





~ HACC October 2017 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Stress Management</b> 215 Pesetas Lane 6:00- 8:00PM	3	4 <b>2017 Senior Expo of Santa Barbara</b> Earl Warren Show Grounds 3400 Calle Real 9AM- 12:00PM	5	6 	7
8 	9 <b>SBNC Clinic Hours</b> Isla Vista Apartments 6660 Abrego Rd 4:00-7:00pm	10 <b>Free Zumba with Eva!</b> Presidio Springs 721 Laguna Street 5:30- 6:30pm <b>How to Find Reliable Health Information**</b> The University Club- 1332 Santa Barbara St 2:00- 3:30pm	11 <b>Critical Discussions to have With your Doctor</b> Garden Court- 1116 De La Vina St 9-10am <b>SBNC Flu Shot Clinic</b> The Fellowship Club 1:30-3pm <b>SBNC Flu Shots</b> St. Vincent's 4:00- 6:00PM	12 <b>Breast Cancer Resource Center- Resource Fair</b> First Presbyterian Church 21 E Constance Ave 5:00- 8:00pm <b>SBNC Clinic Hours &amp; Flu Shots</b> Faulding Hotel 1:00- 3:00pm	13 <b>SBNC Clinic Hours</b> Garden Court 1116 De La Vina Street 10:00a- 12:00pm	14
15	16 <b>DWW Mobile Clinic</b> First Methodist Church 305 E Anapamu St 6:00- 7:00pm <b>SBNC Clinic Hours &amp; Flu Shots</b> Sycamore Gardens 4:00-7:00pm	17 <b>Chronic Disease Management Program &amp; Free Lunch!*</b> Presidio Springs 11:30am- 2:00pm	18 <b>Free Zumba!</b> Positano Apartments 11 Camino De Vida 5:30- 6:30pm	19 <b>SBNC Clinic Hours &amp; Flu Shots</b> Boys and Girls Club (Westside) 4:30- 6:30 PM	20	21
22 	23 <b>SBNC Clinic Hours &amp; Flu Shots</b> Positano Apartments 11 Camino De Vida 4:00-7:00pm	24 <b>Chronic Disease Management Program &amp; Free Lunch!*</b> Presidio Springs 11:30am- 2:00pm <b>Free Zumba with Eva!</b> Presidio Springs 5:30- 6:30pm	25 	26	27 <b>SBNC Clinic Hours</b> Garden Court 1116 De La Vina Street 10:00a- 12:00pm	28
29	30 <b>SBNC Clinic Hours &amp; Flu Shots</b> Monteria 516 W. Montecito 4:00-7:00pm	31 <b>Chronic Disease Management Program &amp; Free Lunch!*</b> Presidio Springs 11:30am- 2:00pm	Notes: *for Ages 60+ ** RSVP by Monday October 9 <sup>th</sup> (805)729-5038, transportation available (805)897-1054			