

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 <b>Be Well Yoga 10a-11a</b> Tai Chi for Better Balance 11:30a-12:30a Tai Chi for Better Balance 1:30p-2:30p	2 <b>Chair Yoga 12:30p-1:30p*</b> Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p	3 <b>Tai Chi for Better Balance 11:30a-12:30a</b> Counseling Services Walk-Ins 1p-2p Tai Chi for Better Balance 1:30p-2:30p	4 <b>4th of July</b> OFFICE CLOSED	5 <b>USA</b> OFFICE CLOSED	6
7	8 <b>Be Well Yoga 10a-11a</b> Tai Chi for Better Balance 11:30a-12:30a Tai Chi for Better Balance 1:30p-2:30p	9 <b>Chair Yoga 12:30p-1:30p*</b> Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p	10 <b>Tai Chi for Better Balance 11:30a-11:30</b> Counseling Services Walk-Ins 1p-2p Michelle's Place Cancer Support Circle 11a-1p Tai Chi for Better Balance 1:30p-2:30p	11 <b>Discover Tai Chi 9a-10a</b> RxBallroom 1p-1:45p	12 <b>Chair Yoga 11:30a-12:30p*</b> Fix it Friday 1p-3p	13
14	15 <b>Be Well Yoga 10a-11a</b> Coffee Talk 10a-11a Tai Chi for Better Balance 11:30a-12:30a Tai Chi for Better Balance 1:30p-2:30p	16 <b>Pool Safety &amp; CPR 10a-11a</b> Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p	17 <b>Tai Chi for Better Balance 11:30a-12:30a</b> Counseling Services Walk-Ins 1p-2p Tai Chi for Better Balance 1:30p-2:30p	18 <b>Discover Tai Chi 9a-10a</b> Bereavement Support Group 10-11:30a RxBallroom 1p-1:45p	19 <b>Chair Yoga 12:30p-1:30p*</b> Fix it Friday 1p-3p	20 <b>Senator Brain Jones' Age Well Drive Smart 10a-11a</b>
21	22 <b>Be Well Yoga 10a-11a</b> Tai Chi for Better Balance 11:30a-12:30a Tai Chi for Better Balance 1:30p-2:30p	23 <b>Chair Yoga 12:30p-1:30p*</b> Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p	24 <b>Tai Chi for Better Balance 11:30a-12:30a</b> Counseling Services Walk-Ins 1p-2p Tai Chi for Better Balance 1:30p-2:30p	25 <b>Discover Tai Chi 9a-10a</b> Bereavement Support Group 10-11:30a RxBallroom 1p-1:45p	26 <b>North County Parkinson's Support Group 10a-12p</b> Chair Yoga 12:30p-1:30p* Fix it Friday 1p-3p	27
28	29 <b>Be Well Yoga 10a-11a</b> Tai Chi for Better Balance 11:30a-12:30a Tai Chi for Better Balance 1:30p-2:30p	30 <b>Chair Yoga 12:30p-1:30p*</b> Counseling Services Walk-Ins 1p-2p RxBallroom 1p-1:45p Discover Tai Chi 6p-7p Coffee Talk 6p-7p	31 <b>Tai Chi for Better Balance 11:30a-12:30a</b> Counseling Services Walk-Ins 1p-2p Tai Chi for Better Balance 1:30p-2:30p Wellness Wednesday 1:30p-3:30p	1 <b>Discover Tai Chi 9a-10a</b> Caregiver Wellness Community 9:30-11:30a RxBallroom 1p-1:45p	2 <b>Chair Yoga 12:30p-1:30p*</b> Fix it Friday 1p-3p	3

**Partner Services @ The Wellness Hub**

Michelle's Place Cancer Resource Center Hours:  
Tuesdays & Wednesdays 9a-12p [By Appointment ONLY]  
To Book an Appointment: Call (951) 699-5455

Palomar Family Counseling Service, Inc. Hours:  
Tuesdays 1p-7p & Wednesdays 9a-5p  
Tuesdays & Wednesdays Walk-ins from 1p-2p  
To Book an Appointment: Call (760) 741-2660

Wellness Wednesday: July 31st

**Empowering Parents: Preventing Teen Dating Violence**  
English 1:30 PM | Spanish 2:30 PM  
**FREE Health Screenings @ 1:30p-3:30p**  
Diabetes Risk Test, Blood Pressure & BMI

For any classes with [\*] next to it, you must register first before attending.  
To register for these classes, visit [www.fallbrookhealth.org/community-health-wellness-center](http://www.fallbrookhealth.org/community-health-wellness-center).

Scan me for the most up-to-date calendar!



# LEARN MORE...

## **Tai Chi for Better Balance: Mondays & Wednesdays 11:30a- 12:30p & 1:30p-2:30p**

Tai Chi for Better Balance (Tai Ji Quan) has been shown to improve balance and mobility and reduce the risk of falls. People of all ability levels are welcome. This class can be conducted from a seated or standing position.

**Register:** [www.fallbrookhealth.org/tai-chi-for-balance](http://www.fallbrookhealth.org/tai-chi-for-balance)

## **Chair Yoga: Tuesdays & Fridays 12:30p-1:30p**

This class focuses on gentle stretches, mindful breathing techniques, and relaxation exercises, all performed while seated or using a chair for support. No prior yoga experience is necessary, making it ideal for beginners and those with physical limitations. **Registration is REQUIRED to attend.**

**Register:** Email Bianca at [bheymining@fallbrookhealth.org](mailto:bheymining@fallbrookhealth.org)

## **Counseling Services: Tuesdays 1:00p-7:00p & Wednesdays 9:00a-5:00p**

Counseling Services provided by Palomar Family Counseling Service, Inc. for kids, teens and adults. Accessible, Affordable and Confidential.

