

Health Education Class Schedules

JANUARY-DECEMBER 2016

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BEHAVIORAL HEALTH PROGRAMS

2016 CLASS SCHEDULE

Oakland/Alameda (510)752-6150 Richmond (510)307-2210 Pinole (510)243-4020

Please refer to the "Healthy Living Classes and Resources" catalog for class description and fees.

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

Pathways for Emotional Wellness

Richmond

Wed	1/6	6:30-8:30pm	Richmond	1 session
Fri	2/26	12:30-2:30pm	Richmond	1 session
Thu	3/10	4:00-6:00pm	Richmond	1 session
Mon	4/4	6:30-8:30pm	Richmond	1 session

Pinole

Thu	1/21	6:30-8:30pm	Pinole	1 session
Wed	2/10	4:00-6:00pm	Pinole	1 session
Fri	3/25	3:00-5:00pm	Pinole	1 session
Tue	4/26	6:30-8:30pm	Pinole	1 session

Caminos Hacia una Buena Salud Emocional (Pathways for Emotional Wellness – Spanish)

Wed	1/13	6:30-8:30pm	Richmond	1 session
Wed	2/3	6:30-8:30pm	Richmond	1 session
Wed	3/2	6:30-8:30pm	Richmond	1 session
Mon	4/11	6:30-8:30pm	Richmond	1 session

Understanding Anxiety

Richmond

Thu	2/25	6:30-8:30pm	Richmond	6 sessions
Fri	4/8	3:00-5:00pm	Richmond	6 sessions

Pinole

Tue	1/12	6:30-8:30pm	Pinole	6 sessions
Fri	2/5	3:00-5:00pm	Pinole	6 sessions
Tue	3/15	6:30-8:30	Pinole	6 sessions

Managing Depression

Managing Depression is a 6-week rolling series. Participants can start the class any week.

Richmond

Thu	Weekly	6:30-8:30pm	Richmond	6 sessions
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Pinole

Wed	Weekly	6:30-8:30pm	Pinole	6 sessions
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Mind-Body Health

Mon	2/22	6:30-8:30pm	Richmond	6 sessions
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Tue	4/5	6:30-8:30pm	Richmond	6 sessions
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Improving Your Sleep

Richmond

Tue	3/1	6:30-8:30pm	Richmond	4 sessions
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Pinole

Fri	1/15	3:00-5:00pm	Pinole	4 sessions
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Fri	4/15	3:00-5:00pm	Pinole	4 sessions
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Managing Anger

Richmond

Sat	1/16	10am-12pm	Richmond	8 sessions
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Wed	3/9	6:30-8:30pm	Richmond	8 sessions
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Pinole

Mon	4/18	6:30-8:30pm	Pinole	8 sessions (This session skips 5/30)
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Meditación para su salud

Thu	1/7	10-11:30am	Richmond	4 sessions
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Thu	2/4	10-11:30am	Richmond	4 sessions
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Thu	3/3	10-11:30am	Richmond	5 sessions
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Mindfulness-based Stress Reduction - Overview

Mon	1/11	6:30-8:00pm	Pinole	1 session
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Mon	3/28	6:30-8:00pm	Pinole	1 session
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Mindfulness-based Stress Reduction

Mon	1/25	6:30-9:00pm	Pinole	8 sessions
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Mon	4/4	6:30-9:00pm	Pinole	8 sessions
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BEHAVIORAL HEALTH EDUCATION, Oakland Medical Center 510-752-7868

DECEMBER 2015 – JANUARY 2016

Please refer to the "Mind & Body Health" brochure for class descriptions and fees. All classes, except Pathways, are held at 3900 Broadway, Oakland. REGISTRATION REQUIRED for all classes, unless a free demo or otherwise stated. Schedule subject to change without notice.

Descriptions, fees, and this schedule can also be found on kp.org/oakland. Click Departments, then Behavioral Health Education.

Coping with Adult Attention Problems—6 wks

Tue	1/12/16	4:30 PM-6:30 PM	Bldg A, Rm 213	Van Deventer
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Aging with Grit and Grace—6 wks

Fri	1/22/16	2-4 PM	Bldg A, Rm 211	Renaud
Thu	2/25/16	9-11 AM	Bldg A, Rm 213	Haake

Anger Overview—1 session

Wed	1/13/16	7:10 PM-8:10 PM	Bldg B, Rm 315	Fullerton
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Managing Anger—8 wks

Wed	1/20/16	7:10 PM-9 PM	Bldg B, Rm 315	Fullerton
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Understanding Your Anxiety—6 wks

Mon	12/14/15	SKIPS 12/28	6:10 PM-8 PM	Bldg A, Rm 213	Elden
Mon	1/4/16	5 WKS	6-8 PM	Bldg B, Rm 315	Phan
Thu	1/7/16		9-11 AM	Bldg A, Rm 213	Haake
Tue	1/19/16	5 WKS	4:30 PM-6:30 PM	Bldg B, Rm 115	Lamb
Wed	1/20/16		7:10 PM-9 PM	Bldg A, Rm 213	Haake

Couples Communication Skills—6 wks

Wed	1/20/16	7:10 PM-9 PM	Bldg B, Rm 218	Shragai
Mon	2/29/16	6-8 PM	Bldg B, Rm 315	Phan

Communicate with Confidence (formerly Improving Communication Skills)—6 wks

Wed	1/20/16	5-7 PM	Bldg B, Rm 218	Torrens
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LGBTQ Couples Communication Skills—6 wks

Mon	2/22/16	6:15 PM-8:15 PM	Bldg B, Rm 218	Sims
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Managing Depression—6 wks

Mon	1/4/16	5 WKS	6:15 PM-8:15 PM	Bldg B, Rm 218	Sims
Thu	1/7/16		6:10 PM-8 PM	Bldg A, Rm 213	Renaud
Tue	1/12/16		6:40 PM-8:30 PM	Bldg B, Rm 116	Adams
Fri	2/26/16		1-3 PM	Bldg A, Rm 213	Sims

Cómo Controlar la Depresión (Depression in Spanish)—6 wks

Wed	1/13/16	5:00 PM-7:00 PM	Bldg A, Rm 213	Renaud
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Meditación Para Su Salud (Mind-Body Medicine in Spanish)—4 wks

Thu	1/7/16	3-5 PM	Bldg B, Rm 218	Lan
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Mind-Body Medicine for Stress—6 wks				
Thu	1/14/16	6:10 PM-8 PM	Bldg A, Rm 112	Escobar
Mind-Body Medicine for JOB STRESS—4 wks				
Tue	1/19/16	6:40 PM-8:30 PM	Bldg A, Rm 213	Van Deventer
Mindfulness/s-Based Stress Reduction Overview—1 session				
Thu	1/14/16	6:30 PM-8 PM	Bldg A, Rm 212	Johnson
Mindfulness-Based Stress Reduction—8 wks + daylong				
Thu	1/21/16	6:30 PM-9 PM	Bldg A, Rm 212	Johnson
Pathways to Emotional Wellness—1 session				
1 st and 3 rd	Wed	6:00 PM-8:00 PM	3701 Broadway	Adams
2 nd	Tue	10:00 AM-12:00 PM	3701 Broadway	Renaud
Buena Salud Emocional (Spanish Pathways)—1 session				
4 th	Tue	10:00 AM-12:00 PM	3701 Broadway	Renaud
2 nd	Wed	6-8 PM	3701 Broadway	Escobar
Pilates—8 wks				
Wed	1/13/16	10:00 AM-11:00 AM	Bldg A, Rm 212	Adams
Better Balance and Pilates—8 wks				
Wed	2/3/15	11:15 AM-12:15 PM	Bldg A, Rm 212	Adams
Qigong for Health—8 wks				
Mon	1/25/16	7:00 PM-9:00 PM	Bldg A, Rm 212	Dey
Gentle Qigong—8 wks				
Fri	1/29/16	10 AM-12 PM	Bldg A, Rm 212	Eaton
Improving Your Sleep—4 wks				
Thu	1/7/16	5:10 PM-7 PM	Bldg B, Rm 218	Van Deventer
T'ai Chi—8 wks				
Thu	2/4/16	11:00 AM-12:00 PM	Bldg A, Rm 212	Morales
Thu	2/4/16	12:15 PM-1:15 PM	Bldg B, Rm 315	Morales
Yoga for Emotional Health—6 wks				
Mon	12/28/15	5:15 PM-6:30 PM	Bldg B, Rm 116	Renaud
Tue	1/19/16	9-11 AM	Bldg A, Rm 212	Lamb
Mon	1/18/16	6:45 PM-8:00 PM	Bldg B, Rm 116	Renaud
Yoga for Health—8 wks				
Thu	1/21/16	2-3 PM	Bldg A, Rm 212	Razieli
Thu	1/21/16	3:15 PM-4:15 PM	Bldg A, Rm 212	Razieli
Tue	2/2/16	12:30 PM-1:30 PM	Bldg A, Rm 212	Salvator

DIABETES PROGRAMS

2016 CLASS SCHEDULE

Oakland/Alameda (510)752-6150 Richmond (510)307-2210 Pinole (510)243-4020

Please refer to the "Healthy Living Classes and Resources" catalog for class description and fees.

REGISTRATION REQUIRED for all classes. *Schedule subject to change without notice.*

PREDIABETES – English

Oakland

Mon	1/4	2:00-4:30pm	Oakland	1 session
Thu	1/14	9:00-11:30am	Oakland	1 session
Wed	1/20	5:30-8:00pm	Oakland	1 session
Mon	2/1	2:00-4:30pm	Oakland	1 session
Thu	2/11	9:00-11:30am	Oakland	1 session
Wed	2/17	5:30-8:00pm	Oakland	1 session
Sat	2/27	9:00-12:00pm	Oakland	1 session
Mon	3/17	2:00-4:30pm	Oakland	1 session
Thu	3/10	9:00-11:30am	Oakland	1 session
Wed	3/16	5:30-8:00pm	Oakland	1 session
Sat	4/23	9:30-12:00pm	Oakland	1 session
Mon	4/4	2:00-4:30pm	Oakland	1 session
Thu	4/14	9:00-11:30am	Oakland	1 session
Wed	4/20	5:30-8:00pm	Oakland	1 session
Mon	5/2	2:00-4:30pm	Oakland	1 session
Wed	5/18	5:30-8:00pm	Oakland	1 session
Mon	6/6	2:00-4:30pm	Oakland	1 session
Thu	6/9	9:00-11:30am	Oakland	1 session
Wed	6/15	5:30-8:00pm	Oakland	1 session
Sat	6/25	9:30-12:00pm	Oakland	1 session
Thu	7/14	9:00-11:30am	Oakland	1 session
Wed	7/20	5:30-8:00pm	Oakland	1 session
Mon	8/1	2:00-4:30pm	Oakland	1 session
Thu	8/11	9:00-11:30am	Oakland	1 session
Wed	8/17	5:30-8:00pm	Oakland	1 session
Sat	8/27	9:30-12:00pm	Oakland	1 session
Thu	9/8	9:00-11:00am	Oakland	1 session
Wed	9/21	5:30-8:00pm	Oakland	1 session
Thu	10/13	9:00-11:30am	Oakland	1 session
Wed	10/19	5:30-8:00pm	Oakland	1 session
Sat	10/22	9:30-12:00pm	Oakland	1 session

Mon	11/7	2:00-4:30pm	Oakland	1 session
Thu	11/10	9:00-11:30am	Oakland	1 session
Wed	11/16	5:30-8:00pm	Oakland	1 session
Mon	12/5	2:00-4:30pm	Oakland	1 session
Thu	12/8	9:00-11:30am	Oakland	1 session
Wed	12/21	5:30-8:00pm	Oakland	1 session

PREDIABETES – English

Richmond

Wed	1/27	5:30-8:00pm	Richmond	1 session
Wed	2/24	5:30-8:00pm	Richmond	1 session
Wed	3/23	5:30-8:00pm	Richmond	1 session
Wed	4/27	5:30-8:00pm	Richmond	1 session
Wed	5/25	5:30-8:00pm	Richmond	1 session
Wed	6/22	5:30-8:00pm	Richmond	1 session
Wed	7/27	5:30-8:00pm	Richmond	1 session
Wed	8/24	5:30-8:00pm	Richmond	1 session
Wed	9/28	5:30-8:00pm	Richmond	1 session
Wed	10/26	5:30-8:00pm	Richmond	1 session
Wed	12/28	5:30-8:00pm	Richmond	1 session

PREDIABETES – English

Pinole

Tue	1/12	9:30-12:00pm	Pinole	1 session
Tue	2/9	9:30-12:00pm	Pinole	1 session
Tue	3/8	9:30-12:00pm	Pinole	1 session
Tue	4/12	9:30-12:00pm	Pinole	1 session
Tue	5/10	9:30-12:00pm	Pinole	1 session
Tue	6/14	9:30-12:00pm	Pinole	1 session
Tue	7/12	9:30-12:00pm	Pinole	1 session
Tue	8/9	9:30-12:00pm	Pinole	1 session
Tue	9/13	9:30-12:00pm	Pinole	1 session
Tue	10/11	9:30-12:00pm	Pinole	1 session
Tue	11/8	9:30-12:00pm	Pinole	1 session
Tue	12/13	9:30-12:00pm	Pinole	1 session

PREDIABETES – Spanish

Oakland

Sat	3/5	9:30-12:00pm	Oakland	1 session
Sat	5/7	9:30-12:00pm	Oakland	1 session
Sat	7/2	9:30-12:00pm	Oakland	1 session
Sat	9/3	9:30-12:00pm	Oakland	1 session

Sat	11/5	9:30-12:00pm	Oakland	1 session
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PREDIABETES – Spanish

Richmond

Wed	1/13	5:30-8:00pm	Richmond	1 session
Wed	2/10	5:30-8:00pm	Richmond	1 session
Wed	3/9	5:30-8:00pm	Richmond	1 session
Wed	4/13	5:30-8:00pm	Richmond	1 session
Wed	5/11	5:30-8:00pm	Richmond	1 session
Wed	6/8	5:30-8:00pm	Richmond	1 session
Wed	7/13	5:30-8:00pm	Richmond	1 session
Wed	8/10	5:30-8:00pm	Richmond	1 session
Wed	9/14	5:30-8:00pm	Richmond	1 session
Wed	10/12	5:30-8:00pm	Richmond	1 session
Wed	11/9	5:30-8:00pm	Richmond	1 session
Wed	12/14	5:30-8:00pm	Richmond	1 session

