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French Hospital Medical Center Receives \$10,000 Grant from Bank of America

Funds will support a community wellness program to expand existing education and exercise classes for residents of San Luis Obispo County

SAN LUIS OBISPO – July 13, 2015 – French Hospital Medical Center (FHMC), which along with Arroyo Grande Community Hospital (AGCH), and Marian Regional Medical Center (MRMC), are Dignity Health’s Central Coast hospitals, recently received a \$10,000 grant from the Bank of America Charitable Foundation. Grant funds will be used to institute a Community Wellness Program to support preventive health education classes and expand our existing educational services, specifically for low-income and Latino populations.

The program will consist of three courses which will provide educational opportunities to empower and motivate people to make healthy choices. The classes will include: (1) Healthy for Life Nutrition Series which will emphasize healthy eating and physical activity in daily life, (2) Healthier Living: Your Life, Take Care, which will address symptom management of chronic diseases, and (3) Diabetes Prevention and Management, which consists of support groups, conversation series, and individualized appointments with a registered dietician. These courses will present health information in a manner that is easy to apply to individual lifestyles, reducing risk of preventable diseases.

“Bank of America is very proud to support French Hospital and its many valuable community outreach programs,” says Greg Bland, Bank of America Market President Central Coast. “We appreciate the opportunity to partner with the hospital to help provide the most comprehensive prevention and education services to those in need.”

The grant will also enable the use of bilingual outreach coordinators to underserved Spanish-speaking Hispanic/Latino communities of San Luis Obispo County using a ‘Promotoras’ model to educate community members about overall health and healthy eating, as well as provide supplemental exercise classes.

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Programs using Promotoras, community health workers who live in the communities they serve, have proven to be successful in breaking through cultural and linguistic barriers often encountered with health education and prevention programs.

All program components will be offered free of charge and in Spanish and will be held in the new FHMC Copeland Health Education Pavilion, providing the most advanced health care education and resources, and scheduled for completion in the fall of this year.

“We are extremely grateful to Bank of America for their continued support of our outreach programs, which will be further enhanced by the addition of the nearly completed Copeland Health Education Pavilion,” says Alan Iftiniuk, FHMC president/CEO. “Bank of America continues to be a truly compassionate community partner in enhancing access to health care services for members of our community.”

Over the past eight years, Bank of America has supported FHMC with more than \$80,000 in grant funds. These grants have helped provide mentoring for student nurses, free mammograms for underserved women, cancer support groups for Spanish speaking patients, support for homeless patients, cardiovascular health education, and now increased health education classes to community members.

For more information or to make a donation, call the FHMC Foundation at 805.542.6496 or visit www.supportfrenchhospital.org .

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About French Hospital Medical Center

French Hospital Medical Center, located in San Luis Obispo, California, has been named one of the Nation’s 100 Top Hospitals by Truven Health Analytics, and is rated among the top hospitals in the nation for cardiac, orthopedic and GI services. French Hospital has achieved prestigious designation as a Primary Stroke Center by the Joint Commission. The Copeland, Forbes, and Rossi Cardiac Care Center provides the latest innovative cardiac and imaging technology. The hospital is home to the unique Hearst Cancer Resource Center offering free education, resources and support to cancer patients and their families. In addition, an expansion and modernization project is underway at French Hospital, including construction of the Copeland Health Education Pavilion, which will provide community access to comprehensive health care education resources free of charge. French is a Dignity Health Central Coast hospital which also includes Arroyo Grande Community Hospital in Arroyo Grande, CA, Marian Regional

Medical Center in Santa Maria, CA, St. John's Regional Medical Center in Oxnard, CA and St. John's Pleasant Valley in Camarillo, CA. Dignity Health Central Coast is an integrated network of top quality hospitals, physicians from the most prestigious medical schools, and comprehensive outpatient services including primary care offices, premier ambulatory surgery centers, technologically-advanced laboratories and imaging centers and a full service home health agency; all recognized for quality, safety and service. Each hospital is supported by an active philanthropic Foundation to help meet the growing health care needs of our communities. To learn more go to <http://www.dignityhealth.org/frenchhospital/> .