

2019-2020 COMMUNITY HEALTH CONTRACT
341 Woman of Wellness Program

Quarter 3 (January-March) Reporting Form

Goal 3	
Increase patient's understanding of their health and well-being through the Womens of Wellness Program.	
S.M.A.R.T. Objective 3a	
Enroll and provide WWP services to 200 Spanish-speaking female patients.	
Projected Cost:	Contract Dollars Expended to Date:
\$40,000	
Progress/Accomplishment of Goals & Objectives	

Mujeres Sin Limites

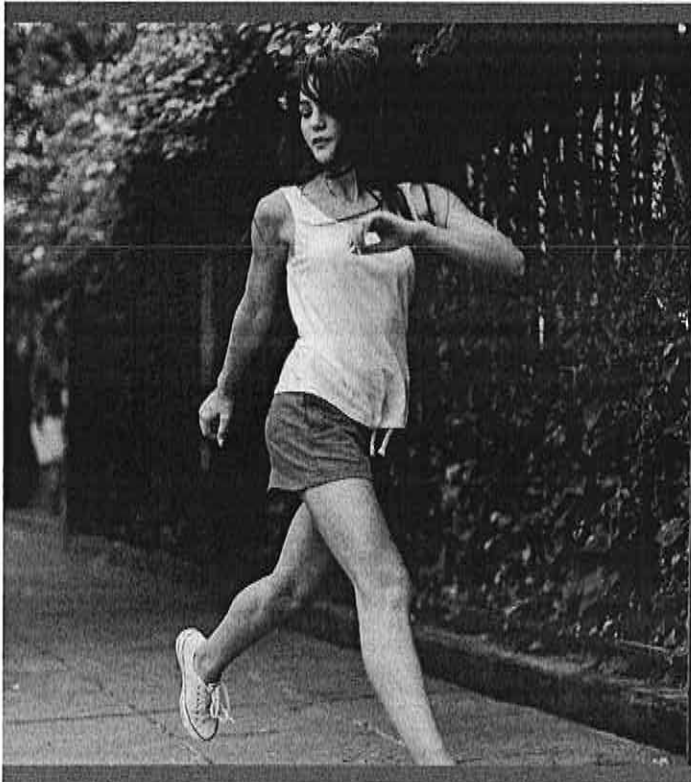
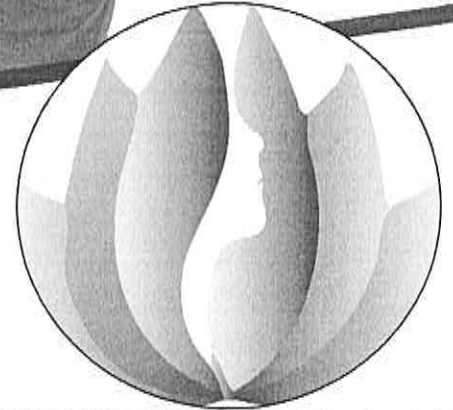
Salud y Bienestar de la Mujer

¡Gratis!

Desayuno Ligero
y Rifas



COMMUNITY
HEALTH
SYSTEMS, INC.



13 de Febrero del 2020
9 am a 10 am
Aprenda Sobre:
Como Reducir
Enfermedades del Corazon

- Como Mantener su Colesterol Bajo
- Como Controlar la Presión Arterial

Fallbrook Family Health Center

1328 S. Mission Rd, Fallbrook, CA 92028
Para más informacion llame al: (760) 451-4720

Patrocinado por:

Fallbrook Regional

HEALTH  DISTRICT

Mujeres Sin Limites

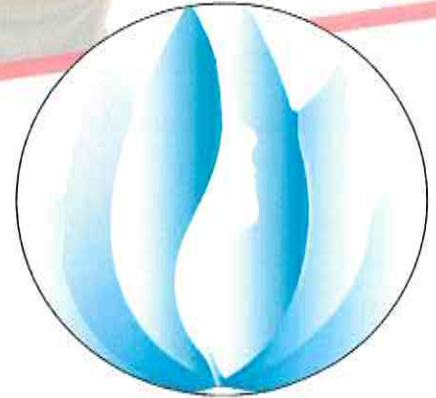
Salud y Bienestar de la Mujer

¡Gratis!

Desayuno Ligero
y Rifas



COMMUNITY
HEALTH
SYSTEMS, INC.



9 de Enero del 2020

9 am a 10 am

Aprenda Sobre:
Como Prevenir la Obesidad
Y Las Consecuencias

- Enfermedades crónicas
- Mantener un futuro saludable



Fallbrook Family Health Center

1328 S. Mission Rd, Fallbrook, CA 92028

Para más información llame al: (760) 451-4720

Patrocinado por:

Fallbrook Regional
HEALTH  DISTRICT

Mujeres Sin Limites



CADA SEGUNDO JUEVES DEL MES

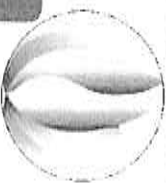
12 de Marzo al 10 de Septiembre del 2020

9:00 am a 10:00 am

¡Acompañenos Con Su Familia Y Amigos!

TEMAS

- 03/12 - Controlando el Estrés con Métodos de Meditación
- 04/09 - Cuidemos Nuestros Ojos
- 05/14 - Como Mantener su Energia Positiva
- 06/11 - Concientización de la Salud Mental
- 08/13 - Aprenda los Riesgos del Alzheimer
- 09/10 - La Importancia de la Higiene Oral



¡GRATIS!

Desayuno
Ligero Y
Rifas

Patrocinado por: **Fallbrook Regional Health District**

Fallbrook Family Health Center

1328 S. Mission Rd, Fallbrook, CA 92028

Para más información llame al: (760) 451-4720



Success stories:

I want to give thanks because with this program it has helped me and my family with our health and to educate ourselves, I can share with friends. Thank you, I hope they continue to conduct classes to continue educating us.

I really like the class, very educational and it gives us the opportunity to share, learn, share everyday life stories, an opportunity to attend future class.

I learned healthy nourishment to have good health.

I would like give thanks for these classes.. in a personal note it has helped me for my family. There are things we learn for ourselves when there's someone who helps you improve what you do in your life, it's simpler. I would like to continue to receive this type of information.

I learned I need to change the type of oil I use for cooking. Drink apple cider when fasting and balance my food intake.

01/09/2020:

I would like to share my experience: in the cooking class I learned to change the way I cook.

In the class of diabetes I learned that certain types of food help to control diabetes.

I have shared what I have learned with family and Friends. I'm very grateful and hope to continue to attend class.

February:

The class helped me with understanding food tags when grocery shopping and to read them better.

I enjoyed the class because it helped me with cooking for my family, to eat healthier and to know what is best to eat.

Fallbrook is a really small town and news travels fast. When the community of Fallbrook found out that the clinic was hosting free WOW program meetings they couldn't wait to sign up.

When asked for feedback, most of the woman that attended the meeting didn't realize how many carbs they consumed in a day. In the

Hispanic culture tortillas are a common staple at the dinner table and loaded with carbs. They were shocked to hear how many carbs are in 1 single tortilla and how it could affect their health.

What they took away from the WOW program was being mindful on how to eat healthy and portion control. When asked if they would continue to attend our WOW programs they responded with "Absolutely"!