DIABETES BASICS – English

Oakland

Thu	1/7	5:00-8:00pm	Oakland	1 session
Sat	1/9	9:00-12:00pm	Oakland	1 session
Mon	1/11	2:00-5:00pm	Oakland	1 session
Wed	1/13	2:00-5:00pm	Oakland	1 session
Thu	1/14	5:00-8:00pm	Oakland	1 session
Thu	1/21	5:00-8:00pm	Oakland	1 session
Sat	1/23	9:00-12:00pm	Oakland	1 session
Thu	1/28	9:00-12:00pm	Oakland	1 session
Thu	1/28	5:00-8:00pm	Oakland	1 session
Thu	2/4	5:00-8:00pm	Oakland	1 session
Mon	2/8	2:00-5:00pm	Oakland	1 session
Wed	2/10	2:00-5:00pm	Oakland	1 session
Thu	2/11	5:00-8:00pm	Oakland	1 session
Sat	2/13	9:00-12:00pm	Oakland	1 session
Thu	2/18	5:00-8:00pm	Oakland	1 session
Thu	2/25	9:00-12:00pm	Oakland	1 session
Thu	2/25	5:00-8:00pm	Oakland	1 session
Sat	2/27	9:00-12:00pm	Oakland	1 session
Thu	3/3	5:00-8:00pm	Oakland	1 session
Wed	3/9	2:00-5:00pm	Oakland	1 session
Thu	3/10	5:00-8:00pm	Oakland	1 session
Sat	3/12	9:00-12:00pm	Oakland	1 session
Mon	3/14	2:00-5:00pm	Oakland	1 session

Thu	3/17	5:00-8:00pm	Oakland	1 session
Mon	3/21	9:00-12:00pm	Oakland	1 session
Thu	3/24	9:00-12:00pm	Oakland	1 session
Thu	3/24	5:00-8:00pm	Oakland	1 session
Thu	3/31	5:00-8:00pm	Oakland	1 session
Thu	4/7	5:00-8:00pm	Oakland	1 session
Sat	4/9	9:00-12:00pm	Oakland	1 session
Mon	4/11	2:00-5:00pm	Oakland	1 session
Wed	4/13	2:00-5:00pm	Oakland	1 session
Sat	4/14	5:00-8:00pm	Oakland	1 session
Mon	4/18	9:00-12:00pm	Oakland	1 session
Thu	4/21	5:00-8:00pm	Oakland	1 session
Sat	4/23	9:00-12:00pm	Oakland	1 session
Thu	4/28	9:00-12:00pm	Oakland	1 session
Thu	4/28	5:00-8:00pm	Oakland	1 session
Thu	5/5	5:00-8:00pm	Oakland	1 session
Mon	5/9	2:00-5:00pm	Oakland	1 session
Wed	5/11	2:00-5:00pm	Oakland	1 session
Thu	5/12	5:00-8:00pm	Oakland	1 session
Sat	5/14	9:00-12:00pm	Oakland	1 session
Mon	5/16	9:00-12:00pm	Oakland	1 session
Thu	5/19	5:00-8:00pm	Oakland	1 session
Thu	5/26	9:00-12:00pm	Oakland	1 session
Thu	5/26	5:00-8:00pm	Oakland	1 session
Thu	6/2	5:00-8:00pm	Oakland	1 session
Wed	6/8	2:00-5:00pm	Oakland	1 session
Thu	6/9	5:00-8:00pm	Oakland	1 session
Mon	6/13	2:00-5:00pm	Oakland	1 session
Thu	6/16	5:00-8:00pm	Oakland	1 session
Mon	6/20	9:00-12:00pm	Oakland	1 session
Thu	6/23	9:00-12:00pm	Oakland	1 session
Thu	6/23	5:00-8:00pm	Oakland	1 session
Sat	6/25	9:00-12:00pm	Oakland	1 session
Thu	6/30	5:00-8:00pm	Oakland	1 session
Thu	7/7	5:00-8:00pm	Oakland	1 session
Sat	7/9	9:00-12:00pm	Oakland	1 session
Mon	7/11	2:00-5:00pm	Oakland	1 session
Wed	7/13	2:00-5:00pm	Oakland	1 session
Thu	7/14	5:00-8:00pm	Oakland	1 session
Mon	7/18	9:00-12:00pm	Oakland	1 session
Thu	7/21	5:00-8:00pm	Oakland	1 session
Sat	7/23	9:00-12:00pm	Oakland	1 session

Thu	7/28	5:00-8:00pm	Oakland	1 session
Thu	8/4	5:00-8:00pm	Oakland	1 session
Mon	8/8	2:00-5:00pm	Oakland	1 session
Wed	8/10	2:00-5:00pm	Oakland	1 session
Thu	8/11	5:00-8:00pm	Oakland	1 session
Sat	8/13	9:00-12:00pm	Oakland	1 session
Mon	8/15	9:00-12:00pm	Oakland	1 session
Thu	8/18	5:00-8:00pm	Oakland	1 session
Thu	8/25	9:00-12:00pm	Oakland	1 session
Thu	8/25	5:00-8:00pm	Oakland	1 session
Sat	8/27	9:00-12:00pm	Oakland	1 session
Thu	9/1	5:00-8:00pm	Oakland	1 session
Thu	9/8	5:00-8:00pm	Oakland	1 session
Sat	9/10	9:00-12:00pm	Oakland	1 session
Mon	9/12	2:00-5:00pm	Oakland	1 session
Wed	9/14	2:00-5:00pm	Oakland	1 session
Thu	9/15	5:00-8:00pm	Oakland	1 session
Mon	9/19	9:00-12:00pm	Oakland	1 session
Thu	9/22	9:00-12:00pm	Oakland	1 session
Thu	9/22	5:00-8:00pm	Oakland	1 session
Sat	9/24	9:00-12:00pm	Oakland	1 session
Thu	9/29	5:00-8:00pm	Oakland	1 session
Thu	10/6	5:00-8:00pm	Oakland	1 session
Sat	10/8	9:00-12:00pm	Oakland	1 session
Mon	10/10	2:00-5:00pm	Oakland	1 session
Wed	10/12	2:00-5:00pm	Oakland	1 session
Thu	10/13	5:00-8:00pm	Oakland	1 session
Thu	10/20	5:00-8:00pm	Oakland	1 session
Sat	10/22	9:00-12:00pm	Oakland	1 session
Thu	10/27	9:00-12:00pm	Oakland	1 session
Thu	10/27	5:00-8:00pm	Oakland	1 session
Thu	11/3	5:00-8:00pm	Oakland	1 session
Wed	11/9	2:00-5:00pm	Oakland	1 session
Thu	11/10	5:00-8:00pm	Oakland	1 session
Sat	11/12	9:00-12:00pm	Oakland	1 session
Mon	11/14	2:00-5:00pm	Oakland	1 session
Thu	11/17	5:00-8:00pm	Oakland	1 session
Mon	11/21	9:00-12:00pm	Oakland	1 session
Thu	12/1	5:00-8:00pm	Oakland	1 session
Thu	12/8	5:00-8:00pm	Oakland	1 session
Mon	12/12	2:00-5:00pm	Oakland	1 session
Wed	12/14	2:00-5:00pm	Oakland	1 session

Thu	12/15	5:00-8:00pm	Oakland	1 session
Mon	12/19	9:00-12:00pm	Oakland	1 session
Thu	12/22	9:00-12:00pm	Oakland	1 session

DIABETES BASICS – English

Richmond

Tue	1/5	9:00-12:00pm	Richmond	1 session
Sat	1/9	1:30-4:30pm	Richmond	1 session
Wed	1/20	5:00-8:00pm	Richmond	1 session
Tue	2/2	9:00-12:00pm	Richmond	1 session
Wed	2/17	5:00-8:00pm	Richmond	1 session
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Sat	7/9	1:30-4:30pm	Richmond	1 session
Wed	7/20	5:00-8:00pm	Richmond	1 session
Tue	8/2	9:00-12:00pm	Richmond	1 session
Wed	8/17	5:00-8:00pm	Richmond	1 session
Sat	8/27	9:00-12:00pm	Richmond	1 session
Tue	9/6	9:00-12:00pm	Richmond	1 session
Sat	9/10	1:30-4:30pm	Richmond	1 session
Wed	9/21	5:00-8:00pm	Richmond	1 session
Tue	10/4	9:00-12:00pm	Richmond	1 session
Wed	10/19	5:00-8:00pm	Richmond	1 session
Sat	10/22	9:00-12:00pm	Richmond	1 session
Tue	11/1	9:00-12:00pm	Richmond	1 session
Sat	11/12	1:30-4:30pm	Richmond	1 session
Wed	11/16	5:00-8:00pm	Richmond	1 session
Tue	12/6	9:00-12:00pm	Richmond	1 session
Sat	12/17	9:00-12:00pm	Richmond	1 session
Wed	12/21	5:00-8:00pm	Richmond	1 session

DIABETES BASICS – English

Pinole

Tue	1/5	5:00-8:00pm	Pinole	1 session
Thu	1/14	5:30-8:30pm	Pinole	1 session
Thu	1/21	9:00-12:00pm	Pinole	1 session
Tue	2/2	5:00-8:00pm	Pinole	1 session
Thu	2/11	5:30-8:30pm	Pinole	1 session
Thu	2/18	9:00-12:00pm	Pinole	1 session
Tue	3/1	5:00-8:00pm	Pinole	1 session
Thu	3/10	5:30-8:30pm	Pinole	1 session
Thu	3/17	9:00-12:00pm	Pinole	1 session
Tue	4/5	5:00-8:00pm	Pinole	1 session
Thu	4/14	5:30-8:30pm	Pinole	1 session
Thu	4/21	9:00-12:00pm	Pinole	1 session
Tue	5/3	5:00-8:00pm	Pinole	1 session
Thu	5/12	5:30-8:30pm	Pinole	1 session
Thu	5/19	9:00-12:00pm	Pinole	1 session
Tue	6/7	5:00-8:00pm	Pinole	1 session
Thu	6/9	5:30-8:30pm	Pinole	1 session
Thu	6/16	9:00-12:00pm	Pinole	1 session
Tue	7/5	5:00-8:00pm	Pinole	1 session
Thu	7/14	5:30-8:30pm	Pinole	1 session
Thu	7/21	9:00-12:00pm	Pinole	1 session
Tue	8/2	5:00-8:00pm	Pinole	1 session
Thu	8/11	5:30-8:30pm	Pinole	1 session
Thu	8/18	9:00-12:00pm	Pinole	1 session
Tue	9/6	5:00-8:00pm	Pinole	1 session
Thu	9/8	5:30-8:30pm	Pinole	1 session
Thu	9/15	9:00-12:00pm	Pinole	1 session
Tue	10/4	5:00-8:00pm	Pinole	1 session
Thu	10/13	5:30-8:30pm	Pinole	1 session
Thu	10/20	9:00-12:00pm	Pinole	1 session
Tue	11/1	5:00-8:00pm	Pinole	1 session
Thu	11/10	5:30-8:30pm	Pinole	1 session
Thu	11/17	9:00-12:00pm	Pinole	1 session
Tue	12/6	5:00-8:00pm	Pinole	1 session
Thu	12/8	5:30-8:30pm	Pinole	1 session
Thu	12/15	9:00-12:00pm	Pinole	1 session

DIABETES BASICS – Spanish

Oakland

Wed	1/6	5:00-8:00pm	Oakland	1 session
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Sat	1/16	9:30-12:30pm	Oakland	1 session
Wed	2/3	5:00-8:00pm	Oakland	1 session
Sat	2/20	9:30-12:30pm	Oakland	1 session
Wed	3/2	5:00-8:00pm	Oakland	1 session
Sat	3/19	9:30-12:30pm	Oakland	1 session
Wed	4/6	5:00-8:00pm	Oakland	1 session
Sat	4/16	9:30-12:30pm	Oakland	1 session
Wed	5/4	5:00-8:00pm	Oakland	1 session
Sat	5/21	9:30-12:30pm	Oakland	1 session
Wed	6/1	5:00-8:00pm	Oakland	1 session
Sat	6/18	9:30-12:30pm	Oakland	1 session
Wed	7/6	5:00-8:00pm	Oakland	1 session
Sat	7/16	9:30-12:30pm	Oakland	1 session
Wed	8/3	5:00-8:00pm	Oakland	1 session
Sat	8/20	9:30-12:30pm	Oakland	1 session
Wed	9/7	5:00-8:00pm	Oakland	1 session
Sat	9/17	9:30-12:30pm	Oakland	1 session
Wed	10/5	5:00-8:00pm	Oakland	1 session
Sat	10/15	9:30-12:30pm	Oakland	1 session
Wed	11/2	5:00-8:00pm	Oakland	1 session
Sat	11/19	9:30-12:30pm	Oakland	1 session
Wed	12/7	5:00-9:00pm	Oakland	1 session
Sat	12/17	9:30-12:30pm	Oakland	1 session

DIABETES BASICS – Spanish

Richmond

Tue	1/5	5:30-8:30pm	Richmond	1 session
Tue	1/19	5:30-8:30pm	Richmond	1 session
Tue	2/2	5:30-8:30pm	Richmond	1 session
Tue	2/16	5:30-8:30pm	Richmond	1 session
Tue	3/1	5:30-8:30pm	Richmond	1 session
Tue	3/15	5:30-8:30pm	Richmond	1 session
Tue	4/5	5:30-8:30pm	Richmond	1 session
Tue	4/19	5:30-8:30pm	Richmond	1 session
Tue	5/3	5:30-8:30pm	Richmond	1 session
Tue	5/17	5:30-8:30pm	Richmond	1 session
Tue	6/7	5:30-8:30pm	Richmond	1 session
Tue	6/21	5:30-8:30pm	Richmond	1 session
Tue	7/5	5:30-8:30pm	Richmond	1 session
Tue	7/19	5:30-8:30pm	Richmond	1 session
Tue	8/2	5:30-8:30pm	Richmond	1 session
Tue	8/16	5:30-8:30pm	Richmond	1 session

