3:30pm	<b>Activity:</b> Nutrition Education & Snacks 10:00am-12:00pm & 1:00pm-3:30pm
<b>SANTA PAULA</b> 500 E. Main St. Santa Paula, CA 93060	<b>Screenings + Information Table:</b> Glucose 4:00pm-6:00pm	<b>Screenings:</b> Blood Pressure & Anemia 2:00pm-4:00pm	<b>Activity:</b> BINGO 2:00pm-4:00pm	<b>Presentation:</b> Anthem Blue Cross 1:00pm-3:00pm <b>Activity:</b> Balance Exercises for Seniors 10:00am-11:30am	<b>Information Table:</b> Medicare 9:30am-12:00pm & 1:00pm-5:00pm
<b>OJAI</b> 1200 Maricopa Hwy Ojai, CA 93023	<b>Screenings:</b> Hemoglobin & Glucose + <b>Activity:</b> Word Search Game 9:30am-12:00pm & 1:00pm-5:00pm	<b>Activity:</b> Movie & Healthy Snacks 3:00pm-5:00pm	<b>Activity:</b> Health Center Trivia Contest 9:30am-5:00pm	<b>Screenings:</b> A1C & Blood Pressure 9:30am-7:00pm	<b>Screenings:</b> A1C & Blood Pressure 9:30am-12:00pm & 1:00pm-5:00pm
<b>NEWBURY PARK</b> 1000 Newbury Rd#150 Newbury Park, CA 91320	<b>Screenings:</b> Glucose & Blood Pressure 9:30am-4:30pm	<b>Activity:</b> Aging & Dental Health 1:00pm-5:00pm	<b>Activity:</b> Healthy Meal Planning 1:00pm-4:30pm	<b>Activity:</b> Chair Exercises & Re-Think your Drink 12:00pm-5:00pm	<b>Activity:</b> Loteria, Word Search, & Puzzles! 1:00pm-5:00pm
<b>SIMI VALLEY MADERA</b> 1424 Madera Rd. Simi Valley, CA 93065	<b>Screenings:</b> Glucose & Hemoglobin + <b>Information Table:</b> AHP 9:30am-4:30pm	<b>Information Table:</b> Osteoporosis, Calcium & Vitamin D 3:00pm-5:00pm	<b>Screenings:</b> Bone Density 9:30am-4:30pm	<b>Presentation:</b> Alzheimer's Prevention (English) 2:00pm-4:00pm	<b>Activity:</b> BINGO <small>*Price awarded to winner 4:00pm-5:00pm</small>
<b>MOORPARK</b> 4279 Tierra Rejada Rd. Moorpark, CA 93021	<b>Screenings:</b> Glucose & Blood Pressure 12:00pm-3:00pm & 4:00pm-6:00pm	<b>Information Table:</b> Patient Portal & Covered California 1:30pm-4:30pm	<b>Screenings:</b> Vision Test 1:00pm-4:00pm		<b>Screenings:</b> Anemia & Blood Pressure 10:00am-12:00pm & 1:00pm-3:00pm
<b>EAST SIMI VALLEY</b> 4370 Eve Rd. Simi Valley, CA 93063	<b>Screenings:</b> Glucose 3:00pm-4:00pm	<b>Activity:</b> Manicure Day 3:00pm-4:00pm	<b>Activity:</b> Yogurt Bar 3:00pm-4:00pm		<b>Presentation:</b> Dental 10:00am-10:45am & 3:00pm-3:45pm <b>Activity:</b> Healthy Snacks 3:45pm-4:45pm

Sunday, August 12<sup>th</sup>, 2018 - National Health Center Week: Senior Health Fair

Location: Del Sol Park | Address: 1800 Camino Del Sol Oxnard, CA 93030 | Event Time: 10:00am-2:00pm

For more information regarding events call: (805) 647-6353 or visit our web page: [www.clinicas.org](http://www.clinicas.org)



