



Tri-City Medical Center



JUNE 2016

MEN'S HEALTH MONTH

CLASSES & EVENTS

All classes are held at locations below unless otherwise indicated.
Tri-City Medical Center - 4002 Vista Way, Oceanside
Tri-City Wellness Center - 6250 El Camino Real, Carlsbad
Please note, classes are subject to change.
Please call to confirm.

BEHAVIORAL HEALTH SERVICES

AA Young People's Group

7:30 p.m. - 9 p.m., Call 760-758-2514
Meets Saturdays

Narcotics Anonymous

7:30 p.m. - 9 p.m., Call 760-940-3333
Meets Fridays & Sundays

Grupo De Apoyo Para Enfermedades Mentales / Mental Illness Support Group

6:30 p.m. - 8:30 p.m., Spanish speaking.
Quienes deseen más información pueden llamar al 760-722-3754.
First Friday of Every Month / Primer Viernes de Cada Mes

HEART CARE CLASSES

Advanced Cardiac Life Support (ACLS) Renewal

8 a.m. - 4:30 p.m.,
Call 760-940-3100 to register/fee involved.
Wednesday/ June 8

Basic Life Support for Healthcare Providers (Full Course) 8 a.m. to 12 p.m.,
Call 760-940-3100 to register/fee involved.
Wednesday/ June 29

Basic Life Support for Healthcare Providers (Renewal Course) 8 a.m. - 11 a.m.
Call 760-940-3100 to register/fee involved.
Wednesday/ June 1
Thursday/ June 16

Heart-Saver First Aid CPR AED
8 a.m. - 3:30 p.m., Call 760-940-3100 to register/fee involved.
Saturday/ June 18

MOMMY AND BABY

Breastfeeding Support Group
11 a.m.-12:30 p.m., Call 760-940-5500 to register.
Meets Wednesdays

Breastfeeding Support Clinic
Call 760-940-5500 for more information and to make an appointment.

Baby Safe Class 6:30 p.m. - 9 p.m.
Call 760-940-5784 to register/fee involved.
Thursday/ June 16

Childbirth Preparation Class Weekend Course 10 a.m. - 3 p.m.
Call 760-940-5784 to register/fee involved.
Saturday and Sunday/ June 4-5

Maternity Tour Registration required,
Call 760-940-5784. For information in Spanish please call 760-940-5750.
Monday/ June 6 6 p.m. - 7:30 p.m.
Monday/ June 13 6 p.m. - 7:30 p.m.
Monday/ June 20 6 p.m. - 7:30 p.m.
Monday/ June 27 2:30 p.m. - 4 p.m.

eClass, Understanding Childbirth Online Classes \$60, Tricitymed.org Available 24/7

Additional classes available on Tricitymed.org

SUPPORT GROUPS

Better Breathers 1:30 p.m. - 3:30 p.m.
Call 760-940-3055 to register.
2nd Wednesday of Every Month

Women's Cancer Support Group
10:30 a.m. - 11:30 a.m., Call 760-940-3540 for more information.
2nd Wednesday of Every Month

Cancer Support Group
4:30 p.m.- 5:30 p.m. Call 760-940-3540 for more information.
4th Wednesday of Every Month

Mended Hearts Support Group
10:30 a.m. - 12 p.m., Tri-City Wellness Center,
Call 858-592-9069 for more information.
2nd Tuesday of Every Month

Parkinson's Exercise 11 a.m. - 12 p.m.,
Call 760-940-7272 to register.
Meets Fridays

Stroke Exercise 10 a.m. - 11 a.m.,
Call 760-940-7272 to register.
Meets Thursdays

Ostomy Support Group of North SD County 1 p.m. - 2 p.m.,
Call 760-213-2501 to register.
Last Friday of the Month

Diabetes Support Group
Call 760-644-1201 to register.
1st Thursday of Every Month 11 a.m.-12 p.m.
2nd Thursday of Every Month 7 p.m. -9 p.m.

Aphasia Support Group
11 a.m. - 12 p.m., Call 760-940-7151 to register.
Meets Thursdays

Bariatrics Support Group
Call 760-206-3103 for more information.
2385 South Melrose Drive, Vista, 92081
Last Friday of the Month 4:30 p.m. - 6 p.m.

WELLNESS

Pacific Cancer Fitness at Tri-City Wellness Center

Various times per week.,
Call 760-683-9105 to register.

Young At Heart 8 a.m. - 10 a.m.,
Tri-City Wellness Center, Call 760-931-3171 to register/fee involved.
Meets Mondays, Tuesdays & Thursdays

Next Step in Control- Basic Diabetes and Meal Planning Class
4 p.m. - 6 p.m.
Call 760-644-1201 to register.
1st Wednesday of Every Month

Arthritis Foundation Aquatic Program
1 p.m., Tri-City Wellness Center,
Call 760-931-3171 to register/fee involved.
Meets Mondays, Wednesdays & Fridays

Diabetic Exercise 11 a.m., Tri-City Wellness Center, Call 760-931-3171 to register/fee involved.
Meets Mondays & Wednesdays

Diabetes Self-Management Course
10 a.m. - 12 p.m., Call 760-644-1201 to register.
Meets Wednesdays

ORTHOPAEDICS CLASSES

Spine Pre-Op Class 12 p.m. - 2 p.m.,
Call 855-222-8262 to register.
N/A in June
Next class August 24

Total Joint Replacement Class
12 p.m. - 2 p.m., Call 855-222-8262 to register.
Wednesday/ June 1
Wednesday/ June 15

Total Shoulder Replacement Class
12 p.m. - 2 p.m., Call 855-222-8262 to register.
Wednesday/ June 8

SPECIAL EVENTS CORNER

Registered Nurse Career Fair

Thursday, June 23 • 2-4pm • Tri-City Medical Center



RECRUITING EXPERIENCED RNS FOR MULTIPLE DEPARTMENTS:

Operating Room, Neonatal Intensive Care Unit, Emergency Department, Telemetry, Cardiac Cath Lab, Mother-Baby, Labor & Delivery, Forensics, Inpatient Behavioral Health Unit, Intensive Care Unit, Home Health & Wound Care

Managers from hiring areas will be on-site to meet with potential candidates.

SIGN-ON/RETENTION INCENTIVES

\$10k bonus for Day shift - OR & NICU RN positions
\$15k bonus for Eve/Noc shift - OR & NICU RN positions
\$3k Referral Incentive - ONLY if hired and an RN you refer is hired
Other incentives may be available.

MAZOR® ROBOTIC SPINE SURGERY EDUCATION EVENT

"State of the Art Pain Relief Options For You"

ft. Dr. Alleyne & Dr. Moazzaz

Wednesday, June 22nd, 5-7pm

Encinitas Community Center, 1140 Oakcrest Park Dr, Encinitas, 92024

MEN'S HEALTH LECTURE

Are you struggling with BPH?

Symptoms include:
• Frequent urination both day & night • Weak/slow urinary stream • A sense that you cannot completely empty your bladder • Difficulty/delay/urgency in starting urination • A urinary stream that stops and starts

June 8 • 12-1p
Tri-City Medical Center
4002 Vista Way, Oceanside

June 30 • 10-11a
Tri-City Wellness Center
6250 El Camino Real, Carlsbad



Jason Phillips, MD
Urologist

For more information call 855.222.8262 or visit Tricitymed.org