Tue	9/6	5:30-8:30pm	Richmond	1 session
Tue	9/20	5:30-8:30pm	Richmond	1 session
Tue	10/4	5:30-8:30pm	Richmond	1 session
Tue	10/18	5:30-8:30pm	Richmond	1 session
Tue	11/1	5:30-8:30pm	Richmond	1 session
Tue	11/15	5:30-8:30pm	Richmond	1 session
Tue	12/6	5:30-8:30pm	Richmond	1 session
Tue	12/20	5:30-8:30pm	Richmond	1 session

DIABETES BASICS – Cantonese

Oakland

Sat	4/2	1:30-4:30pm	Oakland	1 session
Sat	6/4	1:30-4:30pm	Oakland	1 session
Sat	8/6	1:30-4:30pm	Oakland	1 session
Sat	10/1	1:30-4:30pm	Oakland	1 session

LIVING WELL WITH DIABETES - English

Oakland

Mon	1/4	9:30-11:30am	Oakland	4 sessions
Mon	1/4	6:00-8:00pm	Oakland	4 sessions
Tue	1/5	9:30-11:30am	Oakland	4 sessions
Tue	1/5	5:30-7:30pm	Oakland	4 sessions
Thu	1/7	2:00-5:00pm	Oakland	4 sessions
Mon	2/1	9:30-11:30am	Oakland	4 sessions
Mon	2/1	6:00-8:00pm	Oakland	4 sessions
Tue	2/2	9:30-11:30am	Oakland	4 sessions
Tue	2/2	5:30-7:30pm	Oakland	4 sessions
Tue	3/1	9:30-11:30am	Oakland	4 sessions
Tue	3/1	5:30-7:30pm	Oakland	4 sessions
Thu	3/3	2:00-4:00pm	Oakland	4 sessions
Sat	3/5	9:00-12:00pm	Oakland	3 sessions
Mon	3/7	9:30-11:30am	Oakland	4 sessions
Mon	3/7	6:00-8:00pm	Oakland	4 sessions
Mon	4/4	9:30-11:30am	Oakland	4 sessions
Mon	4/4	6:00-8:00pm	Oakland	4 sessions
Tue	4/5	9:30-11:30am	Oakland	4 sessions
Tue	4/5	5:30-7:30pm	Oakland	4 sessions
Mon	5/2	9:30-11:30am	Oakland	4 sessions
Mon	5/2	6:00-8:00pm	Oakland	4 sessions
Tue	5/3	9:30-11:30am	Oakland	4 sessions
Thu	5/5	2:00-4:00pm	Oakland	4 sessions
Sat	5/7	9:00-12:00pm	Oakland	4 sessions

Mon	6/6	9:30-11:30am	Oakland	4 sessions
Mon	6/6	6:00-8:00pm	Oakland	4 sessions
Tue	6/7	9:30-11:30am	Oakland	4 sessions
Tue	6/7	5:30-7:30pm	Oakland	4 sessions
Tue	7/5	9:30-11:30am	Oakland	4 sessions
Thu	7/7	2:00-4:00pm	Oakland	4 sessions
Sat	7/9	9:00-12:00pm	Oakland	4 sessions
Mon	7/11	9:30-11:30pm	Oakland	4 sessions
Mon	7/11	6:00-8:00pm	Oakland	4 sessions
Tue	8/2	9:30-11:30am	Oakland	4 sessions
Mon	8/8	9:30-11:30am	Oakland	4 sessions
Mon	8/8	6:00-8:00pm	Oakland	4 sessions
Thu	9/1	2:00-4:00pm	Oakland	4 sessions
Tue	9/6	9:30-11:30am	Oakland	4 sessions
Tue	9/6	5:30-7:30pm	Oakland	4 sessions
Sat	9/10	9:00-12:00pm	Oakland	4 sessions
Mon	9/12	9:30-11:30am	Oakland	4 sessions
Mon	9/12	6:00-8:00pm	Oakland	4 sessions
Tue	10/4	9:30-11:30am	Oakland	4 sessions
Tue	10/4	5:30-7:30pm	Oakland	4 sessions
Mon	10/10	9:30-11:30am	Oakland	4 sessions
Mon	10/10	6:00-8:00pm	Oakland	4 sessions
Thu	10/27	2:00-4:00pm	Oakland	4 sessions
Tue	11/1	9:30-11:30am	Oakland	4 sessions
Tue	11/1	5:30-7:30pm	Oakland	4 sessions
Sat	11/5	9:00-12:00pm	Oakland	4 sessions
Mon	11/7	9:30-11:30am	Oakland	4 sessions
Mon	11/7	6:00-8:00pm	Oakland	4 sessions
Tue	11/29	9:30-12:30am	Oakland	4 sessions
Mon	12/5	6:00-9:00pm	Oakland	4 sessions

LIVING WELL WITH DIABETES - English

Richmond

Thu	1/7	5:30-7:30pm	Richmond	4 sessions
Thu	2/4	5:30-7:30pm	Richmond	4 sessions
Thu	3/3	5:30-7:30pm	Richmond	4 sessions
Thu	4/7	5:30-7:30pm	Richmond	4 sessions
Thu	5/5	5:30-7:30pm	Richmond	4 sessions
Thu	6/2	5:30-7:30pm	Richmond	4 sessions
Thu	7/7	5:30-7:30pm	Richmond	4 sessions
Thu	8/4	5:30-7:30pm	Richmond	4 sessions
Thu	9/1	5:30-7:30pm	Richmond	4 sessions

Thu	10/6	5:30-7:30pm	Richmond	4 sessions
Thu	11/3	5:30-7:30pm	Richmond	4 sessions
Thu	12/1	5:30-7:30pm	Richmond	4 sessions

LIVING WELL WITH DIABETES - English

Pinole

Thu	1/7	2:30-4:30pm	Pinole	4 sessions
Thu	2/4	2:30-4:30pm	Pinole	4 sessions
Thu	3/3	2:30-4:30pm	Pinole	4 sessions
Thu	4/7	2:30-4:30pm	Pinole	4 sessions
Thu	5/5	2:30-4:30pm	Pinole	4 sessions
Thu	6/2	2:30-4:30pm	Pinole	4 sessions
Thu	7/14	2:30-5:30pm	Pinole	3 sessions
Thu	8/11	2:30-4:30pm	Pinole	4 sessions
Thu	9/8	2:30-4:30pm	Pinole	4 sessions
Thu	10/6	2:30-4:30pm	Pinole	4 sessions
Thu	11/3	2:30-4:30pm	Pinole	4 sessions
Thu	12/1	2:30-5:30pm	Pinole	4 sessions

LIVING WELL WITH DIABETES - Spanish

Oakland

Sat	2/6	9:30-12:30pm	Oakland	3 sessions
Sat	4/2	9:30-12:30pm	Oakland	3 sessions
Sat	6/4	9:30-12:30pm	Oakland	3 sessions
Sat	8/6	9:30-12:30pm	Oakland	3 sessions
Sat	10/1	9:30-12:30pm	Oakland	3 sessions
Sat	12/3	9:30-12:30pm	Oakland	3 sessions

LIVING WELL WITH DIABETES - Cantonese

Oakland

Sat	1/9	1:00-4:00pm	Oakland	3 sessions
Sat	3/5	1:00-4:00pm	Oakland	3 sessions
Sat	5/7	1:00-4:00pm	Oakland	3 sessions
Sat	7/9	1:00-4:00pm	Oakland	3 sessions
Sat	9/10	1:00-4:00pm	Oakland	3 sessions
Sat	11/5	1:00-4:00pm	Oakland	3 sessions

DIABETES NUTRITION - English

Oakland

Mon	1/4	5:30-8:00pm	Oakland	1 session
Thu	1/7	9:30-12:00pm	Oakland	1 session
Sat	1/9	2:00-4:30pm	Oakland	1 session

Mon	1/18	5:30-8:00pm	Oakland	1 session
Thu	1/21	9:30-12:00pm	Oakland	1 session
Mon	2/1	5:30-8:00pm	Oakland	1 session
Wed	2/3	2:00-4:30pm	Oakland	1 session
Thu	2/4	9:30-12:00pm	Oakland	1 session
Sat	2/13	2:00-4:30pm	Oakland	1 session
Thu	2/18	9:30-12:00pm	Oakland	1 session
Thu	3/3	9:30-12:00pm	Oakland	1 session
Mon	3/7	9:30-12:00pm	Oakland	1 session
Mon	3/7	5:30-8:00pm	Oakland	1 session
Sat	3/12	2:00-4:30pm	Oakland	1 session
Thu	3/17	9:30-12:00pm	Oakland	1 session
Mon	3/21	5:30-8:00pm	Oakland	1 session
Mon	4/4	5:30-8:00pm	Oakland	1 session
Wed	4/6	2:00-4:30pm	Oakland	1 session
Thu	4/7	9:30-12:00pm	Oakland	1 session
Sat	4/9	2:00-4:30pm	Oakland	1 session
Thu	4/21	9:30-12:00pm	Oakland	1 session
Mon	5/2	5:30-8:00pm	Oakland	1 session
Thu	5/5	9:30-12:00pm	Oakland	1 session
Sat	5/14	2:00-4:30pm	Oakland	1 session
Mon	5/16	5:30-8:00pm	Oakland	1 session
Thu	5/19	9:30-12:00pm	Oakland	1 session
Wed	6/1	2:00-4:30pm	Oakland	1 session
Thu	6/2	9:30-12:00pm	Oakland	1 session
Mon	6/6	5:30-8:00pm	Oakland	1 session
Thu	6/16	9:30-12:00pm	Oakland	1 session
Mon	6/20	5:30-8:00pm	Oakland	1 session
Thu	7/7	9:30-12:00pm	Oakland	1 session
Sat	7/9	2:00-4:30pm	Oakland	1 session
Mon	7/18	5:30-8:00pm	Oakland	1 session
Thu	7/21	9:30-12:00pm	Oakland	1 session
Mon	8/1	5:30-8:00pm	Oakland	1 session
Wed	8/3	2:00-4:30pm	Oakland	1 session
Thu	8/4	9:30-12:00pm	Oakland	1 session
Sat	8/13	2:00-4:30pm	Oakland	1 session
Mon	8/15	5:30-8:00pm	Oakland	1 session
Thu	8/18	9:30-12:00pm	Oakland	1 session
Thu	9/1	9:30-12:00pm	Oakland	1 session
Sat	9/10	2:00-4:30pm	Oakland	1 session
Thu	9/15	9:30-12:00pm	Oakland	1 session
Mon	9/19	5:30-8:00pm	Oakland	1 session

Mon	10/3	5:30-8:00pm	Oakland	1 session
Wed	10/5	2:00-4:30pm	Oakland	1 session
Thu	10/6	9:30-12:00pm	Oakland	1 session
Sat	10/8	2:00-4:30pm	Oakland	1 session
Mon	10/17	5:30-8:00pm	Oakland	1 session
Thu	10/20	9:30-12:00pm	Oakland	1 session
Thu	11/3	9:30-12:00pm	Oakland	1 session
Mon	11/7	5:30-8:00pm	Oakland	1 session
Sat	11/12	2:00-4:30pm	Oakland	1 session
Thu	11/17	9:30-12:00pm	Oakland	1 session
Mon	11/21	5:30-8:00pm	Oakland	1 session
Thu	12/1	9:30-12:00pm	Oakland	1 session
Mon	12/5	5:30-8:00pm	Oakland	1 session
Wed	12/7	2:00-4:30pm	Oakland	1 session
Thu	12/15	9:30-12:00pm	Oakland	1 session
Mon	12/19	5:30-8:00pm	Oakland	1 session

DIABETES NUTRITION - Spanish

Oakland

Sat	1/23	9:30-12:00pm	Oakland	1 session
Sat	2/20	1:30-4:00pm	Oakland	1 session
Sat	3/26	9:30-12:00pm	Oakland	1 session
Sat	4/16	1:30-4:00pm	Oakland	1 session
Sat	5/28	9:30-12:00pm	Oakland	1 session
Sat	6/18	1:30-4:00pm	Oakland	1 session
Sat	7/30	9:30-12:00pm	Oakland	1 session
Sat	8/20	1:20-4:00pm	Oakland	1 session
Sat	10/1	9:30-12:00pm	Oakland	1 session
Sat	10/15	1:30-4:00pm	Oakland	1 session
Sat	12/3	9:30-12:00pm	Oakland	1 session
Sat	12/17	1:30-4:00pm	Oakland	1 session

EATING AND WEIGHT MANAGEMENT PROGRAMS

2016 CLASS SCHEDULE

Oakland/Alameda (510)752-6150 Richmond (510)307-2210 Pinole (510)243-4020

Please refer to the "Healthy Living Classes and Resources" catalog for class description and fees.