## SEMANA NACIONAL DE LOS CENTROS DE SALUD

### CALENDARIO DE EVENTOS

**Acompáñenos en los Eventos Gratuitos!**

	LUNES 8/13/2018	MARTES 8/14/2018	MIÉRCOLES 8/15/2018	JUEVES 8/16/2018	VIERNES 8/17/2018
<b>VENTURA</b> 200 S. Wells Rd. Ventura, CA 93004	<b>Exámenes:</b> Presión Arterial y DEXA Scan (Densidad ósea) + <b>Mesa Informativa:</b> Ejercicio 1:30pm-4:30pm	<b>Mesa Informativa:</b> Preparación Para Desastres Oficial Lujan PHPD "Listos" 1:00pm-3:00pm	<b>Mesa Informativa:</b> Among Friends (Entre Amigos) 9:00am-12:00pm <b>Sistema de Respuesta Emergencias</b> (Anthem Blue Cross) 1:00pm-3:00pm	<b>Exámenes:</b> Glucosa + Información de Nutrición 11:30am-3:30pm <b>Presentación:</b> Los Agentes 805 4:30pm-5:30pm	<b>Actividad:</b> BINGO ¡Sorteo de Premios -Rifa! + <b>Mesa Informativa:</b> Recursos para Seniors 10:00am-11:30am
<b>OXNARD</b> 650 Meta St. Oxnard, CA 93030	<b>Presentación:</b> Los Agentes 805 4:30pm-5:30pm <b>Actividad:</b> Búsqueda de Palabras 1:30pm-3:30pm	<b>Actividad:</b> Yoga Sentado 1:30pm-3:30pm <b>Mesa Informativa:</b> Recursos para Seniors con Dr. Highly 1:30pm-2:30pm	<b>Actividad:</b> Ejercicios en Casa 10:30am-12:00pm y 1:30pm-4:30pm <b>Mesa Informativa:</b> Cuidado de la Dentadura 1:30-4:30pm <b>Bocadillos Saludables</b> con Judy Galanter R.D. 2:30pm-3:30pm	<b>Exámenes:</b> Glucosa y Presión Arterial 9:30am-11:45am y 1:30pm-4:30pm <b>Mesa Informativa:</b> Importancia de los Exámenes Físicos para Adultos 1:30pm-4:30pm	<b>Exámenes:</b> Glucosa y Presión Arterial 9:30am-11:45am y 1:30pm-4:30pm <b>Mesa Informativa:</b> Vuelve a Pensar Tu Bebida + Retinopatía 1:30pm-4:30pm *Rifa al final del día
<b>NORTH OXNARD</b> 1200 N. Ventura Rd. Suite E Oxnard, CA 93030	<b>Exámenes:</b> Glucosa y Presión Arterial 10:00am-12:00pm y 1:00pm-4:00pm <b>Presentación:</b> (1300 N. Ventura Rd, suite#1) Amamantar (Español) 4:30pm-5:30pm	<b>Presentación:</b> (1300 N. Ventura Rd, suite#1) Los Agentes 805 4:30pm-5:30pm <b>Mesa Informativa:</b> (1300 N. Ventura Rd, suite#1) Recursos para Seniors + BINGO 3:00pm-4:00pm	<b>Mesa Informativa:</b> Salud Oral para la Familia y Recursos para Seniors 10:00am-12:00pm y 2:00pm-4:00pm	<b>Actividad:</b> (1300 N. Ventura Rd, suite#1) Noche de Película y Presentación de Salud 5:00pm-7:00pm	<b>Mesa Informativa:</b> Recursos para Seniors 1:30pm-3:30pm *Rifa (boletos se darán toda la semana)
<b>MARAVILLA</b> 450 Clara St. Oxnard, CA 93033	<b>Exámenes:</b> Glucosa y Anemia 12:00pm-5:30pm	<b>Exámenes:</b> Densidad ósea 9:30am-12:00pm <b>Presentación:</b> La Salud de los Seniors (Español y Mixteco) 3:30pm-4:30pm	<b>Actividades:</b> Pintura de la Cara 9:30am-12:00pm <b>Batidos Saludables</b> 3:30pm-5:00pm <b>Presentación:</b> Nutrición 3:30pm-4:00pm	<b>Exámenes:</b> Anemia y Presión Arterial 10:00am-12:00pm <b>Presentación:</b> Demencia Con la Dra. Alvarado 4:30pm-5:30pm	<b>Actividades:</b> Regalo de Ropa Donada 9:30am-12:00pm Agua de Fruta Fresca 3:30pm-5:00pm Clase de Ejercicio Familiar 4:00pm-5:00pm
<b>OCEAN VIEW</b> 4400 Olds Rd. Oxnard, CA 93033		<b>Actividad:</b> Juego de Lotería 2:00pm-3:00pm	<b>Exámenes:</b> Glucosa, Anemia y Presión Arterial 9:30am-12:00pm <b>Presentación:</b> Dental 2:00pm-3:00pm		<b>Exámenes:</b> Glucosa, Anemia y Presión Arterial 9:30am-12:00pm 1:30pm-4:00pm
