

13 al 19 de MAYO del 2018

CALENDARIO DE EVENTOS

	LUNES 5/14/18	MARTES 5/15/18	MIÉRCOLES 5/16/18	JUEVES 5/17/18	VIERNES 5/18/18	
TODOS LOS EVENTOS SON GRATIS	VENTURA 200 S. Wells Rd. Ventura, CA 93004	¡Feliz Día de la Madre! Mesa Informativa: Examen Anual de Salud de la Mujer 11:30am-3:30pm	Mesa Informativa: Conexión Adolescente, Imagen Corporal, la Pubertad y el Autoestima 1:30pm-4:30pm	Exámenes: Índice de Masa Corporal + Mesa Informativa: Rutinas de Ejercicio y Meriendas Gratuitas 1:30pm-4:30pm	Mesa Informativa: Información de Medi-Cal 10:00am-12:00pm Información de Autodefensa 11:30am-3:30pm	Exámenes: Presión Arterial y Glucosa + Educación 10:00am-12:00pm y 1:30pm-4:30pm
	OXNARD 650 Meta St. Oxnard, CA 93030	Mesa Informativa: Habilidades de Afrontamiento 1:00pm-2:30pm	Mesa Informativa: Higiene Oral 1:30pm-4:30pm Exámenes: Visión 1:30pm-4:30pm Actividad: Bocadillos Saludables 2:00pm-4:00pm	Exámenes: Presión Arterial y Glucosa 1:30pm-4:30pm 	Mesa Informativa: Auto Examen de Senos y Métodos Anticonceptivos 9:30am-12:00pm y 1:30pm-4:30pm	Exámenes: Glucosa y Presión Arterial 9:30am-12:00pm y 1:30pm-4:30pm Actividad: Esmalte de Uñas 1:30pm-5:00pm Presentación: Ejercicios de Respiración con Dr. Medley 1:00pm-2:00pm
	NORTH OXNARD 1200 N. Ventura Rd. Suite E Oxnard, CA 93030	Presentación: Cómo Perder Peso en Unos Días 4:00pm- 5:30pm	Actividad: Cardio y Circuito 4:00pm-5:00pm	Exámenes: Presión Arterial, A1c y Glucosa 10:00am-12:00pm y 2:00pm-4:30pm	Mesa Informativa: Salud del Seno 4:00pm-6:00pm	Actividad: Día de Belleza - Amor Propio 4:00pm-5:00pm
	MARAVILLA 450 Clara St. Oxnard, CA 93033	Exámenes: Presión Arterial y Hemoglobina (Anemia) 12:00pm-6:00pm	Presentación: "Mujer Cual es tu Valor" (Español & Mixteco) 3:00pm-4:00pm Actividad: Clase de Ejercicio 4:00pm-5:00pm	Actividades: Pintado de Uñas de Gel 9:30am-11:30am Batidos Saludables 4:00pm-5:00pm Presentación: La Salud de la Mujer (Mixteco) 3:00pm-4:00pm	Exámenes: Glucosa 10:00am-12:00pm Presentación: Autoestima, Violencia y Depresión con Dra. Alvarado (Español) Técnicas de Relajación 4:30pm-5:30pm	Actividades: Manicuras 10:00am-12:00pm Faciales Naturales 2:00pm-5:00pm
	OCEAN VIEW 4400 Olds Rd. Oxnard, CA 93033	Exámenes: Presión Arterial, Anemia y Glucosa 9:30am-12:00pm y 1:30pm-5:00pm	Actividad: Esmalte de Uñas 1:30pm-4:00pm	Exámenes: Presión Arterial y Glucosa 9:30am-12:00pm y 1:30pm-5:00pm	Presentación: Dental (Español) 1:30pm-2:30pm	Actividad: Juego de Lotería 9:30am-11:00am
	EL RIO 221 Ventura Blvd. Suite 126 Oxnard, CA 93036	Exámenes: Hemoglobina (Anemia) y Glucosa 9:30am-12:00pm y 1:30pm-4:30pm		Exámenes: Presión Arterial 9:30am-12:00pm y 1:30pm-4:30pm Regalo de Ropa Donada		Exámenes: Índice de Masa Corporal 10:00am-12:00pm y 1:30pm-3:00pm Actividad: ZUMBA 4:30pm-5:30pm