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

FOOD AND NUTRITION WORKSHOP – English

Richmond

Tue	1/26	6:00-8:30pm	Richmond	1 session
Tue	2/23	6:00-8:30pm	Richmond	1 session
Tue	3/22	6:00-8:30pm	Richmond	1 session
Tue	4/26	6:00-8:30pm	Richmond	1 session
Tue	5/24	6:00-8:00pm	Richmond	1 session
Tue	6/28	6:00-8:30pm	Richmond	1 session
Tue	7/26	6:00-8:30pm	Richmond	1 session
Tue	8/23	6:00-8:30pm	Richmond	1 session
Tue	9/27	6:00-8:30pm	Richmond	1 session
Tue	10/25	6:00-8:30pm	Richmond	1 session
Tue	11/22	6:00-8:30pm	Richmond	1 session
Tue	12/27	6:00-8:30pm	Richmond	1 session

MANAGING YOUR WEIGHT – English

Oakland

Wed	1/6	10:00-12:00pm	Oakland	1 session
Wed	1/20	6:00-8:00pm	Oakland	1 session
Wed	2/17	6:00-8:00pm	Oakland	1 session
Wed	3/2	10:00-12:00pm	Oakland	1 session
Wed	3/16	6:00-8:00pm	Oakland	1 session
Wed	4/20	6:00-8:00pm	Oakland	1 session
Wed	5/4	10:00-12:00pm	Oakland	1 session
Wed	5/18	6:00-8:00pm	Oakland	1 session
Wed	6/15	6:00-8:00pm	Oakland	1 session
Wed	7/6	10:00-12:00pm	Oakland	1 session
Wed	7/20	6:00-8:00pm	Oakland	1 session
Wed	8/17	6:00-8:00pm	Oakland	1 session
Wed	9/7	10:00-12:00pm	Oakland	1 session
Wed	9/21	6:00-8:00pm	Oakland	1 session
Wed	10/19	6:00-8:00pm	Oakland	1 session
Wed	11/2	10:00-12:00pm	Oakland	1 session
Wed	11/16	6:00-8:00pm	Oakland	1 session

MANAGING YOUR WEIGHT – English

Richmond

Tue	1/26	6:00-8:00pm	Richmond	1 session
Tue	3/22	6:00-8:00pm	Richmond	1 session
Tue	5/22	6:00-8:00pm	Richmond	1 session
Tue	7/26	6:00-8:00pm	Richmond	1 session
Tue	9/27	6:00-8:00pm	Richmond	1 session
Tue	11/22	6:00-8:00pm	Richmond	1 session

MANAGING YOUR WEIGHT – English

Pinole

Tue	2/23	6:00-8:00pm	Pinole	1 session
Tue	4/26	6:00-8:00pm	Pinole	1 session
Tue	6/28	6:00-8:00pm	Pinole	1 session
Tue	8/23	6:00-8:00pm	Pinole	1 session
Tue	10/25	6:00-8:00pm	Pinole	1 session
Tue	12/27	6:00-8:00pm	Pinole	1 session

HEALTHY WEIGHT SERIES – English

Oakland

Mon	1/4	6:00-8:00pm	Oakland	10 sessions
Tue	1/5	6:00-8:00pm	Oakland	10 sessions
Sat	1/9	9:30-11:30am	Oakland	10 sessions
Tue	3/15	6:00-8:00pm	Oakland	10 sessions
Sat	3/19	9:30-11:30am	Oakland	10 sessions
Mon	3/21	6:00-8:00pm	Oakland	10 sessions
Tue	5/24	6:00-8:00pm	Oakland	10 sessions
Sat	6/4	9:30-11:30am	Oakland	10 sessions
Mon	6/6	9:30-11:30am	Oakland	10 sessions
Tue	8/2	6:00-8:00pm	Oakland	10 sessions
Sat	8/20	9:30-11:30am	Oakland	10 sessions
Mon	8/22	6:00-8:00pm	Oakland	10 sessions
Tue	10/11	6:00-8:00pm	Oakland	10 sessions
Sat	11/5	9:30-11:30am	Oakland	10 sessions
Mon	11/14	6:00-8:00pm	Oakland	10 sessions

HEALTHY WEIGHT SERIES – English

Richmond

Mon	1/4	6:00-8:00pm	Oakland	10 sessions
Mon	3/21	6:00-8:00pm	Oakland	10 sessions
Mon	6/6	6:00-8:00pm	Oakland	10 sessions

Mon	8/22	6:00-8:00pm	Oakland	10 sessions
Mon	11/14	6:00-8:00pm	Oakland	10 sessions

HEALTHY WEIGHT SERIES – English

Pinole

Wed	1/6	6:00-8:00pm	Pinole	10 sessions
Wed	3/16	6:00-8:00pm	Pinole	10 sessions
Wed	5/25	6:00-8:00pm	Pinole	10 sessions
Wed	8/3	6:00-8:00pm	Pinole	10 sessions
Wed	10/12	6:00-8:00pm	Pinole	10 sessions

SPANISH WEIGHT MANAGEMENT – Spanish

Oakland

Thu	1/7	5:30-7:30pm	Oakland	4 sessions
Thu	4/7	5:30-7:30pm	Oakland	4 sessions
Thu	7/7	5:30-7:30pm	Oakland	4 sessions
Thu	10/6	5:30-7:30pm	Oakland	4 sessions

SPANISH WEIGHT MANAGEMENT – Spanish

Richmond

Mon	2/1	5:30-7:30pm	Richmond	4 sessions
Mon	4/4	5:30-7:30pm	Richmond	4 sessions
Mon	6/6	5:30-7:30pm	Richmond	4 sessions
Mon	8/1	5:30-7:30pm	Richmond	4 sessions
Mon	10/3	5:30-7:30pm	Richmond	4 sessions
Mon	12/5	5:30-7:30pm	Richmond	4 sessions

WEIGHT LOSS SURGERY INTRODUCTORY SEMINAR – English

Oakland

Wed	1/27	6:00-8:00pm	Oakland	1 session
Tue	2/9	2:00-4:00pm	Oakland	1 session
Wed	2/24	6:00-8:00pm	Oakland	1 session
Tue	3/8	2:00-4:00pm	Oakland	1 session
Wed	3/23	6:00-8:00pm	Oakland	1 session
Tue	4/12	2:00-4:00pm	Oakland	1 session
Wed	4/27	6:00-8:00pm	Oakland	1 session
Tue	5/10	2:00-4:00pm	Oakland	1 session
Wed	5/25	6:00-8:00pm	Oakland	1 session
Tue	6/14	2:00-4:00pm	Oakland	1 session
Wed	6/22	6:00-8:00pm	Oakland	1 session
Tue	7/12	2:00-4:00pm	Oakland	1 session
Wed	7/27	6:00-8:00pm	Oakland	1 session

Tue	8/9	2:00-4:00pm	Oakland	1 session
Wed	8/24	6:00-8:00pm	Oakland	1 session
Tue	9/13	2:00-4:00pm	Oakland	1 session
Wed	9/28	6:00-8:00pm	Oakland	1 session
Tue	10/11	2:00-4:00pm	Oakland	1 session
Wed	10/26	6:00-8:00pm	Oakland	1 session
Tue	11/8	2:00-4:00pm	Oakland	1 session
Wed	11/23	6:00-8:00pm	Oakland	1 session
Tue	12/13	2:00-4:00pm	Oakland	1 session

WEIGHT LOSS SURGERY INTRODUCTORY SEMINAR – English

Richmond

Tue	1/12	6:00-8:00pm	Richmond	1 session
Wed	1/27	10:00-12:00pm	Richmond	1 session
Tue	2/9	6:00-8:00pm	Richmond	1 session
Wed	2/24	10:00-12:00pm	Richmond	1 session
Tue	3/8	6:00-8:00pm	Richmond	1 session
Wed	3/23	10:00-12:00pm	Richmond	1 session
Tue	4/12	6:00-8:00pm	Richmond	1 session
Wed	4/27	10:00-12:00pm	Richmond	1 session
Tue	5/10	6:00-8:00pm	Richmond	1 session
Wed	5/25	10:00-12:00pm	Richmond	1 session
Tue	6/14	6:00-8:00pm	Richmond	1 session
Wed	6/22	10:00-12:00pm	Richmond	1 session
Tue	7/12	6:00-8:00pm	Richmond	1 session
Wed	7/27	10:00-12:00pm	Richmond	1 session
Tue	8/9	6:00-8:00pm	Richmond	1 session
Wed	8/24	10:00-12:00pm	Richmond	1 session
Tue	9/13	6:00-8:00pm	Richmond	1 session
Wed	9/28	10:00-12:00pm	Richmond	1 session
Tue	10/11	6:00-8:00pm	Richmond	1 session
Wed	10/26	10:00-12:00pm	Richmond	1 session
Tue	11/8	6:00-8:00pm	Richmond	1 session
Wed	11/23	10:00-12:00pm	Richmond	1 session
Tue	12/13	6:00-8:00pm	Richmond	1 session

MEDICAL WEIGHT MANAGEMENT ORIENTATION (English)

Oakland

Wed	1/6	6:00-7:00pm	Oakland	1 session
Thu	1/21	6:00-7:00pm	Oakland	1 session
Wed	2/3	6:00-7:00pm	Oakland	1 session
Thu	2/18	6:00-7:00pm	Oakland	1 session

Wed	3/2	6:00-7:00pm	Oakland	1 session
Thu	3/17	6:00-7:00pm	Oakland	1 session
Wed	4/6	6:00-7:00pm	Oakland	1 session
Wed	4/20	6:00-7:00pm	Oakland	1 session
Wed	5/4	6:00-7:00pm	Oakland	1 session
Thu	5/19	6:00-7:00pm	Oakland	1 session
Wed	6/1	6:00-7:00pm	Oakland	1 session
Thu	6/16	6:00-7:00pm	Oakland	1 session
Wed	7/6	6:00-7:00pm	Oakland	1 session
Thu	7/21	6:00-7:00pm	Oakland	1 session
Wed	8/3	6:00-7:00pm	Oakland	1 session
Thu	8/18	6:00-7:00pm	Oakland	1 session
Wed	9/7	6:00-7:00pm	Oakland	1 session
Thu	9/22	6:00-7:00pm	Oakland	1 session
Wed	10/5	6:00-7:00pm	Oakland	1 session
Thu	10/20	6:00-7:00pm	Oakland	1 session
Wed	11/2	6:00-7:00pm	Oakland	1 session
Thu	11/17	6:00-7:00pm	Oakland	1 session
Wed	12/7	6:00-7:00pm	Oakland	1 session
Thu	12/22	6:00-7:00pm	Oakland	1 session

Pinole

Mon	1/4	5:00-6:00pm	Pinole	1 session
Mon	2/1	5:00-6:00pm	Pinole	1 session
Mon	3/7	5:00-6:00pm	Pinole	1 session
Mon	4/4	5:00-6:00pm	Pinole	1 session
Mon	5/2	5:00-6:00pm	Pinole	1 session
Mon	6/6	5:00-6:00pm	Pinole	1 session
Mon	7/11	5:00-6:00pm	Pinole	1 session
Mon	8/1	5:00-6:00pm	Pinole	1 session
Mon	9/12	5:00-6:00pm	Pinole	1 session
Mon	10/3	5:00-6:00pm	Pinole	1 session
Mon	11/7	5:00-6:00pm	Pinole	1 session
Mon	12/5	5:00-6:00pm	Pinole	1 session

GENERAL HEALTH AND WELLNESS

2016 CLASS SCHEDULE

Oakland/Alameda (510)752-6150 Richmond (510)307-2210 Pinole (510)243-4020

Please refer to the "Healthy Living Classes and Resources" catalog for class description and fees.

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

TAKE CONTROL: CHOLESTEROL AND HIGH BLOOD PRESSURE – English

Oakland

Wed	1/13	5:00-8:00pm	Oakland	1 session
Wed	2/10	5:00-8:00pm	Oakland	1 session
Thu	2/25	9:00-12:00pm	Oakland	1 session
Wed	3/9	5:00-8:00pm	Oakland	1 session
Wed	4/13	5:00-8:00pm	Oakland	1 session
Thu	4/28	9:00-12:00pm	Oakland	1 session
Wed	5/11	5:00-8:00pm	Oakland	1 session
Wed	6/8	5:00-8:00pm	Oakland	1 session
Thu	6/23	9:00-12:00pm	Oakland	1 session
Wed	7/13	5:00-8:00pm	Oakland	1 session
Wed	8/10	5:00-8:00pm	Oakland	1 session
Thu	8/25	9:00-12:00pm	Oakland	1 session
Wed	9/14	5:00-8:00pm	Oakland	1 session
Wed	10/12	5:00-8:00pm	Oakland	1 session
Thu	10/27	9:00-12:00pm	Oakland	1 session
Wed	11/9	5:00-8:00pm	Oakland	1 session
Wed	12/14	5:00-8:00pm	Oakland	1 session

TAKE CONTROL: CHOLESTEROL AND HIGH BLOOD PRESSURE – Spanish

Richmond

Tue	1/19	5:30-8:00pm	Richmond	1 session
Tue	3/15	5:30-8:00pm	Richmond	1 session
Tue	5/17	5:30-8:00pm	Richmond	1 session
Tue	7/19	5:30-8:00pm	Richmond	1 session
Tue	9/20	5:30-8:00pm	Richmond	1 session
Tue	11/15	5:30-8:00pm	Richmond	1 session

PLANT STRONG NUTRITION: STARTING A PLANT-BASED DIET – English

Oakland

Thu	1/28	6:00-8:00pm	Oakland	1 session
Thu	2/25	6:00-8:00pm	Oakland	1 session

Thu	3/24	6:00-8:00pm	Oakland	1 session
Thu	4/28	6:00-8:00pm	Oakland	1 session
Thu	5/28	6:00-8:00pm	Oakland	1 session
Thu	6/23	6:00-8:00pm	Oakland	1 session
Thu	7/28	6:00-8:00pm	Oakland	1 session
Thu	8/25	6:00-8:00pm	Oakland	1 session
Thu	9/22	6:00-8:00pm	Oakland	1 session
Thu	10/27	6:00-8:00pm	Oakland	1 session
Thu	11/27	6:00-8:00pm	Oakland	1 session
Thu	12/15	6:00-8:00pm	Oakland	1 session

LIFE CARE PLANNING

2016 CLASS SCHEDULE

Oakland/Alameda (510)752-6150 Richmond (510)307-2210 Pinole (510)243-4020

Please refer to the "Healthy Living Classes and Resources" catalog for class description and fees.

