



About us

Congratulations! Your pediatrician has referred you to the Pediatric Wellness Program. We offer free wellness coaching through one-on-one and group lessons for you and your family. Join us for fun and interactive lessons on goal-setting, healthy eating, physical activity, and much more. Lessons are led by our pediatric wellness coach, whose goal is to help create life-long healthy habits for the whole family.

Your Appointment

Date: _____

Time: _____

Phone: _____



Contact Us

10 Ragsdale Dr., Suite 102, Monterey, CA 93940
(831) 644-7491, opt 2 | Fax: (831) 644-7453

Partnership of



Community Hospital
of the Monterey Peninsula
Montage Health



Salinas Valley
Memorial
Healthcare System



Monterey Bay
INDEPENDENT PHYSICIAN
ASSOCIATION



Community Health Innovations

Pediatric Wellness Program



2 ways to learn

1-on-1 coaching

This works for the busy family or for those who prefer individual attention. Meet our coach right at your pediatrician's office for 4 visits, with fun and interactive teaching tools. We work to meet your family's needs and busy schedule. Appointments fill quickly, so talk with your doctor today to schedule your first visit.

Group class

Group classes work well for those who prefer a social learning environment in the evening and after school or work hours. Join us for games, eat a healthy snack, and make new friends while building healthy habits over the 4 week series.

GROUP SCHEDULE

| Day | Time | City | Language |
|-----------|--|---------|----------|
| Monday | Class 1: 4-5 p.m. Class 2: 5:15-6:15 p.m. | Salinas | English |
| Tuesday | | Seaside | English |
| Wednesday | | Salinas | Spanish |
| Thursday | | Seaside | Spanish |

Classes schedule subject to change.



Any questions?

1. Do I have to pay for the program?

This program is free to you thanks to the generous support of our sponsors (listed on back) and Montage Health's Women's Forum for Health.

2. What is the commitment?

The program has a 4-week series. Those who choose 1-on-1 sessions will have 4 appointments scheduled based on available appointments and your family's needs. The group classes are held once a week for 4 weeks in a row. The schedule will be provided when you enroll.

3. What if I can't make my appointment or class?

For 1-on-1 sessions: Please contact your pediatrician's office directly to find the next available time.

For group classes: Please let us know as soon as possible if you will not be able to attend class. To reschedule your appointment, you must notify us within 24 hours of the scheduled time. Call (831) 644-7491, and press option 2.

4. Can my other children or family members attend?

Yes. We strongly encourage brothers, sisters, and parents/guardians to attend. All children must be officially enrolled by referral from your pediatrician before attending your first class or appointment. If you wish to enroll additional children, please let your pediatrician know.

5. What if I have other questions or concerns?

Please call us at (831) 644-7491 Monday–Friday or email PediWellnessCoach@chipm.org