	FILLMORE 355 Central Ave. Fillmore, CA 93015	Exámenes: Glucosa, Presión Arterial y Hemoglobina (Anemia) 12:00pm-3:00pm y 4:30pm-6:30pm	Mesa Informativa: Cuidado Dental 10:00am-12:00pm y 1:00pm-4:00pm	Actividad: Cambio de Imagen de uñas y cabello + Mesa Informativa: ETS, Métodos Anticonceptivos, Depresión y Auto Examen de Senos 10:30am-12:00pm y 1:00pm-4:00pm	Exámenes: Glucosa, Presión Arterial y Hemoglobina (Anemia) 10:00am-12:00pm y 1:00pm-4:00pm	Mesa Informativa: Nutrición y Ejercicio + Bocadillos 10:30am-12:00pm y 1:00pm-4:00pm
	SANTA PAULA 500 E. Main St. Santa Paula, CA 93060	Exámenes: Hemoglobina (Anemia) 4:00pm-6:00pm	Mesa Informativa: Autoexamen de Senos + Flores para las Mujeres *hasta agotar existencias 1:00pm-3:00pm	Exámenes: Glucosa, Presión Arterial y Densidad ósea 10:00am-12:00pm y 1:00pm-4:00pm	Actividades: Con Varsity Sports Training Facility 3:00pm-5:00pm Teléfonos Celulares Gratis (con Life Wireless) 2:00pm-5:00pm	Actividades: Masaje de Manos y Manicura 2:00pm-4:00pm Rifa de una Canasta 5:00pm
	OJAI 1200 Maricopa Hwy Ojai, CA 93023	Actividad: ZUMBA! 6:00pm-7:00pm	Exámenes: Hemoglobina (Anemia) y Glucosa 9:00am-12:00pm	Actividad: Pintado de Uñas 2:00pm-4:00pm	Exámenes: Glucosa y Presión Arterial 4:00pm-8:00pm	Exámenes: Glucosa y Presión Arterial 1:00pm-5:00pm
	NEWBURY PARK 1000 Newbury Rd. Suite 150 Newbury Park, CA 91320	Mesa Informativa: Manejo del Estrés + Exámenes: Presión Arterial 1:30pm-4:30pm	Actividad: Educación Sobre el Cuidado de la Piel y Actividad Facial 1:30pm-4:30pm	Mesa Informativa: Mujer Sana + Exámenes: Hemoglobina 1:30pm-4:30pm	Mesa Informativa: Reconsidere Su Bebida + Exámenes: Glucosa 9:30am-12:00pm	Mesa Informativa: Ideas para Su Lonchera + Exámenes: Índice de Masa Corporal 9:30am-12:00pm
	SIMI VALLEY- MADERA 1424 Madera Rd. Simi Valley, CA 93065	Presentación: Ejercicios de Kegel (Esp) 10:00am-11:30am Actividad: Juego Jeopardy- Salud Femenina 2:00pm-4:00pm *premio para ganador	Exámenes: IMC, Presión Arterial, Glucosa y Anemia 9:30am-12:00pm y 1:30pm-3:00pm Presentación: Consejos Para Perder Peso (Ing/Es) 3:00pm-4:30pm	Presentación: Hacer de la Alimentación Saludable Parte de Su Estilo de Vida (Inglés) 3:00pm-4:30pm	Mesa Informativa: Batidos y Meriendas Saludables 11:30am-3:00pm	Actividad: Faciales 1:30pm-4:30pm (regístrese en la recepción)
	MOORPARK 4279 Tierra Rejada Rd. Moorpark, CA 93021	Exámenes: Presión Arterial y Hemoglobina (Anemia) 11:00am- 4:00pm		Exámenes: Visión 1:00pm- 4:00 pm		Exámenes: Glucosa y Presión Arterial 10:00am- 12:00pm y 1:00pm-3:00pm
	EAST SIMI VALLEY 4370 Eve Rd. Simi Valley, CA 93063	Exámenes: Glucosa 3:00pm-5:00pm Actividad: Yoga 1:00pm-1:15pm	Exámenes: Hemoglobina (Anemia) 3:00pm-5:00pm	Actividad: Barra de Yogur 10:00am-12:00pm	Actividades: Clase de Merengue-Cha-Cha 11:30am-12:00pm y 3:00pm-3:30pm Clase de Maquillaje 4:00pm-5:00pm Exámenes: Índice de Masa Corporal 1:30pm-2:30pm	