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

Life Care Planning: First Steps, My Values

Monday	1/4	10am-12pm	Pinole	1 session
Tuesday	1/5	6-8pm	Oakland	1 session
Tuesday	1/12	1:30-3:30pm	Oakland	1 session
Wednesday	1/13	3:30-4:30pm	Alameda	1 session
Thursday	1/14	2:30-4:30pm	Pinole	1 session
Tuesday	1/19	2:30-4:30pm	Richmond	1 session
Saturday	1/23	9-11am	Oakland	1 session
Saturday	1/23	2-4pm	Oakland	1 session
Wednesday	1/27	3:30-4:30pm	Alameda	1 session
Monday	2/1	10am-12pm	Pinole	1 session
Thursday	2/4	6-8pm	Oakland	1 session
Tuesday	2/9	1:30-3:30pm	Oakland	1 session
Wednesday	2/10	3:30-4:30pm	Alameda	1 session
Thursday	2/11	3-5pm	Pinole	1 session
Saturday	2/13	9-11am	Richmond	1 session
Tuesday	2/16	2:30-4:30pm	Pinole	1 session
Saturday	2/20	2-4pm	Oakland	1 session
Wednesday	2/24	3:30-4:30pm	Alameda	1 session
Saturday	2/27	9-11am	Oakland	1 session
Tuesday	3/1	6-8pm	Oakland	1 session
Monday	3/7	10am-12pm	Pinole	1 session
Tuesday	3/8	1:30-3:30pm	Oakland	1 session
Wednesday	3/9	3:30-4:30pm	Alameda	1 session
Thursday	3/10	2:30-4:30pm	Pinole	1 session
Saturday	3/12	9-11am	Richmond	1 session
Tuesday	3/15	2:30-4:30pm	Richmond	1 session
Wednesday	3/23	3:30-4:30pm	Alameda	1 session
Saturday	3/26	9-11am	Oakland	1 session
Saturday	4/2	2-4pm	Oakland	1 session
Monday	4/4	10am-12pm	Pinole	1 session
Thursday	4/7	6-8pm	Oakland	1 session
Saturday	4/9	9-11am	Richmond	1 session
Tuesday	4/12	1:30-3:30pm	Oakland	1 session
Wednesday	4/13	3:30-4:30pm	Alameda	1 session
Thursday	4/14	3-5pm	Pinole	1 session
Tuesday	4/19	2:30-4:30pm	Pinole	1 session
Saturday	4/23	2-4pm	Oakland	1 session
Saturday	4/23	9-11am	Oakland	1 session

Wednesday	4/27	3:30-4:30pm	Alameda	1 session
Monday	5/2	10am-12pm	Pinole	1 session
Tuesday	5/3	6-8pm	Oakland	1 session
Wednesday	5/11	3:30-4:30pm	Alameda	1 session
Thursday	5/12	2:30-4:30pm	Pinole	1 session
Tuesday	5/17	1:30-3:30pm	Oakland	1 session
Tuesday	5/17	2:30-4:30pm	Richmond	1 session
Saturday	5/28	9-11am	Oakland	1 session
Saturday	5/28	2-4pm	Oakland	1 session
Thursday	6/2	6-8pm	Oakland	1 session
Monday	6/6	10am-12pm	Pinole	1 session
Wednesday	6/8	3:30-4:30pm	Alameda	1 session
Thursday	6/9	3-5pm	Pinole	1 session
Saturday	6/11	9-11am	Richmond	1 session
Tuesday	6/14	1:30-3:30pm	Oakland	1 session
Tuesday	6/21	2:30-4:30pm	Pinole	1 session
Wednesday	6/22	3:30-4:30pm	Alameda	1 session
Saturday	6/25	2-4pm	Oakland	1 session
Saturday	6/25	9-11am	Oakland	1 session
Monday	7/4	10am-12pm	Pinole	1 session
Tuesday	7/5	6-8pm	Oakland	1 session
Tuesday	7/12	1:30-3:30pm	Oakland	1 session
Thursday	7/14	2:30-4:30pm	Pinole	1 session
Tuesday	7/19	2:30-4:30pm	Richmond	1 session
Saturday	7/23	9-11am	Oakland	1 session
Saturday	7/23	2-4pm	Oakland	1 session
Wednesday	7/27	3:30-4:30pm	Alameda	1 session
Monday	8/1	10am-12pm	Pinole	1 session
Thursday	8/4	6-8pm	Oakland	1 session
Tuesday	8/9	1:30-3:30pm	Oakland	1 session
Wednesday	8/10	3:30-4:30pm	Alameda	1 session
Wednesday	8/10	3-5pm	Pinole	1 session
Saturday	8/13	9-11am	Richmond	1 session
Tuesday	8/16	2:30-4:30pm	Pinole	1 session
Wednesday	8/24	3:30-4:30pm	Alameda	1 session
Saturday	8/27	2-4pm	Oakland	1 session
Saturday	8/27	9-11am	Oakland	1 session
Monday	9/5	10am-12pm	Pinole	1 session
Tuesday	9/6	6-8pm	Oakland	1 session
Thursday	9/8	2:30-4:30pm	Pinole	1 session
Saturday	9/10	9-11am	Richmond	1 session
Tuesday	9/13	1:30-3:30pm	Oakland	1 session
Wednesday	9/14	3:30-4:30pm	Alameda	1 session
Tuesday	9/20	2:30-4:30pm	Richmond	1 session
Saturday	9/24	9-11am	Oakland	1 session
Saturday	9/24	2-4pm	Oakland	1 session
Wednesday	9/28	3:30-4:30pm	Alameda	1 session
Monday	10/3	10am-12pm	Pinole	1 session
Thursday	10/6	6-8pm	Oakland	1 session
Tuesday	10/11	1:30-3:30pm	Oakland	1 session

Wednesday	10/12	3:30-4:30pm	Alameda	1 session
Thursday	10/13	3-5pm	Pinole	1 session
Tuesday	10/18	2:30-4:30pm	Pinole	1 session
Saturday	10/22	2-4pm	Oakland	1 session
Saturday	10/22	9-11am	Oakland	1 session
Wednesday	10/26	3:30-4:30pm	Alameda	1 session
Tuesday	11/1	6-8pm	Oakland	1 session
Monday	11/7	10am-12pm	Pinole	1 session
Tuesday	11/8	1:30-3:30pm	Oakland	1 session
Wednesday	11/9	3:30-4:30pm	Alameda	1 session
Thursday	11/10	2:30-4:30pm	Pinole	1 session
Saturday	11/12	9-11am	Richmond	1 session
Tuesday	11/15	2:30-4:30pm	Richmond	1 session
Saturday	11/19	2-4pm	Oakland	1 session
Wednesday	11/23	3:30-4:30pm	Alameda	1 session
Saturday	11/26	9-11am	Oakland	1 session
Thursday	12/1	6-8pm	Oakland	1 session
Monday	12/5	10am-12pm	Pinole	1 session
Thursday	12/8	3-5pm	Pinole	1 session
Saturday	12/10	9-11am	Richmond	1 session
Tuesday	12/13	1:30-3:30pm	Oakland	1 session
Saturday	12/13	2-4pm	Oakland	1 session
Tuesday	12/20	2:30-4:30pm	Pinole	1 session

MANAGING ONGOING CONDITIONS

2016 CLASS SCHEDULE

Oakland/Alameda (510)752-6150 Richmond (510)307-2210 Pinole (510)243-4020

Please refer to the "Healthy Living Classes and Resources" catalog for class description and fees.

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

UNDERSTANDING YOUR ASTHMA

Oakland:

Tue	2/9	2:00-4:00pm	Oakland	1 session
Wed	4/13	10:00am-12:00pm	Oakland	1 session
Tue	7/12	2:00-4:00pm	Oakland	1 session
Tue	10/18	2:00-4:00pm	Oakland	1 session
Thu	11/8	10:00am-12:00pm	Oakland	1 session

Richmond:

Mon	3/21	10:00am-12:00pm	Richmond	1 session
Mon	5/16	10:00am-12:00pm	Richmond	1 session
Wed	6/22	10:00am-12:00pm	Richmond	1 session
Mon	8/8	10:00am-12:00pm	Richmond	1 session
Mon	9/12	10:00am-12:00pm	Richmond	1 session

HEALTHIER LIVING WITH CHRONIC CONDITIONS

Oakland

Tue	2/22	10:00-12:30pm	Oakland	7 sessions
Tue	4/12	10:00-12:30pm	Oakland	7 sessions

Richmond

Fri	2/5	10:00-12:30pm	Richmond	7 sessions
Fri	8/5	10:00-12:30pm	Richmond	7 sessions

PARENTING & CHILDREN'S HEALTH

2016 CLASS SCHEDULE

Oakland/Alameda (510)752-6150 Richmond (510)307-2210 Pinole (510)243-4020

Please refer to the "Healthy Living Classes and Resources" catalog for class description and fees.

REGISTRATION REQUIRED for all classes unless noted as "drop-in". Schedule subject to change without notice.

BABY & ME

Mon weekly 10:00am-12:00pm Pinole

Ongoing; drop-in Pinole Medical Offices, 1301 Pinole Valley Road, 1st Floor, Classroom 2 AB (Classroom 1 AB Oct-Dec)

Thu weekly 10:00am-12:00pm Oakland

Ongoing; drop-in Oakland Medical Center, 3710 Broadway, Ground Floor, Classroom D

FEEDING YOUR BABY

Tue	1/19	10:00-12:00pm	Oakland	1 session
Sat	2/20	10:00-12:00pm	Oakland	1 session
Tue	3/15	10:00-12:00pm	Oakland	1 session
Sat	4/16	10:00-12:00pm	Oakland	1 session
Tue	5/17	10:00-12:00pm	Oakland	1 session
Sat	6/18	10:00-12:00pm	Oakland	1 session
Tue	7/19	10:00-12:00pm	Oakland	1 session
Sat	8/20	10:00-12:00pm	Oakland	1 session
Tue	9/20	10:00-12:00pm	Oakland	1 session
Sat	10/15	10:00-12:00pm	Oakland	1 session
Tue	11/15	10:00-12:00pm	Oakland	1 session
Sat	12/17	10:00-12:00pm	Oakland	1 session

INFANT & CHILD CPR

Tue	2/16	2:00-5:00pm	Oakland	1 session
Tue	3/29	5:00-8:00pm	Oakland	1 session
Mon	5/9	2:00-5:00pm	Oakland	1 session
Tue	6/28	2:00-5:00pm	Oakland	1 session
Tue	8/16	2:00-5:00pm	Oakland	1 session
Wed	9/28	5:00-8:00pm	Oakland	1 session
Tue	10/25	2:00-5:00pm	Oakland	1 session
Thu	11/10	5:00-8:00pm	Oakland	1 session

TEMPERAMENT: YOUR SPIRITED CHILD

Wed 2/3 to 3/9 7:00-9:00pm Bananas 6 sessions

To register, call Bananas, (510) 658-7353, Bananas, Inc. 5232 Claremont Ave, Oakland

Wed TBD 7:00-9:00pm Bananas 6 sessions

Call Bananas (510) 658-7353 for dates and to register, Bananas, Inc. 5232 Claremont Ave, Oakland

PHYSICAL ACTIVITY AND MOVEMENT

2016 CLASS SCHEDULE

Oakland/Alameda (510)752-6150 Richmond (510)307-2210 Pinole (510)243-4020

Please refer to the "Healthy Living Classes and Resources" catalog for class description and fees.

REGISTRATION REQUIRED for all classes. *Schedule subject to change without notice.*

AWARENESS THROUGH MOVEMENT: Feldenkrais Method

Tue	ongoing	5:30 – 6:30pm	Oakland	6 sessions
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EXERCISE FOR LIFE

Tue	1/5	6:00 – 7:00pm	Richmond	4 sessions
Tue	2/2	6:00 – 7:00pm	Richmond	4 sessions
Wed	2/3	4:00 – 5:00pm	Oakland	4 sessions
Tue	3/1	6:00 – 7:00pm	Richmond	4 sessions
Wed	3/2	4:00 – 5:00pm	Oakland	4 sessions
Tue	4/5	6:00 – 7:00pm	Richmond	4 sessions
Wed	4/6	4:00 – 5:00pm	Oakland	4 sessions
Tue	5/3	6:00 – 7:00pm	Richmond	4 sessions
Wed	5/4	4:00 – 5:00pm	Oakland	4 sessions
Tue	6/7	6:00 – 7:00pm	Richmond	4 sessions
Wed	6/8	4:00 – 5:00pm	Oakland	4 sessions
Tue	7/5	6:00 – 7:00pm	Richmond	4 sessions
Wed	7/6	4:00 – 5:00pm	Oakland	4 sessions
Tue	8/2	6:00 – 7:00pm	Richmond	4 sessions
Wed	8/3	4:00 – 5:00pm	Oakland	4 sessions
Tue	9/6	6:00 – 7:00pm	Richmond	4 sessions
Wed	9/7	4:00 – 5:00pm	Oakland	4 sessions
Tue	10/4	6:00 – 7:00pm	Richmond	4 sessions
Wed	10/5	4:00 – 5:00pm	Oakland	4 sessions
Tue	11/1	6:00 – 7:00pm	Richmond	4 sessions
Wed	11/2	4:00 – 5:00pm	Oakland	4 sessions
Tue	12/6	6:00 – 7:00pm	Richmond	4 sessions
Wed	12/7	4:00 – 5:00pm	Oakland	4 sessions

QIGONG

Fri	1/15	9:30 – 11:30am	Pinole	8 sessions	Part A
Fri	4/1	9:30 – 11:30am	Pinole	8 sessions	Part B
Fri	6/3	9:30 – 11:30am	Pinole	8 sessions	Part C

YOGA FOR HEALTH

Wed	1/6	3:30 – 5:00pm	Pinole	6 sessions
Thu	1/7	3:30 – 5:00pm	Richmond	6 sessions
Wed	2/24	3:30 – 5:00pm	Pinole	6 sessions
Thu	2/25	3:30 – 5:00pm	Richmond	6 sessions
Wed	4/6	3:30 – 5:00pm	Pinole	6 sessions
Thu	4/7	3:30 – 5:00pm	Richmond	6 sessions
Wed	5/18	3:30 – 5:00pm	Pinole	6 sessions
Thu	5/19	3:30 – 5:00pm	Richmond	6 sessions
Wed	7/6	3:30 – 5:00pm	Pinole	6 sessions
Thu	7/7	3:30 – 5:00pm	Richmond	6 sessions
Wed	8/17	3:30 – 5:00pm	Pinole	6 sessions
Thu	8/18	3:30 – 5:00pm	Richmond	6 sessions
Wed	10/5	3:30 – 5:00pm	Pinole	6 sessions
Thu	10/6	3:30 – 5:00pm	Richmond	6 sessions

Classes available through Oakland Behavioral Health (510) 752-7868

PILATES: AN INTRODUCTION

BETTER BALANCE AND PILATES

T'AI CHI

PRENATAL PROGRAMS: Healthy Beginnings

2016 CLASS SCHEDULE

Oakland/Alameda (510)752-6150 Richmond (510)307-2210 Pinole (510)243-4020

Please refer to the "Healthy Living Classes and Resources" catalog for class description and fees.

