

Salud Para La Gente



You and Your Health Care Team

Working Together for
A Healthy Community

Let's work together

Come to **Salud Para La Gente** (Salud) for all your health care needs.

- **A whole team of people is ready to help you and your family** keep healthy and get the care you need.
- **We serve the whole community** – men, women, teens, children, and our seniors.
- **We serve everyone** – whether or not they have insurance and whether or not they are able to pay.
- **We can help you apply for health insurance** and other kinds of assistance, like CalFresh (extra money for food). We can link you with the help you need.
- **You can call us day or night for help and advice.**

for a healthy you!



Come meet your Salud health care team!

We're here to help you and
your whole family.

- Call us at **(831) 728-0222**.
- Go to our website at www.splg.org.

Get the care your whole family needs.

Your primary care doctor is here to help make sure you:

- Get the medical care you need right away.
- Get the information and check-ups you need to stay healthy.
- Get to the right care if you are sick or hurt.
- Know where to go to get the kind of care you need.
- Get all your questions and concerns answered.

My husband was having trouble with his diabetes. At Salud, there was a whole team to help.



Start life out healthy.

I was so grateful for the care my wife got when she was pregnant. Salud helped us every step of the way.



During pregnancy, your doctor at Salud can help you:

- Get check-ups and special care before, during, and after the baby's birth.
- Learn about healthy eating, childbirth, breastfeeding, and taking care of your baby.
- Get Women, Infant & Children (WIC) services for healthy foods.

And your children's doctor at Salud can make sure your child can:

- Get a check-up or sports exam.
- Get help when sick or hurt.
- Get shots, lab tests, or medicines.

Eye doctors and dentists are here for you.

Part of keeping healthy means taking care of your teeth and eyes.

At Salud, you can:

- Have your teeth checked and cleaned.
- Get a filling done, have a tooth pulled, or have other dental treatments.
- Get eye exams.
- Get prescription eye glasses, sunglasses, or contact lenses.

Our child's teacher told me she was squinting a lot. So we got her in to see the eye doctor at Salud. It was so easy and she had her glasses right away.



You are not alone!

It made such a difference for the whole family when we got the counseling we needed.



Your counselor at Salud can help you:

- Get help with grieving, depression, and worry.
- Get support and ideas for parenting.
- Find ways to deal with difficult problems.

Your health educator at Salud is also there to help you:

- Learn ways to keep healthy and to stay motivated.
- Learn about diabetes, family planning and STDs, ways to prevent health problems, and more.

Come to one of our many clinics!

Salud Para La Gente

204 East Beach Street, Watsonville

Clínica del Valle del Pájaro

45 Nielson Street, Watsonville

Salud at 65 Nielson

65 Nielson Street, Suite 100, Watsonville

Salud at Valle Verde

252 Green Valley Road, Freedom

Salud at 208 Green Valley

208 Green Valley Road, Freedom

School-Based Clinics:

- Alisal High School
- Cesar Chavez Middle School
- Pájaro Middle School
- Pájaro Valley High School
- Starlight Elementary
- North Monterey County High School

Mailing Address

P.O. Box 1870

Watsonville, CA 95077-1870

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