

HEALTHY LIVING **CLASSES AND RESOURCES**

SANTA ROSA | ROHNERT PARK

Para obtener información en español, vea el reverso de esta guía





Individual Education & Counseling

CLINICAL HEALTH EDUCATORS

Working closely with your physician, Clinical Health Educators provide guidance and support toward reaching your health goals related to:

- Diabetes • High blood pressure
- High cholesterol • Weight management • Nicotine addiction
- HIV/STDs • Prenatal health
- Parenting • Pediatric weight management • and more

707-393-4167

Book an appointment

WELLNESS COACHING

One-on-one guidance and support by phone from a dedicated wellness coach who can help you set goals, stick to them and see results. They can help you with:

- Managing your weight • Reducing stress • Quitting tobacco • Eating healthier • Increasing activity

1-866-862-4295

Book an appointment

REGISTERED DIETITIANS (RD)

RDs provide medical nutrition therapy to support your treatment plan.

Contact your physician for a referral



Online Resources and Tools

Back Pain	Manage your back pain by learning about the symptoms, causes and treatment kpdoc.org/backpainprogram
Emotional Well-Being	Free apps, like CALM, Headspace Care (Ginger) and myStrength to support your well-being kp.org/selfcareapps
Fitness	Videos, tips and fitness deals to encourage more movement and help you reach your personal fitness goals kp.org/fitness • kp.org/classpass
Life Care Planning	Guide to starting your advance care planning kp.org/lifecareplan
Lifestyle Medicine	Learn how 6 essential behaviors can improve your health and explore tools that can support your health goals kpdoc.org/lifestylemedicine • kp.org/healthylifestyle
Mind Body Health	Stay informed on tools and resources for mind and body wellness kp.org/mindbody
Prediabetes & Diabetes	Educate yourself on prediabetes and diabetes. Learn about preventing type 2 diabetes and keeping blood sugar under control kpdoc.org/prediabetes • kpdoc.org/diabetes
Pregnancy	Follow your journey from first trimester to birth kpdoc.org/pregnancy
Prenatal Nutrition	Videos and information to guide you through prenatal meal planning and daily nutritional needs kpdoc.org/prenatalnutrition
Recipes	Guide to healthy eating, along with recipes for delicious nutritional meals kp.org/recipes
Tobacco Cessation	Strategies and supportive programs to quit tobacco kpdoc.org/quittingtobacco



Healthy Living Classes & Support Groups

With a wide variety of health classes and support groups offered within our facilities and online, there's something for everyone. Some classes may require a fee. For class dates or to register:

Call 707-393-4167 or visit [KP.ORG/SANTAROSA/CLASSES](https://kp.org/santarosa/classes)

AGING AND LIFE CHANGES

- All About Memory
- Bereavement Support Group
call **707-393-4482**
- Dementia Caregiver Classes
kpdoc.org/dementia
- Family and Caregiver Support Group
call **707-393-4482**
- Life Care Planning
(Advance Healthcare Directive)

CANCER AND BEYOND

- Breast Cancer Group
call **707-393-4841**
- Cancer Support Group
call **707-393-3749**
- Life After Treatment Class
call **707-393-4841**

CHRONIC CONDITIONS

- Diabetes Basics
- Healthy Eating with Diabetes
- Prediabetes and You
- Taking Care of Your Kidneys
- Ways to a Healthier Heart

EMOTIONAL HEALTH

- Couples Communication
- Improving Your Sleep
- Managing Anger
- Managing Depression
- Managing Your Stress
- Mindfulness Based Stress Reduction
- Pathways to Emotional Wellness
- Understanding Anxiety
- Understanding Emotional Eating

WELLNESS

- Whole Food Plant-Based Eating
- Plant Based Learning Forum
- Tai Chi

PREGNANCY AND PARENTING

- Baby and Me Support Group
- Breastfeeding
- Breastfeeding Support Group
- Early Pregnancy
- Late Pregnancy and Postpartum Care
- Mid Pregnancy
- Newborn Care
- Parenting Tools for the Early Years
- Preparing for Childbirth
- Peripartum Support Group
call **707-571-3778**
- Infant and Adult CPR & Safety
survivalcpr.com/kaiser-permanente-new-parents-cpr

WEIGHT MANAGEMENT

- Healthy Weight Series 1 & 2
- Medical Weight Management
kphealthyweight.com

WOMEN'S HEALTH

- Sex and Sensibility: A Sexuality Workshop

For more info on classes and how to register:

707-393-4167



SCAN the QR CODE

Using your Smartphone

kp.org/santa-rosa/classes



Programas y Servicios en Español

Ofrecemos clases y servicios en español. Para más información, llame a nuestro Centro de Vida Saludable y nuestro personal bilingüe le podrá ayudar:
707.393.4167

- Lo Básico Sobre la Diabetes
- Coma Bien con Diabetes
- Clase de Bienestar Emocional
- Clase de Lactancia
- Padres Positivos
- Prepárese para el Parto
- Dietista Registrado (con Cita)
- Educadores de Salud
- ... y más

Visite kp.org/espanol para buscar información de salud (cambia el idioma a español).



Healthy Living Center

Come in or call our Healthy Living Center for assistance on classes, resources and programs available to Kaiser Permanente members and non-members.

Asistencia en español disponible.

- Find up-to-date information on our in-person and online classes and programs.
- Sign up for classes, make an appointment with a Clinical Health Educator or get connected with a Wellness Coach to help meet your personal wellness goals.
- Get help setting up your kp.org account to make it easy to view your health care information and appointments, and discover additional resources available to you as a member.
- Browse our collection of handy and helpful healthy lifestyle products.

Healthy Living Center

707-393-4167

**2240 Mercury Way, 1st Floor
Santa Rosa**

**For more information on classes
and how to register:**

707-393-4167



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QR CODE**

Using your
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KP.ORG/SANTAROSA/CLASSES



Program fees are subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage to confirm the services covered under your plan. For questions, call our Member Service Contact Center at 1-800-464-4000, 24 hours a day, 7 days a week (closed holidays).

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