

Free Health Education & Community Resources

April 2021

Cancer Support

Women's Cancer Care Support Group

Thursday, April 8th

2:30- 3:30p.m. | Virtual Class

This is a special group for **women** at any stage of the cancer experience and meets via Zoom on the **second Thursday of the month**. This group provides educational information, supportive discussion, and addresses vital cancer issues and concerns. For additional information and to register for an upcoming Zoom session, **please call Sonia Olivera, MSW, LCSW at (714) 378-7146**. A Zoom link will be emailed to registered guests at least a couple hours before the Zoom session.

Cancer Care Support Group

Thursday, April 22nd

2:30- 3:30p.m. | Virtual Class

This is a special group for individuals at any stage of the cancer experience and meets via Zoom on the **fourth Thursday of the month**. This group provides educational information, supportive discussion and addresses vital cancer issues and concerns. For additional information and to register for an upcoming Zoom session, **please call Sonia Olivera, MSW, LCSW at (714) 378-7146**. A Zoom link will be emailed to registered guests at least a couple hours before the Zoom session.

Chronic Lung Disease

Better Breather's Club

Better Breathers Clubs are welcoming support groups for individuals with chronic lung disease and their caregivers. Learn better ways to cope with conditions such as COPD, pulmonary fibrosis, and asthma while getting the support of others in similar situations. Led by a trained facilitator, adult support groups give you the tools you need to live the best quality of life you can.

➤ **Long Beach Medical Center**

4th Tuesday of every month 12:00 - 1:00 p.m. | Virtual Class

Please use the [online form](#) to communicate your interest in joining the Better Breathers Club - Long Beach, CA.

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Diabetes

Virtual Diabetes Support Group

Monday, April 12th

6:00 p.m. – 7:30 p.m. | Virtual Class

Join the Diabetes Program at Long Beach Medical Center for a support group for adults with Type 1 and Type 2 diabetes, as well as individuals using insulin pumps. The support group is free, and significant others are welcome to attend. Sessions will be held via Zoom. Call (562) 933-5043 for more information and to register. Zoom link will be provided after you sign up.

Click link to sign up <https://www.memorialcare.org/events/virtual-diabetes-support-group>

Diabetes Self- Management Class

Tuesday, April 6th

6:00 p.m. | Virtual Class

A certified diabetes care and education specialist will lead a series of three classes:

- Session one: A 30-minute phone call with pre-class education
- Session two: A one-hour Zoom class
- Session three: A 30-minute phone call with post class education

Learn about:

- Diabetes medication management
- Blood glucose monitoring
- Nutritious meal planning
- Fitness motivation
- Management of stress and chronic complications
- Skills for a healthier life

Click link to sign up <https://www.memorialcare.org/events/diabetes-self-management-class-apr-6>

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Healthy Aging

Caring for Wounds at Home

Friday, April 16th

12:00 p.m. - 1:30 p.m. | Virtual Class

Join us for an informational health lecture and game of Bingo hosted by Amy Lesinger, RN, wound care specialist, Long Beach Medical Center. All Bingo players will have a chance to win a \$20 gift card to Hof's Hut. For those who sign up, you will be emailed a link one day before the event. **To sign up** call (562) 933-1650 or click on link below

<https://www.memorialcare.org/events/virtual-medicine-munchies-movies-registration>

Healthy Living

Esophageal (Throat) Cancer Screening

Monday, April 5th

5:00 p.m. | Virtual Class

Join Atif Iqbal, M.D., F.A.C.S., F.A.S.M.B.S., medical director of the Digestive Care Center, to learn more about symptoms and causes, increased risk factors and diagnosis of esophageal cancer. For this offered Zoom session, registration is required and registered attendees will receive a class link a couple hours prior to scheduled class time. **Click link to sign up**

<https://www.memorialcare.org/events/esophageal-cancer-awareness>

Mental Health

Love, Blessings, & Miracles Amidst a Pandemic

Wednesday, April 7th, 14th, 21st, 28th

10:00 - 11:30 a.m. | Virtual Class

Join Erin Sommerville, mind body oncology coach, MemorialCare Todd Cancer Institute, Long Beach Medical Center, to learn how to experience calm, joy and empowerment during these challenging times. The program is free and open to anyone. Please be aware that your microphone will already be muted when you join the meeting – please keep it on mute unless you are sharing. For questions, call (562) 933-9520. **Click link to sign up**

<https://www.memorialcare.org/events/love-blessings-miracles-amidst-pandemic>

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Women's Health

Breastfeeding Basics

Wednesday, April 21st

6:00p.m. | Virtual Class

Achieve the confidence you need to make breastfeeding a satisfying experience for you and your baby. This class covers the basics: positioning, feeding techniques and corrective actions for breastfeeding problems. Dads, coaches and/or a support person are encouraged to attend.

Registration required. **To sign up** call (800) 636-6742 or click link

<https://www.memorialcare.org/events/breastfeeding-basics-saddleback-virtual-class>

COVID-19 Resources

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COVID-19 Resources

Visit our main page, www.MCSHP.org, for COVID-19 updates. Click on the links below for additional information about each resource.

- MyTurn.ca.gov - Know when it is your turn to take the vaccine
- [Commonly Asked Questions](#)

Testing and Vaccination Sites

Orange County

[COVID-19 Testing information](#)

[Testing resources in Orange County](#)

[Vaccine Distribution Sites](#)

Los Angeles County

[COVID-19 Information & Free testing locations](#)

Questions regarding results, click [here](#).

[Vaccination Appointments](#)

Long Beach

[COVID-19 Testing information](#)

[Free testing locations in Long Beach](#)

[Where to Get Vaccinated](#)