REGISTRATION REQUIRED for all classes. *Schedule subject to change without notice.*

BREASTFEEDING

Oakland

Wed	1/6	6:30-9:00pm	Oakland	1 session
Thu	1/21	6:30-9:00pm	Oakland	1 session
Sat	1/23	1:30-4:00pm	Oakland	1 session
Wed	1/27	6:30-9:00pm	Oakland	1 session
Sat	1/30	10:00-12:30pm	Oakland	1 session
Wed	2/3	6:30-9:00pm	Oakland	1 session
Thu	2/18	6:30-9:00pm	Oakland	1 session
Sat	2/20	1:30-4:00pm	Oakland	1 session
Wed	2/24	6:30-9:00pm	Oakland	1 session
Sat	2/27	10:00-12:30 pm	Oakland	1 session
Wed	3/2	6:30-9:00pm	Oakland	1 session
Sat	3/19	1:30-4:00pm	Oakland	1 session
Sat	3/26	10:00-12:30 pm	Oakland	1 session
Wed	4/6	6:30-9:00pm	Oakland	1 session
Sat	4/16	1:30-4:00pm	Oakland	1 session
Thu	4/21	6:30-9:00pm	Oakland	1 session
Sat	4/23	10:00-12:30pm	Oakland	1 session
Wed	5/4	6:30-9:00pm	Oakland	1 session
Thu	5/19	6:30-9:00pm	Oakland	1 session
Sat	5/21	1:30-4:00pm	Oakland	1 session
Sat	5/28	10:00-12:30pm	Oakland	1 session
Wed	6/1	6:30-9:00pm	Oakland	1 session
Thu	6/16	6:30-9:00pm	Oakland	1 session
Sat	6/18	1:30-4:00pm	Oakland	1 session
Sat	6/25	10:00-12:30pm	Oakland	1 session
Wed	7/6	6:30-9:00pm	Oakland	1 session
Thu	7/21	6:30-9:00pm	Oakland	1 session
Sat	7/23	1:30-4:00pm	Oakland	1 session
Sat	7/30	10:00-12:30pm	Oakland	1 session
Wed	8/3	6:30-9:00pm	Oakland	1 session
Thu	8/18	6:30-9:00pm	Oakland	1 session
Sat	8/20	1:30-4:00pm	Oakland	1 session

Sat	8/27	10:00-12:30pm	Oakland	1 session
Wed	9/7	6:30-9:00pm	Oakland	1 session
Thu	9/15	6:30-9:00pm	Oakland	1 session
Sat	9/24	1:30-4:00pm	Oakland	1 session
Wed	10/5	6:30-9:00pm	Oakland	1 session
Sat	10/15	1:30-4:00pm	Oakland	1 session
Thu	10/20	6:30-9:00pm	Oakland	1 session
Sat	10/22	10:00-12:30pm	Oakland	1 session
Wed	11/2	6:30-9:00pm	Oakland	1 session
Thu	11/17	6:30-9:00pm	Oakland	1 session
Sat	11/19	1:30-4:00pm	Oakland	1 session
Sat	11/26	10:00-12:30pm	Oakland	1 session
Wed	12/7	6:30-9:00pm	Oakland	1 session
Thu	12/15	6:30-9:00pm	Oakland	1 session
Sat	12/17	1:30-4:00pm	Oakland	1 session

Richmond

Sat	2/6	9:30am-12:00pm	Richmond	1 session
Sat	4/2	9:30am-12:00pm	Richmond	1 session
Sat	6/4	9:30am-12:00pm	Richmond	1 session
Sat	8/6	9:30am-12:00pm	Richmond	1 session
Sat	10/1	9:30am-12:00pm	Richmond	1 session
Sat	12/3	9:30am-12:00pm	Richmond	1 session

Pinole

Thu	1/7	6:30-9:00pm	Pinole	1 session
Thu	3/3	6:30-9:00pm	Pinole	1 session
Thu	5/5	6:30-9:00pm	Pinole	1 session
Thu	7/7	6:30-9:00pm	Pinole	1 session
Thu	9/1	6:30-9:00pm	Pinole	1 session
Thu	11/3	6:30-9:00pm	Pinole	1 session

EARLY PREGNANCY

Oakland

Wed	1/13	6:30-8:30pm	Oakland	1 session
Sat	1/30	2:00-4:00pm	Oakland	1 session
Wed	2/10	6:30-8:30pm	Oakland	1 session
Sat	2/27	2:00-4:00pm	Oakland	1 session
Wed	3/9	6:30-8:30pm	Oakland	1 session
Sat	3/26	2:00-4:00pm	Oakland	1 session
Wed	4/13	6:30-8:30pm	Oakland	1 session

Sat	4/23	2:00-4:00pm	Oakland	1 session
Wed	5/11	6:30-8:30pm	Oakland	1 session
Sat	5/21	2:00-4:00pm	Oakland	1 session
Wed	6/8	6:30-8:30pm	Oakland	1 session
Sat	6/25	2:00-4:00pm	Oakland	1 session
Wed	7/13	6:30-8:30pm	Oakland	1 session
Sat	7/30	2:00-4:00pm	Oakland	1 session
Wed	8/10	6:30-8:30pm	Oakland	1 session
Sat	8/27	2:00-4:00pm	Oakland	1 session
Wed	9/14	6:30-8:30pm	Oakland	1 session
Sat	9/24	2:00-4:00pm	Oakland	1 session
Wed	10/12	6:30-8:30pm	Oakland	1 session
Sat	10/22	2:00-4:00pm	Oakland	1 session
Wed	11/9	6:30-8:30pm	Oakland	1 session
Sat	11/26	2:00-4:00pm	Oakland	1 session
Wed	12/14	6:30-8:30pm	Oakland	1 session

Richmond

Sat	2/13	10:00am-12:00pm	Richmond	1 session
Sat	4/9	10:00am-12:00pm	Richmond	1 session
Sat	6/11	10:00am-12:00pm	Richmond	1 session
Sat	8/13	10:00am-12:00pm	Richmond	1 session
Sat	10/8	10:00am-12:00pm	Richmond	1 session
Sat	12/10	10:00am-12:00pm	Richmond	1 session

Pinole

Mon	1/11	6:30-8:30pm	Pinole	1 session
Mon	3/14	6:30-8:30pm	Pinole	1 session
Thu	5/19	6:30-8:30pm	Pinole	1 session
Mon	7/11	6:30-8:30pm	Pinole	1 session
Tue	9/13	6:30-8:30pm	Pinole	1 session
Tue	11/15	6:30-8:30pm	Pinole	1 session

LABOR AND DELIVERY TOUR (English)

Oakland

Fri	1/8	8:45-9:45am	Oakland	1 session
Fri	1/8	11:00-12:00pm	Oakland	1 session
Sat	1/9	9:00-10:00am	Oakland	1 session
Sat	1/9	10:30-11:30am	Oakland	1 session
Sat	1/9	12:00-1:00pm	Oakland	1 session
Sun	1/10	1:00-2:00pm	Oakland	1 session
Sun	1/10	2:30-3:30pm	Oakland	1 session

Sun	1/10	4:00-5:00pm	Oakland	1 session
Thu	1/14	6:00-7:00pm	Oakland	1 session
Thu	1/14	7:30-8:30pm	Oakland	1 session
Wed	1/20	6:00-7:00pm	Oakland	1 session
Wed	1/20	7:30-8:30pm	Oakland	1 session
Sat	1/30	9:00-10:00am	Oakland	1 session
Sat	1/30	10:30-11:30am	Oakland	1 session
Sat	1/30	12:00-1:00pm	Oakland	1 session
Mon	2/1	6:00-7:00pm	Oakland	1 session
Mon	2/1	7:30-8:30pm	Oakland	1 session
Thu	2/11	6:00-7:00pm	Oakland	1 session
Thu	2/11	7:30-8:30pm	Oakland	1 session
Fri	2/12	8:45-9:45am	Oakland	1 session
Fri	2/12	11:00-12:00pm	Oakland	1 session
Sat	2/13	9:00-10:00am	Oakland	1 session
Sat	2/13	10:30-11:30am	Oakland	1 session
Sat	2/13	12:00-1:00pm	Oakland	1 session
Wed	2/17	6:00-7:00pm	Oakland	1 session
Wed	2/17	7:30-8:30pm	Oakland	1 session
Sun	2/21	1:00-2:00pm	Oakland	1 session
Sun	2/21	2:30-3:30pm	Oakland	1 session
Sun	2/21	4:00-5:00pm	Oakland	1 session
Sat	2/27	9:00-10:00am	Oakland	1 session
Sat	2/27	10:30-11:30am	Oakland	1 session
Sat	2/27	12:00-1:00pm	Oakland	1 session
Sun	3/6	1:00-2:00pm	Oakland	1 session
Sun	3/6	2:30-3:30pm	Oakland	1 session
Sun	3/6	4:00-5:00pm	Oakland	1 session
Mon	3/7	6:00-7:00pm	Oakland	1 session
Mon	3/7	7:30-8:30pm	Oakland	1 session
Thu	3/10	6:00-7:00pm	Oakland	1 session
Thu	3/10	7:30-8:30pm	Oakland	1 session
Fri	3/11	8:45-9:45am	Oakland	1 session
Fri	3/11	11:00-12:00pm	Oakland	1 session
Sat	3/12	9:00-10:00am	Oakland	1 session
Sat	3/12	10:30-11:30am	Oakland	1 session
Sat	3/12	12:00-1:00pm	Oakland	1 session
Wed	3/16	6:00-7:00pm	Oakland	1 session
Wed	3/16	7:30-8:30pm	Oakland	1 session
Sat	3/26	9:00-10:00am	Oakland	1 session
Sat	3/26	10:30-11:30am	Oakland	1 session
Sat	3/26	12:00-1:00pm	Oakland	1 session

Sun	4/3	1:00-2:00pm	Oakland	1 session
Sun	4/3	2:30-3:30pm	Oakland	1 session
Sun	4/3	4:00-5:00pm	Oakland	1 session
Mon	4/4	6:00-7:00pm	Oakland	1 session
Mon	4/4	7:30-8:30pm	Oakland	1 session
Fri	4/8	8:45-9:45am	Oakland	1 session
Fri	4/8	11:00-12:00pm	Oakland	1 session
Sat	4/9	9:00-10:00am	Oakland	1 session
Sat	4/9	10:30-11:30am	Oakland	1 session
Sat	4/9	12:00-1:00pm	Oakland	1 session
Thu	4/14	6:00-7:00pm	Oakland	1 session
Thu	4/14	7:30-8:30pm	Oakland	1 session
Wed	4/20	6:00-7:00pm	Oakland	1 session
Wed	4/20	7:30-8:30pm	Oakland	1 session
Sat	4/23	9:00-10:00am	Oakland	1 session
Sat	4/23	10:30-11:30am	Oakland	1 session
Sat	4/23	12:00-1:00pm	Oakland	1 session
Sun	5/1	1:00-2:00pm	Oakland	1 session
Sun	5/1	2:30-3:30pm	Oakland	1 session
Sun	5/1	4:00-5:00pm	Oakland	1 session
Mon	5/2	6:00-7:00pm	Oakland	1 session
Mon	5/2	7:30-8:30pm	Oakland	1 session
Thu	5/12	6:00-7:00pm	Oakland	1 session
Thu	5/12	7:30-8:30pm	Oakland	1 session
Fri	5/13	8:45-9:45am	Oakland	1 session
Fri	5/13	11:00-12:00pm	Oakland	1 session
Sat	5/14	9:00-10:00am	Oakland	1 session
Sat	5/14	10:30-11:30am	Oakland	1 session
Sat	5/14	12:00-1:00pm	Oakland	1 session
Wed	5/18	6:00-7:00pm	Oakland	1 session
Wed	5/18	7:30-8:30pm	Oakland	1 session
Sat	5/28	9:00-10:00am	Oakland	1 session
Sat	5/28	10:30-11:30am	Oakland	1 session
Sat	5/28	12:00-1:00pm	Oakland	1 session
Sun	6/5	1:00-2:00pm	Oakland	1 session
Sun	6/5	2:30-3:30pm	Oakland	1 session
Sun	6/5	4:00-5:00pm	Oakland	1 session
Mon	6/6	6:00-7:00pm	Oakland	1 session
Mon	6/6	7:30-8:30pm	Oakland	1 session
Thu	6/9	6:00-7:00pm	Oakland	1 session
Thu	6/9	7:30-8:30pm	Oakland	1 session
Fri	6/10	8:45-9:45am	Oakland	1 session