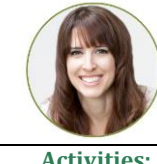
Clinicas del Camino Real, Inc. cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.



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



CALENDAR OF EVENTS

	MONDAY 5/14/18	TUESDAY 5/15/18	WEDNESDAY 5/16/18	THURSDAY 5/17/18	FRIDAY 5/18/18
ALL EVENTS ARE FREE	VENTURA 200 S. Wells Rd. Ventura, CA 93004 Happy Mother's Day! <u>Information Table:</u> Women's Health Yearly Screening 11:30am-3:30pm	<u>Information Table:</u> Teen Connection, Body Image, Puberty and Self-Esteem 1:30pm-4:30pm	<u>Screenings:</u> Body Mass Index (BMI) + Information Table: Exercise Routines & Free Snacks 1:30pm-4:30pm	<u>Information Table:</u> Medi-Cal Information 10:00am-12:00pm Self-Defense Information 11:30am-3:30pm	<u>Screenings:</u> Blood Pressure & Glucose + Education 10:00am-12:00pm & 1:30pm-4:30pm
	OXNARD 650 Meta St. Oxnard, CA 93030 <u>Information Table:</u> Coping Skills 1:00pm-2:30pm	<u>Information Table:</u> Oral Hygiene 1:30pm-4:30pm <u>Screenings:</u> Vision 1:30pm-4:30pm <u>Activity:</u> Healthy Snacks 2:00pm-4:00pm	<u>Screenings:</u> Blood Pressure & Glucose 1:30pm-4:30pm	<u>Information Table:</u> Self-Breast Exams & Birth Control Methods 9:30am-12:00pm & 1:30pm-4:30pm	<u>Screenings:</u> Blood Pressure & Glucose 9:30am-12:00pm & 1:30pm-4:30pm <u>Activity:</u> Nail Polish 1:30pm-5:00pm <u>Presentation:</u> Breathing Exercises by Dr. Medley 1:00pm-2:00pm
	NORTH OXNARD 1200 N. Ventura Rd. Suite E Oxnard, CA 93030 <u>Presentation:</u> How to Lose Weight in A Few Days 4:00pm- 5:30pm	<u>Activity:</u> Cardio and Circuit 4:00pm-5:00pm	<u>Screenings:</u> Blood Pressure, A1c & Glucose 10:00am- 12:00pm & 2:00pm-4:30pm	<u>Information Table:</u> Breast Health 4:00pm-6:00pm	<u>Activity:</u> Beauty Day-Self Love 4:00pm-5:00pm
	MARAVILLA 450 Clara St. Oxnard, CA 93033 <u>Screenings:</u> Blood Pressure & Hemoglobin (Anemia) 12:00pm-6:00pm	<u>Presentation:</u> How to Value Yourself As Women (Spanish & Mixteco) 3:00pm-4:00pm <u>Activity:</u> Exercise Class 4:00pm-5:00pm	<u>Activities:</u> Gel Nail Polish 9:30am-11:30am Healthy Smoothies 4:00pm-5:00pm <u>Presentation:</u> Women's Health (Mixteco) 3:00pm-4:00pm	<u>Screenings:</u> Glucose 10:00am-12:00pm <u>Presentation:</u> Self Esteem, Domestic Violence & Depression with Dr. Alvarado (Spanish) Relaxation Techniques 4:30pm-5:30pm	<u>Activities:</u> Manicures 10:00am-12:00pm Natural Facials 2:00pm-5:00pm
	OCEAN VIEW 4400 Olds Rd. Oxnard, CA 93033 <u>Screenings:</u> Blood Pressure, Glucose, & Hemoglobin (Anemia) 9:30am-12:00pm & 1:30pm-5:00pm	<u>Activity:</u> Nail Polish 1:30pm-4:00pm	<u>Screenings:</u> Blood Pressure & Glucose 9:30am-12:00pm & 1:30pm-5:00pm	<u>Presentation:</u> Dental (Spanish) 1:30pm-2:30pm	<u>Activity:</u> Lotería Game 9:30am-11:00am
	EL RIO 221 Ventura Blvd. Suite 126 Oxnard, CA 93036 <u>Screenings:</u> Anemia & Glucose 9:30am-12:00pm & 1:30pm-4:30pm		<u>Screenings:</u> Blood Pressure 9:30am-12:00pm & 1:30pm-4:30pm CLOTHES GIVEAWAY		<u>Screenings:</u> Body Mass Index (BMI) 10:00am-12:00pm & 1:30pm-3:00pm <u>Activity:</u> ZUMBA Class 4:30pm-5:30pm
