



## WILLOWS – COMMUNITY CALENDAR

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	<b>3/28</b> <b>DEEP</b> <b>12PM-2PM</b> <b>In-Person Group</b> <b>Willows Health Center</b>	<b>3/29</b> <b>Food Smarts</b> <b>1-3PM</b> <b>Virtual Group</b>	<b>3/30</b>	<b>3/31</b> <b>DEEP</b> <b>12PM-2PM</b> <b>In-Person Group</b> <b>Willows Health Center</b>	<b>1</b> <b>Women of Wisdom</b> <b>5-7 PM</b> <b>BMU Auditorium (Chico)</b>	<b>2</b>
<b>3</b>	<b>4</b> <b>DEEP</b> <b>12PM-2PM</b> <b>In-Person Group</b> <b>Willows Health Center</b>	<b>5</b>	<b>6</b>	<b>7</b> <b>DEEP -- 12PM-2PM</b> <b>In-Person Group</b> <b>Willows Health Center</b> <b>COVID VACCINE CLINIC</b> <b>3:30PM-6:30 PM</b> <b>HAMILTON CITY</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> <b>DEEP</b> <b>12PM-2PM</b> <b>In-Person Group</b> <b>Willows Health Center</b>	<b>12</b> <b>Virtual</b> <b>Exercise Group</b> <b>2:30pm– 3:30pm</b> <b>RSVP</b> <b>Call 530-934-5431</b>	<b>13</b>	<b>14</b> <b>DEEP</b> <b>12PM-2PM</b> <b>In-Person Group</b> <b>Willows Health Center</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b> <b>Tai Chi</b> <b>Willows 9:30-11am @GCOE</b>  <b>Grindstone 1pm-2:30pm @ the Gym</b>	<b>20</b> <b>Sherwood delivery</b> <b>Willows</b> <b>10:30-12:30pm</b>	<b>21</b> <b>Tai Chi</b> <b>Chico 2:30pm-4pm @ TBD</b>	<b>22</b> <b>Sherwood delivery</b> <b>Grindstone</b> <b>11-12:30pm</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b> <b>Lung Cancer Screening Day</b> <b>12:30pm-4:30pm</b> <b>Enloe Conference Center</b> <b>Tai Chi</b> <b>Willows 9:30-11am @the GCOE</b> <b>Grindstone 1-2:30pm @ the Gym</b>	<b>27</b>	<b>28</b> <b>Tai Chi</b> <b>Chico 2:30pm-4pm @ TBD</b>	<b>29</b>	<b>30</b>

If you have questions, contact the Community Health & Outreach Department at 530-934-5431.

### COMMUNITY HEALTH & OUTREACH DEPARTMENT STAFF

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#### **Allergy & Asthma Preparedness**

- Identify your triggers
- Understand your symptoms
- Take medications & use inhalers as directed
- Know when to call emergency medical help.



Talk to your provider about creating an **Asthma Action Plan** today