Fri	6/10	11:00-12:00pm	Oakland	1 session
Sat	6/11	9:00-10:00am	Oakland	1 session
Sat	6/11	10:30-11:30am	Oakland	1 session
Sat	6/11	12:00-1:00pm	Oakland	1 session
Wed	6/15	6:00-7:00pm	Oakland	1 session
Wed	6/15	7:30-8:30pm	Oakland	1 session
Sat	6/25	9:00-10:00am	Oakland	1 session
Sat	6/25	10:30-11:30am	Oakland	1 session
Sat	6/25	12:00-1:00pm	Oakland	1 session
Fri	7/8	8:45-9:45am	Oakland	1 session
Fri	7/8	11:00-12:00pm	Oakland	1 session
Sat	7/9	9:00-10:00am	Oakland	1 session
Sat	7/9	10:30-11:30am	Oakland	1 session
Sat	7/9	12:00-1:00pm	Oakland	1 session
Sun	7/10	1:00-2:00pm	Oakland	1 session
Sun	7/10	2:30-3:30pm	Oakland	1 session
Sun	7/10	4:00-5:00pm	Oakland	1 session
Mon	7/11	6:00-7:00pm	Oakland	1 session
Mon	7/11	7:30-8:30pm	Oakland	1 session
Thu	7/14	6:00-7:00pm	Oakland	1 session
Thu	7/14	7:30-8:30pm	Oakland	1 session
Wed	7/20	6:00-7:00pm	Oakland	1 session
Wed	7/20	7:30-8:30pm	Oakland	1 session
Sat	7/20	9:00-10:00am	Oakland	1 session
Sat	7/30	10:30-11:30am	Oakland	1 session
Sat	7/30	12:00-1:00pm	Oakland	1 session
Mon	8/1	6:00-7:00pm	Oakland	1 session
Mon	8/1	7:30-8:30pm	Oakland	1 session
Sun	8/7	1:00-2:00pm	Oakland	1 session
Sun	8/7	2:30-3:30pm	Oakland	1 session
Sun	8/7	4:00-5:00pm	Oakland	1 session
Thu	8/11	6:00-7:00pm	Oakland	1 session
Thu	8/11	7:30-8:30pm	Oakland	1 session
Fri	8/12	8:45-9:45am	Oakland	1 session
Fri	8/12	11:00-12:00pm	Oakland	1 session
Sat	8/13	9:00-10:00am	Oakland	1 session
Sat	8/13	10:30-11:30am	Oakland	1 session
Sat	8/13	12:00-1:00pm	Oakland	1 session
Wed	8/17	10:30-11:30am	Oakland	1 session
Wed	8/17	12:00-1:00pm	Oakland	1 session
Sat	8/27	9:00-10:00am	Oakland	1 session
Sat	8/27	10:30-11:30am	Oakland	1 session

Sat	8/27	12:00-1:00pm	Oakland	1 session
Thu	9/8	6:00-7:00pm	Oakland	1 session
Thu	9/8	7:30-8:30pm	Oakland	1 session
Fri	9/9	8:45-9:45am	Oakland	1 session
Fri	9/9	11:00-12:00pm	Oakland	1 session
Sat	9/10	9:00-10:00am	Oakland	1 session
Sat	9/10	10:30-11:30am	Oakland	1 session
Sat	9/10	12:00-1:00pm	Oakland	1 session
Sun	9/11	1:00-2:00pm	Oakland	1 session
Sun	9/11	2:30-3:30pm	Oakland	1 session
Sun	9/11	4:00-5:00pm	Oakland	1 session
Mon	9/12	6:00-7:00pm	Oakland	1 session
Mon	9/12	7:30-8:30pm	Oakland	1 session
Wed	9/14	10:30-11:30am	Oakland	1 session
Wed	9/14	12:00-1:00pm	Oakland	1 session
Sat	9/24	9:00-10:00am	Oakland	1 session
Sat	9/24	10:30-11:30am	Oakland	1 session
Sat	9/24	12:00-1:00pm	Oakland	1 session
Sun	10/2	1:00-2:00pm	Oakland	1 session
Sun	10/2	2:30-3:30pm	Oakland	1 session
Sun	10/2	4:00-5:00pm	Oakland	1 session
Mon	10/3	6:00-7:00pm	Oakland	1 session
Mon	10/3	7:30-8:30pm	Oakland	1 session
Sat	10/8	9:00-10:00am	Oakland	1 session
Sat	10/8	10:30-11:30am	Oakland	1 session
Sat	10/8	12:00-1:00pm	Oakland	1 session
Thu	10/13	6:00-7:00pm	Oakland	1 session
Thu	10/13	7:30-8:30pm	Oakland	1 session
Fri	10/14	8:45-9:45am	Oakland	1 session
Fri	10/14	11:00-12:00pm	Oakland	1 session
Wed	10/19	6:00-7:00pm	Oakland	1 session
Wed	10/19	7:30-8:30pm	Oakland	1 session
Sat	10/22	9:00-10:00am	Oakland	1 session
Sat	10/22	10:30-11:30am	Oakland	1 session
Sat	10/22	12:00-1:00pm	Oakland	1 session
Sun	11/6	1:00-2:00pm	Oakland	1 session
Sun	11/6	2:30-3:30pm	Oakland	1 session
Sun	11/6	4:00-5:00pm	Oakland	1 session
Mon	11/7	6:00-7:00pm	Oakland	1 session
Mon	11/7	7:30-8:30pm	Oakland	1 session
Thu	11/10	6:00-7:00pm	Oakland	1 session
Thu	11/10	7:30-8:30pm	Oakland	1 session

Fri	11/11	8:45-9:45am	Oakland	1 session
Fri	11/11	11:00-12:00pm	Oakland	1 session
Sat	11/12	9:00-10:00am	Oakland	1 session
Sat	11/12	10:30-11:30am	Oakland	1 session
Sat	11/12	12:00-1:00pm	Oakland	1 session
Wed	11/16	6:00-7:00pm	Oakland	1 session
Wed	11/16	7:30-8:30pm	Oakland	1 session
Sat	11/26	9:00-10:00am	Oakland	1 session
Sat	11/26	10:30-11:30am	Oakland	1 session
Sat	11/26	12:00-1:00pm	Oakland	1 session
Sun	12/4	1:00-2:00pm	Oakland	1 session
Sun	12/4	2:30-3:30pm	Oakland	1 session
Sun	12/4	4:00-5:00pm	Oakland	1 session
Mon	12/5	6:00-7:00pm	Oakland	1 session
Mon	12/5	7:30-8:30pm	Oakland	1 session
Thu	12/8	6:00-7:00pm	Oakland	1 session
Thu	12/8	7:30-8:30pm	Oakland	1 session
Fri	12/9	8:45-9:45am	Oakland	1 session
Fri	12/9	11:00-12:00pm	Oakland	1 session
Sat	12/10	9:00-10:00am	Oakland	1 session
Sat	12/10	10:30-11:30am	Oakland	1 session
Sat	12/10	12:00-1:00pm	Oakland	1 session
Wed	12/14	6:00-7:00pm	Oakland	1 session
Wed	12/14	7:30-8:30pm	Oakland	1 session

LABOR AND DELIVERY TOUR SPANISH

Oakland

Thu	1/7	6:30-8:00pm	Oakland	1 session
Thu	2/4	6:30-8:00pm	Oakland	1 session
Thu	3/3	6:30-8:00pm	Oakland	1 session
Thu	4/7	6:30-8:00pm	Oakland	1 session
Thu	5/5	6:30-8:00pm	Oakland	1 session
Thu	6/2	6:30-8:00pm	Oakland	1 session
Thu	7/7	6:30-8:00pm	Oakland	1 session
Thu	8/4	6:30-8:00pm	Oakland	1 session
Thu	9/1	6:30-8:00pm	Oakland	1 session
Thu	10/6	6:30-8:00pm	Oakland	1 session
Thu	11/3	6:30-8:00pm	Oakland	1 session
Thu	12/1	6:30-8:00pm	Oakland	1 session

LATE PREGNANCY

Oakland

Sat	1/9	2:00-4:00pm	Oakland	1 session
Sat	2/13	2:00-4:00pm	Oakland	1 session
Sat	3/12	2:00-4:00pm	Oakland	1 session
Sat	4/9	2:00-4:00pm	Oakland	1 session
Sat	5/14	2:00-4:00pm	Oakland	1 session
Sat	6/11	2:00-4:00pm	Oakland	1 session
Sat	7/9	2:00-4:00pm	Oakland	1 session
Sat	8/13	2:00-4:00pm	Oakland	1 session
Sat	9/10	2:00-4:00pm	Oakland	1 session
Sat	10/8	2:00-4:00pm	Oakland	1 session
Sat	11/12	2:00-4:00pm	Oakland	1 session
Sat	12/10	2:00-4:00pm	Oakland	1 session

Richmond

Sat	2/13	1:00-3:30pm	Richmond	1 session
Sat	4/9	1:00-3:30pm	Richmond	1 session
Sat	6/11	1:00-3:30pm	Richmond	1 session
Sat	8/13	1:00-3:30pm	Richmond	1 session
Sat	10/8	1:00-3:30pm	Richmond	1 session
Sat	12/10	1:00-3:30pm	Richmond	1 session

Pinole

Mon	1/25	6:30-8:30pm	Pinole	1 session
Thu	3/17	6:30-8:30pm	Pinole	1 session
Tue	5/3	6:30-8:30pm	Pinole	1 session
Mon	7/18	6:30-8:30pm	Pinole	1 session
Thu	9/15	6:30-8:30pm	Pinole	1 session
Mon	11/21	6:30-8:30pm	Pinole	1 session

MEET THE LABOR AND DELIVERY TEAM

Oakland

Fri	1/8	9:45-11:00am	Oakland	1 session
Fri	2/12	9:45-11:00am	Oakland	1 session
Fri	3/11	9:45-11:00am	Oakland	1 session
Fri	4/8	9:45-11:00am	Oakland	1 session
Fri	5/13	9:45-11:00am	Oakland	1 session
Fri	6/10	9:45-11:00am	Oakland	1 session
Fri	7/8	9:45-11:00am	Oakland	1 session
Fri	8/12	9:45-11:00am	Oakland	1 session
Fri	9/9	9:45-11:00am	Oakland	1 session
Fri	10/14	9:45-11:00am	Oakland	1 session

Fri	11/11	9:45-11:00am	Oakland	1 session
Fri	12/9	9:45-11:00am	Oakland	1 session

NEWBORN BABY CARE

Oakland

Wed	1/20	6:30-9:00pm	Oakland	1 session
Thu	1/21	6:30-9:00pm	Oakland	1 session
Sat	1/23	10:00-12:30pm	Oakland	1 session
Sat	1/30	10:00-12:30pm	Oakland	1 session
Wed	2/17	6:30-9:00pm	Oakland	1 session
Sat	2/20	10:00-12:30pm	Oakland	1 session
Sat	2/27	10:00-12:30pm	Oakland	1 session
Wed	3/16	6:30-9:00pm	Oakland	1 session
Wed	3/23	6:30-9:00pm	Oakland	1 session
Sat	3/19	10:00-12:30pm	Oakland	1 session
Sat	3/26	10:00-12:30pm	Oakland	1 session
Wed	4/16	6:30-9:00pm	Oakland	1 session
Sat	4/20	10:00-12:30pm	Oakland	1 session
Sat	4/23	10:00-12:30pm	Oakland	1 session
Wed	4/27	6:30-9:00pm	Oakland	1 session
Wed	5/18	6:30-9:00pm	Oakland	1 session
Sat	5/21	10:00-12:30pm	Oakland	1 session
Wed	5/25	6:30-9:00pm	Oakland	1 session
Sat	5/28	10:00-12:30pm	Oakland	1 session
Wed	6/15	6:30-9:00pm	Oakland	1 session
Sat	6/18	10:00-12:30pm	Oakland	1 session
Sat	6/25	10:00-12:30pm	Oakland	1 session
Wed	7/20	6:30-9:00pm	Oakland	1 session
Wed	6/22	6:30-9:00pm	Oakland	1 session
Sat	7/23	10:00-12:30pm	Oakland	1 session
Wed	7/27	6:30-9:00pm	Oakland	1 session
Sat	7/30	10:00-12:30pm	Oakland	1 session
Wed	8/17	6:30-9:00pm	Oakland	1 session
Sat	8/20	10:00-12:30pm	Oakland	1 session
Wed	8/24	6:30-9:00pm	Oakland	1 session
Sat	8/27	10:00-12:30pm	Oakland	1 session
Wed	9/14	6:30-9:00pm	Oakland	1 session
Sat	9/24	10:00-12:30pm	Oakland	1 session
Wed	9/28	6:30-9:00pm	Oakland	1 session
Sat	10/15	10:00-12:30pm	Oakland	1 session
Wed	10/19	6:30-9:00pm	Oakland	1 session

Sat	10/22	10:00-12:30pm	Oakland	1 session
Wed	10/26	6:30-9:00pm	Oakland	1 session
Wed	11/16	6:30-9:00pm	Oakland	1 session
Sat	11/19	10:00-12:30pm	Oakland	1 session
Wed	10/23	6:30-9:00pm	Oakland	1 session

Sat	11/26	10:00-12:30pm	Oakland	1 session
Wed	12/14	6:30-9:00pm	Oakland	1 session
Sat	12/17	10:00-12:30pm	Oakland	1 session
Wed	12/28	6:30-9:00pm	Oakland	1 session

Richmond

Sat	2/6	1:00-3:30pm	Richmond	1 session
Sat	4/2	1:00-3:30pm	Richmond	1 session
Sat	6/4	1:00-3:30pm	Richmond	1 session
Sat	8/6	1:00-3:30pm	Richmond	1 session
Sat	10/1	1:00-3:30pm	Richmond	1 session
Sat	12/3	1:00-3:30pm	Richmond	1 session

Pinole

Thu	1/14	6:30-9:00pm	Pinole	1 session
Thu	3/10	6:30-9:00pm	Pinole	1 session
Thu	5/12	6:30-9:00pm	Pinole	1 session
Thu	7/14	6:30-9:00pm	Pinole	1 session
Thu	9/8	6:30-9:00pm	Pinole	1 session
Thu	11/10	6:30-9:00pm	Pinole	1 session

PREPARING FOR CHILDBIRTH

Oakland

Sun	1/3	9:00-1:00pm	Oakland	2 sessions
Sun	1/3	2:00-6:00pm	Oakland	2 sessions
Thu	1/7	6:30-8:30pm	Oakland	4 sessions
Sat	1/9	9:00-1:00pm	Oakland	2 sessions
Sat	1/9	2:00-6:00pm	Oakland	2 sessions
Tue	1/12	6:30-8:30pm	Oakland	4 sessions
Sun	1/17	9:00-1:00pm	Oakland	2 sessions
Sun	1/17	2:00-6:00pm	Oakland	2 sessions
Sun	1/31	9:00-5:30pm	Oakland	1 session
Thu	2/4	6:30-8:30pm	Oakland	4 sessions
Sat	2/6	9:00-1:00pm	Oakland	2 sessions
Sat	2/6	2:00-6:00pm	Oakland	2 sessions
Sun	2/7	9:00-1:00pm	Oakland	2 sessions

