

Free Health Education & Community Resources

September 2021

Cancer Support

Cancer Care Support Group

Thursday, September 23rd

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.

Women's Cancer Care Support Group

Thursday, September 9th

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.

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.

For more information

Contact our Quality Assurance Department at
mcselectquality@memorialcare.org

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Diabetes

Virtual Diabetes Support Group

Monday, September 13th

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>

Healthy Living

Chat with Dr. Trinh

Tuesday, September 28th

10:30 a.m.

COVID and Inflammation – Come chat with Dr. Trinh about how they are connected and strategy to reduce inflammation. For questions call or email, Jose Juarez 714.640.7158;

jj Suarez2@memorialcare.org

Mental Health

Love, Blessings, & Miracles Amidst a Pandemic

Wednesday, September 8th, 15th, 22nd, 29th

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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SilverCloud

An online educational and therapeutic program to help manage anxiety, depression, stress, and trouble sleeping. Click link for more information.

<https://www.memorialcare.org/services/mental-health/silvercloud>

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.

Testing and Vaccination Sites

Orange County

[Vaccine Distribution Sites](#)

[COVID-19 Testing information](#)

[Testing resources in Orange County](#)

Los Angeles County

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

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

[Vaccination Appointments](#)

Long Beach

[Where to Get Vaccinated](#)

[COVID-19 Testing information](#)

[Free testing locations in Long Beach](#)

EVENING VACCINATION CLINICS

Long Beach City College Pacific Coast Campus, Parking Lot One on the corner of Orange Avenue and Pacific Coast Highway; Monday - Friday 5 p.m. to 8 p.m.

Free virtual health education classes

Anthem health educators can help you improve your health.



September

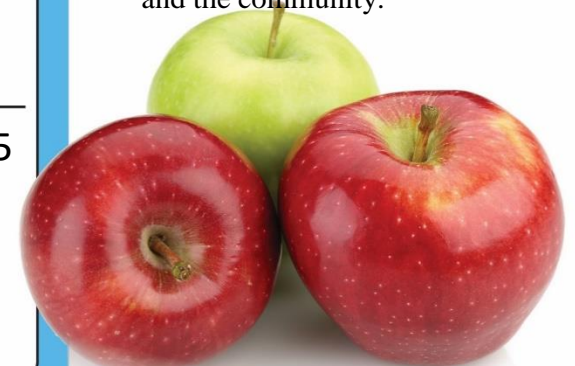
Monday	Tuesday	Wed	Thursday	Friday	Sat
		1	2	3	4
6	7	8 Living with Diabetes #1/Viviendo con Diabetes #1 3:00PM	9	10	11
13	14	15 Living with Diabetes #2/Viviendo con Diabetes #2 3:00PM	16	17	18
20	21	22 Living with Diabetes #3/Viviendo con Diabetes #3 3:00PM	23	24	25

How to register:

1. Click registration links in the calendar.
2. Scan the QR code below with your phone's camera and follow the link that appears:



Contact (559)331-4360 for any questions or for help with registration. Classes are open to Anthem members and the community.



Do you need help with your health care, talking with us or reading what we send you? We provide our materials in other languages and formats, including Braille, large print and audio at no cost to you. Call us toll-free at 1-888-285-7801 (TTY 711) (Los Angeles County); 1-800-407-4627 (TTY 1-888-757-6034) (Medi-Cal).

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Proporcionamos nuestros materiales en otros idiomas y formatos, incluyendo Braille, letras grandes y audio sin costo para usted. Llámenos a la línea gratuita al 1-888-285-7801 (TTY 711) (Los Angeles County); 1-800-407-4627 (TTY 1-888-757-6034) (Medi-Cal).

您在醫療保健、向我們諮詢、或是閱讀我們寄給您的資料時有需要任何的幫助嗎？我們以其他語言和格式提供我們的資料，包括點字、大型字體印刷和音訊格式，您無需支付任何費用。請撥打免費電話1-888-285-7801 (TTY 711) (Los Angeles County); 1-800-407-4627 (TTY 1-888-757-6034) (Medi-Cal)。>

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