**Schedule Appointment:** [www.fallbrookhealth.org/counseling-services](http://www.fallbrookhealth.org/counseling-services)

## **Wellness Wednesdays: Last Wednesday of the month 1:30p- 3:30p**

Free blood sugar, blood pressure, and BMI screenings, Cultivate Health workshops, wellness resources and pre-diabetes support.

**Register:** [www.fallbrookhealth.org/health-screenings](http://www.fallbrookhealth.org/health-screenings)

## **Wellness Walk - Saturday, July 20th 9a-10a**

Each quarter, the District sponsors a gentle ½ mile walk, led by the Fallbrook Land Conservancy. This easy, hill-free walk aims to bring people together for physical activity and mental relaxation. Join us for a refreshing opportunity to stay active and clear your mind.

**Register:** <https://www.fallbrookhealth.org/wellness-walks>

## **Community Resource Navigator**

The Community Resource Navigator helps community members access healthcare and health-impacting resources. Navigators are non-licensed, non-clinical staff who gather information related to economic barriers, healthcare systems concerns, and basic needs.

**Register:** [www.fallbrookhealth.org/community-resource-navigator](http://www.fallbrookhealth.org/community-resource-navigator)

## **Michelle's Place Cancer Resource Center: Tuesdays & Wednesdays by Appointment ONLY**

Support from diagnosis through treatment and beyond. Services are available in English and Spanish.

**To make an appointment call (951) 699-5455**

# APRENDA MÁS...

## **Tai Chi para un Mejor Equilibrio: Lunes y Miércoles de 11:30 a.m. a 12:30 p.m. y de 1:30 p.m. a 2:30 p. p.m**

El Tai Chi para un Mejor Equilibrio (Tai Ji Quan) ha demostrado mejorar el equilibrio y la movilidad, y reducir el riesgo de caídas. Personas de todos los niveles de habilidad son bienvenidas. Esta clase puede realizarse desde una posición sentada o de pie.

**Registro:** [www.fallbrookhealth.org/tai-chi-for-balance](http://www.fallbrookhealth.org/tai-chi-for-balance)

## **Yoga en Silla: Martes y Viernes de 12:30p-1:30p**

Esta clase se enfoca en estiramientos suaves, técnicas de respiración consciente y ejercicios de relajación, todos realizados mientras se está sentado o utilizando una silla para apoyo. No se requiere experiencia previa en yoga, lo que lo hace ideal para principiantes y personas con limitaciones físicas. Es NECESARIO registrarse para asistir.

**Registrarse:** Envía un correo electrónico a Bianca a [bheymining@fallbrookhealth.org](mailto:bheymining@fallbrookhealth.org)

## **Servicios de Consejería: Martes: 1:00p-7:00p y Miércoles: 9:00a-5:00p**

Los servicios de consejería serán proporcionados por Palomar Family Counseling Services, Inc para niños, adolescentes y adultos. Accesible, económico, y confidencial.

**Para reservar una cita:** [www.fallbrookhealth.org/counseling-services](http://www.fallbrookhealth.org/counseling-services)

## **Exámenes de Salud Último miércoles de cada mes 1:30p- 3:30p**

Exámenes gratuitos de audición, diabetes y presión arterial.

**Registre:** [www.fallbrookhealth.org/health-screenings](http://www.fallbrookhealth.org/health-screenings)

## **Caminata de Bienestar - Sábado, 20 de julio de 9 a 10 AM**

Cada trimestre, el Distrito patrocina una caminata suave de ½ milla, dirigida por el Fallbrook Land Conservancy. Esta caminata fácil, sin colinas, tiene como objetivo reunir a las personas para realizar actividad física y relajación mental. Únete a nosotros para una oportunidad refrescante de mantenerte activo y despejar tu mente.

**Registre:** <https://www.fallbrookhealth.org/wellness-walks>

## **Navegador de Recursos Comunitarios**

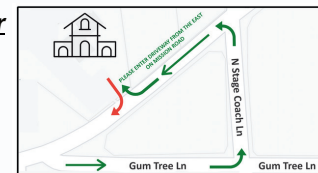
El Navegador de Recursos Comunitarios ayuda a los miembros de la comunidad a obtener acceso a la asistencia médica y a los recursos que afectan a la salud. Los navegadores son personal no licenciado y no clínico que obtiene información relacionada con las barreras económicas, los problemas de los sistemas de salud y las necesidades básicas.

**Registre:** [www.fallbrookhealth.org/community-resource-navigator](http://www.fallbrookhealth.org/community-resource-navigator)

## **Michelle's Place Recursos contra Cáncer: Martes y Miercoles solo por cita**

Apoyo desde el diagnóstico hasta el tratamiento y más allá. Servicios disponibles en Español.

**Para reservar una cita llame al (951) 699-5455**



1636 E. Mission Road, Fallbrook  
[www.fallbrookhealth.org](http://www.fallbrookhealth.org)  
(760) 731-9187

**\*\*Classes, groups, and events are subject to change. For an up to date class schedule and to register for events go to our website at:**

**[www.fallbrookhealth.org/community-health-wellness-center](http://www.fallbrookhealth.org/community-health-wellness-center)\*\***