

YOUR HEALTH GUIDE

In-person and online classes and support groups
for the Santa Clarita Valley community



For information on our classes, including dates, times, and
how to register, please visit: henrymayo.com/classes

We are now offering a combination of in-person and online classes.
Visit our website for the most up-to-date information.

CLASSES AND PROGRAMS

BRAIN HEALTH

- Alzheimer's Association Education Series
- Alzheimer's Los Angeles Chapter Education Series
- Managing Symptoms of Parkinson's w/ the Alexander Technique
- Parkinson's Education
- Stroke: Prevention, Treatment, and Recovery



HEART HEALTH

- Heart Attack: Prevention, Treatment, and Recovery
- Heart Failure: Everything You Need to Know
- Heart Surgery
- The "Silent Killer": High Blood Pressure

LUNG HEALTH

- Pneumonia: Prevention, Treatment and Recovery
- So You Have Asthma!

MENTAL HEALTH

- Maintaining Your Well-Being
- Mindful and Strong

PHYSICAL HEALTH

- Foot and Ankle Pain
- Healthy Hands
- Improving Balance and Preventing Falls
- Neck and Back Care
- Understanding Pain
- Why Are You Dizzy?

SPECIAL TOPICS

- Cancer Recovery Program
- Community CPR Classes
- Medicare 101
- Preparing to Visit Your Doctor
- Self-Management of Diabetes
- Sleep – The Foundation of Health
- Your Immune System and You



For more information and to register
for a class, please visit:

henrymayo.com/classes

SUPPORT GROUPS

- Al-Anon
- Alzheimer's Association - Caregiver Support Group
- ASCA - Adult Survivors of Child Abuse
- Diabetes Support Group
- OCD GOAL Support Group
- Overeaters Anonymous
- Parents of Children with OCD Support Group
- SCRAPPI (Amputee) Support Group
- Women for Sobriety



LABOR OF LOVE

- Baby Care Basics
- Childbirth Education One-Day Class
- Childbirth Education Series
- First Weeks Breastfeeding Workshop

UPCOMING EVENTS

- August 7: Girl Talk – Sleep Health
- October 3: Girl Talk – Breast Cancer Awareness
- October 20: OLPH Health Fair
- Various dates: American Red Cross Blood Drives.
Check redcrossblood.org for latest information
- Various dates: Houchin Blood Drive
Check hccb.com for latest information



QUESTIONS?

Call Community Education 661.200.2300 or e-mail communityeducation@henrymayo.com

For more information on Maternity Courses, please e-mail laboroflove@henrymayo.com

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