



Wellness Classes

Please join us!

These free classes are especially geared toward Dignity Health Medical Network members. Feel free to come to one class or to all of them!

Call our Customer Service Department to reserve your seat today! 831.465.7800 or Toll Free 866.875.3773.

Dignity Health

100 Enterprise Way, Suite C110
Scotts Valley, CA 95066

Free parking in the visitor lot right out front.

Si usted necesita asistencia en español, por favor llame a el Departamento de Servicio para Miembros 831.465.7800 o al 866.875.3773.



Stress Management

Wednesday, April 17

11:30am

Arrest the stress! In an increasingly fast-paced world, stress is a leading contributor to mental and physical illness. This class addresses the physical and psychological effects of stress and gives several tools and tips for dealing with stress.

Skin Cancer Awareness

Wednesday, May 22

11:30am

Especially in sunny Santa Cruz, skin cancer is the most common, yet most preventable, form of cancer. Learn about the common risk factors, warning signs and how to prevent this growing problem.

Building Better Bones

Wednesday, June 19

11:30am

Osteoporosis affects more than 10 million Americans. Don't wait until you're older to learn about the risk factors! Also, get nutrition tips and discover key exercises to combat this debilitating disease.

Classes are presented by:

