

## Health Promotion Activities

Our Health & Wellness Program provides many opportunities to improve physical and mental well-being. Whether it is a class that addresses current health issues, or a support group to help navigate life challenges, we are here to help you feel your best. Examples of what we offer include:

- Free Flu Clinic (seasonal)
- Hearing Screening Event (bi-annual)
- Wellness Series health education classes (nominal fee and pre-registration required)
- Support groups (registration required for some groups)
- Blood pressure clinic
- Fitness activities
- Social groups

## Health & Wellness Services (by appointment)

- Health education & coaching
- Information & referral to resources
- Social engagement
- Health screenings
- Home visits for those who cannot access Health & Wellness Program Services at the Senior Center.

### Drop-in Services:

- Blood Pressure Clinic on Thursdays at 9:30 - 11:30am
- Brain Busters on Mondays at 9am



Parks & Recreation Department  
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**\* This is not a primary medical treatment facility, and does not replace direct care or treatment by your physician.**

## Santa Clara Senior Center

# Health & Wellness Program



*For over 30 years, we've been promoting healthy and independent living for Santa Clara residents age 50 and over.*



### Health Education & Coaching

- Learn information about health issues that can affect your independence.
- One-on-one coaching to determine your personal health priorities and goals.
- Classes and groups addressing current health trends and topics.



# We're Here For You



The Santa Clara Senior Center's Health & Wellness Program is staffed by Registered Nurses who are committed to providing you and your family with the information and tools needed to strengthen and maintain your health, connect you to community resources, and improve your sense of well-being. Services are free of charge to Santa Clara residents, age 50+, by appointment.

## Social Engagement & Support



- Our friendly, experienced RNs can help you make connections with activities and services.
- Get out of the house ~ let us show you ways to meet people and have fun.
- Pass it on-share your energy, spirit, and vitality with others. Making others feel good helps you feel good too!

### Information & Referral



- We help seniors, families, and caregivers find solutions to problems by connecting them to community services
- The H&W Program RNs work in partnership with the Senior Center's Care Manager for situations requiring an in-depth assessment or on-going support