

## **Pacific Clinics' Shine Community Health Event Fair Offers Everything From Salsa Dancing to Blood Pressure Screenings**

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Pacific Clinics wants to influence the health of the entire Pasadena community at the earliest age possible, according to its Executive Vice President and Chief Clinical officer, Shawn Caracoza.

Caracoza discussed in-depth what the local organization has to offer and the upcoming Shine On Community Health Event Tuesday, October 23 from 3 to 6 p.m. Founded in 1926 as the Pasadena Child Guidance Clinic, which originally focused on orphaned adolescents, the organization has expanded to 60 Southern California locations with 10 in Pasadena. Over time Pacific Clinics has partnered with other organizations and developed the Pacific Clinics Training Institute, all of which are used to research ever-changing health trends.



**“We have about \$20 million dollars in funding that is for prevention and early intervention,” Cacacoza said of the money solely used for evidence-based practices. “That is how we stay current.”**

**Pacific Clinic’s purpose is to create a unique treatment plan for each patient and uses events like Shine On to do so.** Along with being able to participate in wellness workshops and center tours and mindfulness activities and games, attendees will be able to enjoy healthy refreshments and door prizes. From 3 to 4:30 p.m., Huntington Hospital will offer free health screenings including blood pressure and glucose screenings, and at 5:15, Evelyn Meinz of Evelyn Meinz Ballroom Dance is giving an introductory Salsa Class.

The premiere presentation will be from 3:30 – 4:30, when Sebastien Gendry, who has been featured on the Oprah Winfrey Show, 60 minutes and Good Morning America as the founder and CEO of The Laughter Wellness method, will give a workshop.

**“This year we focused with Sebastien to talk about laughter and humor and the importance of its healing effect,” Cacacoza said. “You don’t always correlate laughter with treatment.”** It’s also a community resource fair, according to the chief clinical officer, who noted information booths that will be available at the event include the Tzu Chi Foundation, Pasadena Pacers, Planned Parenthood and D’Veal Family Services.

**“We are going to have the Boys & Girls Club there, Pasadena Mental Health Center and the Senior Center there,” Caracoza added.** Whole health is not just diagnosis, treatment and medication, it is also one’s social connectedness not the community, according to Cacacoza. **“We do behavioral health, but we are also very inept in housing and employment services,” he said, adding Pacific Clinic also offers substance abuse treatment. “We really do focus on the whole individual.”**

For more information on that Shine On event to be held at Pacific Clinic’s flagship location on 66 Hurlbut Street, contact Christopher Lopez at (626) 441-4221 ext. 2918 email or [chlopez@pacificclinics.org](mailto:chlopez@pacificclinics.org)