	FILLMORE 355 Central Ave. Fillmore, CA 93015 <u>Screenings:</u> Blood Pressure, Glucose, & Hemoglobin (Anemia) 12:00pm-3:00pm & 4:30pm-6:30pm	<u>Information Table:</u> Dental Care 10:00am-12:00pm & 1:00pm-4:00pm	<u>Activity:</u> Nails and Hair Makeovers + <u>Information Table:</u> STD's, BCM's, Depression & Breast Exams 10:30am-12:00pm & 1:00pm-4:00pm	<u>Screenings:</u> Blood Pressure, Glucose, & Hemoglobin (Anemia) 10:00am-12:00pm & 1:00pm-4:00pm	<u>Information Table:</u> Nutrition and Fitness + Snack Samples 10:30am-12:00pm & 1:00pm-4:00pm
	SANTA PAULA 500 E. Main St. Santa Paula, CA 93060 <u>Screenings:</u> Hemoglobin (Anemia) 4:00pm-6:00pm	<u>Information Table:</u> Self-Breast Exam + Flowers to all women *While supply last 1:00pm-3:00pm	<u>Screenings:</u> Glucose & Blood Pressure 10:00am-12:00pm & 1:00pm-4:00pm	<u>Activities:</u> Varsity Sports Training Facility 3:00pm-5:00pm Free Cell Phones (with Life Wireness) 2:00pm-5:00pm	<u>Activities:</u> Hand Massage and Manicure 2:00pm-4:00pm Basket Raffle 5:00pm
	OJAI 1200 Maricopa Hwy Ojai, CA 93023 <u>Activity:</u> ZUMBA! 6:00pm-7:00pm	<u>Screenings:</u> Hemoglobin (Anemia) & Glucose 9:00am-12:00pm	<u>Activity:</u> Nail Painting 2:00pm-4:00pm	<u>Screenings:</u> Glucose & Blood Pressure 4:00pm-8:00pm	<u>Screenings:</u> Glucose & Blood Pressure 1:00pm-5:00pm
	NEWBURY PARK 1000 Newbury Rd. Suite 150 Newbury Park, CA 91320 <u>Information Table:</u> Stress Management + Screenings: Blood Pressure 1:30pm-4:30pm	<u>Activity:</u> Skin Care Education and Facial Activity 1:30pm-4:30pm	<u>Information Table:</u> Well Woman + Screenings: Hemoglobin (Anemia) 1:30pm-4:30pm	<u>Information Table:</u> Rethink Your Drink + Screenings: Glucose 9:30am-12:00pm	<u>Information Table:</u> Lunch Box Ideas + Screenings: Body Mass Index (BMI) 9:30am-12:00pm
	SIMI VALLEY- MADERA 1424 Madera Rd. Simi Valley, CA 93065 <u>Presentation:</u> Kegel Exercises (Spa) 10:00am-11:30am <u>Activity:</u> Women's Health Jeopardy Game (Eng/Spa) 2:00pm-4:00pm *prize for winner	<u>Screenings:</u> BMI, Blood Pressure, Glucose & Hemoglobin (Anemia) 9:30am-12:00pm & 1:30pm-3:00pm <u>Presentation:</u> Tips to Lose Weight (Eng/Spa.) 3:00pm-4:30pm	<u>Presentation:</u> Making Healthy Eating Part of Your Lifestyle (English class) 3:00pm-4:30pm	<u>Information Table:</u> Smoothie & Healthy Snack Sampling 11:30am-3:00pm	<u>Activity:</u> Facials 1:30pm-4:30pm (sign up with Front Desk)
	MOORPARK 4279 Tierra Rejada Rd. Moorpark, CA 93021 <u>Screenings:</u> Blood Pressure & Hemoglobin (Anemia) 11:00am- 4:00pm		<u>Screenings:</u> Vision 1:00pm- 4:00 pm		<u>Screenings:</u> Blood Pressure & Glucose 10:00am- 12:00pm & 1:00pm-3:00pm
	EAST SIMI VALLEY 4370 Eve Rd. Simi Valley, CA 93063 <u>Screenings:</u> Glucose 3:00pm-5:00pm <u>Activity:</u> Yoga 1:00pm-1:15pm	<u>Screenings:</u> Hemoglobin (Anemia) 3:00pm-5:00pm	<u>Activity:</u> Yogurt Bar 10:00am-12:00pm	<u>Activities:</u> Merengue-Cha-Cha Class 11:30am-12:00pm & 3:00pm-3:30pm Make up Class 4:00pm-5:00pm <u>Screenings:</u> BMI 1:30pm-2:30pm	

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-805-647-6353 (TTY: 1-888-416-6372)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-805-647-6353 (TTY: 1-888-416-6372)



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