



November Updates



Thanksgiving is Right Around the Corner

For many, this is a time of gratitude and time spent with family around a large meal. It is important that you take time to be present with your loved ones and enjoy the time you have with them. Here are 10 ways to make **Thanksgiving mindful.**

Join us for Thanksgiving Dinner!



FREE Community Thanksgiving Dinner

Join us for a Thanksgiving Dinner with turkey and all the trimmings. There will be a Jacket Boutique, activities for the kids, and free flu shots at both Dignity Health Outreach Centers.

Monday, November 19th -Health Education Center
Tuesday, November 20th- Family Focus Center

Share the Warmth Jacket Drive



Dignity Health is once again sponsoring a Holiday Boutique at our Annual Community Thanksgiving Dinners on November 19th and 20th, 2018. We will offer winter jackets and sweaters to those in our community who are in need. We invite you to donate new or clean, gently worn jackets and sweaters. Please drop off donations at the Health Education Center.

[Details Here](#)

November is Diabetes Awareness Month

Join us for fun and interactive workshops and events!
Check out our updated calendar of classes.

[Health Education Calendar](#)



Diabetes Talks

Come and join us for our diabetes talks, for individuals, families and friends with loved ones who have diabetes. Dinner included. Registration required.

[Details Here](#)

Dignity Health is a proud sponsor of [Tour De Cure](#)

Ride, Run, Walk for the cure at the American Diabetes Association's Tour De Cure Event on November 17th, 2018. Join us for live music, kids activities, free diabetes resources and much more!

All participants will receive breakfast, lunch and an event t-shirt! Create your own team [here!](#)

