



## GIVING BACK TO OUR COMMUNITY

The Community Wellness Resource Center (CWRC) provides many services to the community to promote health and wellness. The goal of this program is to help people be aware of small changes they can make so that health and wellness choices become habit.

The CWRC provides education within classrooms of all ages to educate on nutrition and health. Fun, interactive lessons are provided to allow children and adolescents the opportunity to learn in a meaningful way.

The CWRC also provides educational programs to workplaces and organizations.

## Services, Classes and Programs

### SENIOR SERVICES

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Case Management: Provides extensive services for seniors. Services may include:

- Development of a plan of care
- Assistance Completing more complex forms
- Weekly or monthly follow up

Homemakers: Non-medical housekeeping services:

- Shopping, laundry, meal prep and house cleaning

*Information and Referral: Provides free assistance to seniors (60+) in identifying programs to meet their needs.*

*For all Senior Services call (760) 371-1445*

### ROCK STEADY BOXING

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Rock Steady Boxing is a unique exercise program for those with Parkinson's disease.

This is a non-contact boxing inspired exercise program that focuses on balance, hand-eye coordination, speed of movement, agility, muscle power, mental focus and rhythm.

*For further information on the program and class times please call (760) 499-3825*

## **SENIOR'S GENTLE CHAIR YOGA**

Improve mobility, balance and strength.

Must be 60 years or older.

*To sign up call (760) 499-3825*

## **ALZHEIMER'S CAREGIVER SUPPORT GROUP**

Alzheimer's Associations caregiver support groups, conducted by trained facilitators, are a safe place for caregivers to come and develop a support system, talk through issues and learn about community resources.

*To sign up call (760) 371-1445*

## **DIABETES SUPPORT GROUP**

Learn more about diabetes and how it affects your body, share day-to-day struggles, improve blood sugar control and build a support group to help one another.

*For more information call (760) 499-3825*

## **CONGESTIVE HEART FAILURE SUPPORT GROUP**

Each session features a different topic to help you better understand and manage congestive heart failure.

*For more information call (760) 499-3835*

## **SILVER SNEAKERS**

The nation's leading exercise program for active older adults 60 years or older.

*To sign up call (760) 499-3825*

## **D.E.E.P**

The Diabetes Empowerment Education Program (DEEP ) is an evidence-based diabetes self-management education (DSME) program for people with prediabetes or diabetes.

- DEEP workshops are interactive and involve demonstrations, games and other engaging activities for group learning.

*For more information call (760) 499-3825*

## **JOURNEY TO HAPPINESS SENIOR GROUP**

Embrace balance, enjoy an encouraging atmosphere, build friendships, engage in lifelong learning, and reminisce about cherished memories.

*To sign up call (760) 499-3825*

## **FREEDOM FROM SMOKING**

Our program is a 7-week, 8 session program done in a group format. Please call for current meeting times and information. This program is directed to people who seriously thinking about quitting or are ready to quit.

*For more information call (760) 499-3584*

## **ONCOLOGY CARE COORDINATOR**

Assist and support patients after diagnosis of cancer.

- Provide education on diagnosis and testing.
- Refer patients and their families to available resources.
- Meet with patients and patient families to ensure their needs are being met and resolve any issues or complaints that arise.

*For more information call 760-499-3825*

## **TAI CHI**

This 8 week series class is geared for seniors who have arthritis or other related musculoskeletal conditions. Also for those who are at risk of falling and would like to:

- Improve movement, balance, strength, flexibility, immunity and relaxation
- Decrease pain and falls

*To sign up call (760) 499-3396*



**For more information about our Community Groups call our Community Outreach Program Director at (760) 499-3825.**