<b>EL RIO</b> 221 Ventura Blvd. Suite 126 Oxnard, CA 93036	<b>Exámenes:</b> Glucosa y Anemia 9:30am-12:00pm y 1:30pm-5:00pm		<b>Mesa Informativa:</b> Batidos y Meriendas Saludables + Información de Nutrición 10:00am-12:00pm y 2:00pm-4:00pm	<b>Exámenes:</b> Presión Arterial + Información de Prevención de Caídas 10:00am-12:00pm y 2:00pm-5:00pm Regalo de Ropa Donada	<b>Exámenes:</b> Densidad ósea + Calcio y Salud de Huesos 10:00am-12:00pm y 2:00pm-4:00pm
<b>FILLMORE</b> 355 Central Ave. Fillmore, CA 93015	<b>Exámenes + Mesa Informativa:</b> Glucosa 11:30am-4:00pm	<b>Exámenes + Mesa Informativa:</b> Presión Arterial 1:00pm-4:00pm	<b>Mesa Informativa:</b> Dental 10:00am-12:00pm y 1:00pm-3:30pm	<b>Exámenes + Mesa Informativa:</b> Hemoglobina (Anemia) 10:00am-12:00pm y 1:00pm-3:30pm	<b>Actividad:</b> Educación de Nutrición y Meriendas 10:00am-12:00pm y 1:00pm-3:30pm
<b>SANTA PAULA</b> 500 E. Main St. Santa Paula, CA 93060	<b>Exámenes + Mesa Informativa:</b> Glucosa 4:00pm-6:00pm	<b>Exámenes:</b> Presión Arterial y Anemia 2:00pm-4:00pm	<b>Actividad:</b> BINGO 2:00pm-4:00pm	<b>Presentación:</b> Anthem Blue Cross 1:00pm-3:00pm <b>Actividad:</b> Ejercicios de Equilibrio para Seniors 10:00am-11:30am	<b>Mesa Informativa:</b> Medicare 9:30am-12:00pm y 1:00pm-5:00pm
<b>OJAI</b> 1200 Maricopa Hwy Ojai, CA 93023	<b>Exámenes:</b> Hemoglobina y Glucosa + <b>Actividad:</b> Búsqueda de Palabras 9:30am-12:00pm y 1:00pm-5:00pm	<b>Actividad:</b> Película y Merienda Saludables 3:00pm-5:00pm	<b>Actividad:</b> Concurso de Trivia del Centro de Salud 9:30am-5:00pm	<b>Exámenes:</b> A1c y Presión Arterial 9:30am-7:00pm	<b>Exámenes:</b> A1c y Presión Arterial 9:30am-12:00pm y 1:00pm-5:00pm
<b>NEWBURY PARK</b> 1000 Newbury Rd#150 Newbury Park, CA 91320	<b>Exámenes:</b> Glucosa y Presión Arterial 9:30am-4:30pm	<b>Actividad:</b> Envejecimiento y la Salud Dental 1:00pm-5:00pm	<b>Actividad:</b> Planificación de Comidas Saludables 1:00pm-4:30pm	<b>Actividad:</b> Ejercicios de Silla y Vuelve a Pensar Tu Bebida 12:00pm-5:00pm	<b>Actividad:</b> Lotería, Búsqueda de Palabras y Rompecabezas 1:00pm-5:00pm
<b>SIMI VALLEY MADERA</b> 1424 Madera Rd. Simi Valley, CA 93065	<b>Exámenes:</b> Glucosa y Hemoglobina + <b>Mesa Informativa:</b> AHP 9:30am-4:30pm	<b>Mesa Informativa:</b> Osteoporosis, Calcio y Vitamina D 3:00pm-5:00pm	<b>Exámenes:</b> Densidad ósea 9:30am-4:30pm	<b>Presentación:</b> Prevención del Alzheimer (Ingles) 2:00pm-4:00pm	<b>Actividad:</b> BINGO *premio al ganador/a 4:00pm-5:00pm
<b>MOORPARK</b> 4279 Tierra Rejada Rd. Moorpark, CA 93021	<b>Exámenes:</b> Glucosa y Presión Arterial 12:00pm-3:00pm y 4:00pm-6:00pm	<b>Mesa Informativa:</b> Portal del Paciente y Covered California 1:30pm-4:30pm	<b>Exámenes:</b> Visión 1:00pm-4:00pm		<b>Exámenes:</b> Anemia y Presión Arterial 10:00am-12:00pm y 1:00pm-3:00pm
<b>EAST SIMI VALLEY</b> 4370 Eve Rd. Simi Valley, CA 93063	<b>Exámenes:</b> Glucosa 3:00pm-4:00pm	<b>Actividad:</b> Día de Manicuras 3:00pm-4:00pm	<b>Actividad:</b> Bar de Yogurt 3:00pm-4:00pm		<b>Presentación:</b> Dental 10:00am-10:45am & 3:00pm-3:45pm <b>Actividad:</b> Bocadillos Saludables 3:45pm-4:45pm

**Domingo 12 de Agosto del 2018 – Feria de la Semana Nacional de los Centros de Salud**

Locación: Parque del Sol | Domicilio: 1800 Camino Del Sol Oxnard, CA 93030 | Horario: 10:00am-2:00pm

**Para más información sobre los eventos, llame al: (805) 647-6353 o visite nuestra página de web: [www.clinicas.org](http://www.clinicas.org)**

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