Sun	2/7	2:00-6:00pm	Oakland	2 sessions
Tue	2/9	6:30-8:30pm	Oakland	4 sessions
Sun	2/21	9:00-1:00pm	Oakland	2 sessions
Sun	2/21	2:00-6:00pm	Oakland	2 sessions
Thu	3/3	6:30-8:30pm	Oakland	4 sessions
Sat	3/5	9:00-1:00pm	Oakland	2 sessions
Sat	3/5	2:00-6:00pm	Oakland	2 sessions
Sun	3/6	9:00-1:00pm	Oakland	2 sessions
Sun	3/6	2:00-6:00pm	Oakland	2 sessions
Tue	3/8	6:30-8:30pm	Oakland	4 sessions
Sun	3/20	9:00-1:00pm	Oakland	2 sessions
Sun	3/20	2:00-6:00pm	Oakland	2 sessions
Sat	4/2	9:00-1:00pm	Oakland	2 sessions
Sat	4/2	2:00-6:00pm	Oakland	2 sessions
Sun	4/3	9:00-1:00pm	Oakland	2 sessions
Sun	4/3	2:00-6:00pm	Oakland	2 sessions
Thu	4/7	6:30-8:30pm	Oakland	4 sessions
Tue	4/5	6:30-8:30pm	Oakland	4 sessions
Sun	4/17	9:00-1:00pm	Oakland	2 sessions
Sun	4/17	2:00-6:00pm	Oakland	2 sessions
Sun	5/1	9:00-1:00pm	Oakland	2 sessions
Sun	5/1	2:00-6:00pm	Oakland	2 sessions
Thu	5/5	6:30-8:30pm	Oakland	4 sessions
Sat	5/7	9:00-1:00pm	Oakland	2 sessions
Sat	5/7	2:00-6:00pm	Oakland	2 sessions
Tue	5/10	6:30-8:30pm	Oakland	4 sessions
Sun	5/15	9:00-1:00pm	Oakland	2 sessions
Sun	5/15	2:00-6:00pm	Oakland	2 sessions
Thu	6/2	6:30-8:30pm	Oakland	4 sessions
Sat	6/4	9:00-1:00pm	Oakland	2 sessions
Sat	6/4	2:00-6:00pm	Oakland	2 sessions
Sun	6/5	9:00-1:00pm	Oakland	2 sessions
Sun	6/5	2:00-6:00pm	Oakland	2 sessions
Tue	6/14	6:30-8:30pm	Oakland	4 sessions
Sun	6/19	9:00-1:00pm	Oakland	2 sessions
Sun	6/19	2:00-6:00pm	Oakland	2 sessions
Sun	7/3	9:00-1:00pm	Oakland	2 sessions
Sun	7/3	2:00-6:00pm	Oakland	2 sessions
Thu	7/7	6:30-8:30pm	Oakland	4 sessions
Sat	7/9	9:00-1:00pm	Oakland	2 sessions
Sat	7/9	2:00-6:00pm	Oakland	2 sessions
Tue	7/12	6:30-8:30pm	Oakland	4 sessions

Sun	7/17	9:00-1:00pm	Oakland	2 sessions
Sun	7/17	2:00-6:00pm	Oakland	2 sessions
Sun	7/31	9:00-5:30pm	Oakland	1 session
Thu	8/4	6:30-8:30pm	Oakland	4 sessions
Sat	8/6	9:00-1:00pm	Oakland	2 sessions
Sat	8/6	2:00-6:00pm	Oakland	2 sessions
Sun	8/7	9:00-1:00pm	Oakland	2 sessions
Tue	8/9	6:30-8:30pm	Oakland	4 sessions
Sun	8/21	9:00-1:00pm	Oakland	2 sessions
Sun	8/21	2:00-6:00pm	Oakland	2 sessions
Thu	9/1	6:30-8:30pm	Oakland	4 sessions
Sun	9/4	9:00-1:00pm	Oakland	2 sessions
Sun	9/4	2:00-6:00pm	Oakland	2 sessions
Sat	9/10	9:00-1:00pm	Oakland	2 sessions
Sat	9/10	2:00-6:00pm	Oakland	2 sessions
Tue	9/13	6:30-8:30pm	Oakland	4 sessions
Sun	9/18	9:00-1:00pm	Oakland	2 sessions
Sun	9/18	2:00-6:00pm	Oakland	2 sessions
Sat	10/1	9:00-1:00pm	Oakland	2 sessions
Sat	10/1	2:00-6:00pm	Oakland	2 sessions
Sun	10/2	9:00-1:00pm	Oakland	2 sessions
Sun	10/2	2:00-6:00pm	Oakland	2 sessions
Thu	10/6	6:30-8:30pm	Oakland	4 sessions
Tue	10/11	6:30-8:30pm	Oakland	4 sessions
Sun	10/16	9:00-1:00pm	Oakland	2 sessions
Sun	10/16	2:00-6:00pm	Oakland	2 sessions
Sun	10/30	9:00-5:30pm	Oakland	1 session
Thu	11/3	6:30-8:30pm	Oakland	3 sessions
Sat	11/5	9:00-1:00pm	Oakland	2 sessions
Sat	11/5	2:00-6:00pm	Oakland	2 sessions
Sun	11/6	9:00-1:00pm	Oakland	2 sessions
Sun	11/6	2:00-6:00pm	Oakland	2 sessions
Tue	11/8	6:30-8:30pm	Oakland	4 sessions
aSun	11/20	9:00-1:00pm	Oakland	2 sessions
Sun	11/20	2:00-6:00pm	Oakland	2 sessions
Thu	12/1	6:30-8:30pm	Oakland	3 sessions
Sat	12/3	9:00-1:00pm	Oakland	2 sessions
Sat	12/3	2:00-6:00pm	Oakland	2 sessions
Tue	12/6	6:30-8:30pm	Oakland	3 sessions
Sun	12/11	9:00-1:00pm	Oakland	2 sessions
Sun	12/11	2:00-6:00pm	Oakland	2 sessions

Richmond

Mon	2/1	6:30-9:30pm	Richmond	4 sessions
Mon	4/4	6:30-9:30pm	Richmond	4 sessions
Mon	6/6	6:30-9:30pm	Richmond	4 sessions
Mon	8/1	6:30-9:30pm	Richmond	4 sessions
Mon	9/26	6:30-9:30pm	Richmond	4 sessions
Mon	11/28	6:30-9:30pm	Richmond	4 sessions

Pinole

Wed	1/16	6:30-9:00pm	Pinole	4 sessions
Wed	3/2	6:30-9:00pm	Pinole	4 sessions
Wed	5/4	6:30-9:00pm	Pinole	4 sessions
Wed	7/9	6:30-9:00pm	Pinole	4 sessions
Wed	9/7	6:30-9:00pm	Pinole	4 sessions
Wed	11/2	6:30-9:00pm	Pinole	4 sessions

SENIOR HEALTH PROGRAMS

2016 CLASS SCHEDULE

Oakland/Alameda (510)752-6150 Richmond (510)307-2210 Pinole (510)243-4020

Please refer to the "Healthy Living Classes and Resources" catalog for class description and fees.

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

FALL PREVENTION

Oakland

Wed	1/6	10:00-12:00pm	Oakland	1 session
Wed	1/20	10:00-12:00pm	Oakland	1 session
Wed	2/3	10:00-12:00pm	Oakland	1 session
Wed	2/17	10:00-12:00pm	Oakland	1 session
Wed	3/2	10:00-12:00pm	Oakland	1 session
Wed	3/16	10:00-12:00pm	Oakland	1 session
Wed	4/6	10:00-12:00pm	Oakland	1 session
Wed	4/20	10:00-12:00pm	Oakland	1 session
Wed	5/4	10:00-12:00pm	Oakland	1 session
Wed	5/18	10:00-12:00pm	Oakland	1 session
Wed	6/1	10:00-12:00pm	Oakland	1 session
Wed	6/15	10:00-12:00pm	Oakland	1 session
Wed	7/6	10:00-12:00pm	Oakland	1 session
Wed	7/20	10:00-12:00pm	Oakland	1 session
Wed	8/3	10:00-12:00pm	Oakland	1 session
Wed	8/17	10:00-12:00pm	Oakland	1 session
Wed	9/7	10:00-12:00pm	Oakland	1 session
Wed	9/21	10:00-12:00pm	Oakland	1 session
Wed	10/5	10:00-12:00pm	Oakland	1 session
Wed	10/19	10:00-12:00pm	Oakland	1 session
Wed	11/2	10:00-12:00pm	Oakland	1 session
Wed	11/16	10:00-12:00pm	Oakland	1 session
Wed	12/7	10:00-12:00pm	Oakland	1 session
Wed	12/21	10:00-12:00pm	Oakland	1 session

Richmond

Tue	1/26	2:30-4:30pm	Richmond	1 session
Tue	2/23	2:30-4:30pm	Richmond	1 session
Tue	3/22	2:30-4:30pm	Richmond	1 session
Tue	4/26	2:30-4:30pm	Richmond	1 session
Tue	5/24	2:30-4:30pm	Richmond	1 session
Tue	6/28	2:30-4:30pm	Richmond	1 session

Tue	7/26	2:30-4:30pm	Richmond	1 session
Tue	8/23	2:30-4:30pm	Richmond	1 session
Tue	9/27	2:30-4:30pm	Richmond	1 session
Tue	10/25	2:30-4:30pm	Richmond	1 session
Tue	11/15	2:30-4:30pm	Richmond	1 session
Tue	12/27	2:30-4:30pm	Richmond	1 session

Pinole

Thu	1/28	10:00-12:00pm	Pinole	1 session
Thu	2/25	10:00-12:00pm	Pinole	1 session
Thu	3/24	10:00-12:00pm	Pinole	1 session
Thu	4/28	10:00-12:00pm	Pinole	1 session
Thu	5/26	10:00-12:00pm	Pinole	1 session
Thu	6/23	10:00-12:00pm	Pinole	1 session
Thu	7/28	10:00-12:00pm	Pinole	1 session
Thu	8/25	10:00-12:00pm	Pinole	1 session
Thu	9/22	10:00-12:00pm	Pinole	1 session
Thu	10/27	10:00-12:00pm	Pinole	1 session
Thu	11/10	10:00-12:00pm	Pinole	1 session
Thu	12/22	10:00-12:00pm	Pinole	1 session

HEALTHIER LIVING WITH CHRONIC CONDITIONS

Oakland

Tue	2/22	10:00-12:30pm	Oakland	7 sessions
Tue	4/12	10:00-12:30pm	Oakland	7 sessions

Richmond

Fri	2/5	10:00-12:30pm	Richmond	7 sessions
Fri	8/5	10:00-12:30pm	Richmond	7 sessions

TOBACCO CESSATION PROGRAMS

2016 CLASS SCHEDULE

Oakland/Alameda (510)752-6150 Richmond (510)307-2210 Pinole (510)243-4020

Please refer to the "Healthy Living Classes and Resources" catalog for class description and fees.

REGISTRATION REQUIRED for all classes. *Schedule subject to change without notice.*

QUIT TOBACCO WORKSHOP

Oakland

Thu	1/21	9:30-12:30pm	Oakland	1 session
Wed	2/17	5:00-8:00pm	Oakland	1 session
Fri	3/25	9:30-12:30pm	Oakland	1 session
Wed	4/20	5:00-8:00pm	Oakland	1 session
Fri	5/27	9:30-12:30pm	Oakland	1 session
Wed	6/15	5:00-8:00pm	Oakland	1 session
Fri	7/15	9:30-12:30pm	Oakland	1 session
Wed	8/17	5:00-8:00pm	Oakland	1 session
Fri	9/23	9:30-12:30pm	Oakland	1 session
Wed	10/19	5:00-8:00pm	Oakland	1 session
Fri	12/2	9:30-12:30pm	Oakland	1 session
Wed	12/7	5:00-8:00pm	Oakland	1 session

Richmond

Tue	2/9	2:00-5:00pm	Richmond	1 session
Tue	4/12	2:00-5:00pm	Richmond	1 session
Tue	6/14	2:00-5:00pm	Richmond	1 session
Tue	8/9	2:00-5:00pm	Richmond	1 session
Tue	10/11	2:00-5:00pm	Richmond	1 session
Tue	12/13	2:00-5:00pm	Richmond	1 session

Pinole

Thu	1/7	5:00-8:00pm	Pinole	1 session
Thu	3/1	5:00-8:00pm	Pinole	1 session
Thu	5/5	5:00-8:00pm	Pinole	1 session
Thu	7/7	5:00-8:00pm	Pinole	1 session
Thu	9/22	5:00-8:00pm	Pinole	1 session
Thu	11/8	5:00-8:00pm	Pinole	1 session

FREEDOM FROM TOBACCO

Thu	1/7	6:00-8:00pm	Oakland	7 sessions
Thu	2/25	6:00-8:00pm	Oakland	7 sessions

Fri	4/8	10:00-12:00pm	Oakland	7 sessions
Thu	8/4	6:00-8:00pm	Oakland	7 sessions
Fri	10/7	10:00-12:00pm	Oakland	7 sessions

Clases en Español

2016 Horario de clase

Oakland/Alameda (510)752-6150 Richmond (510)307-2210 Pinole (510)243-4020

*Para descripciones sobre nuestras clases y sus costos. Por favor consulte el catálogo de " Las clases y recursos para Vivir Saludable." Todas las clases **REQUIEREN REGISTRACION** los horarios de las clases estan sujetos a cambiar sin previo aviso.*

Diabetes

PREDIABETES

Oakland

Sábado	3/5	9:30-12:00pm	Oakland	1 sesión
Sábado	5/7	9:30-12:00pm	Oakland	1 sesión
Sábado	7/2	9:30-12:00pm	Oakland	1 sesión
Sábado	9/3	9:30-12:00pm	Oakland	1 sesión
Sábado	11/5	9:30-12:00pm	Oakland	1 sesión

Richmond

Miércoles	1/13	5:30-8:00pm	Richmond	1 sesión
Miércoles	2/10	5:30-8:00pm	Richmond	1 sesión
Miércoles	3/9	5:30-8:00pm	Richmond	1 sesión
Miércoles	4/13	5:30-8:00pm	Richmond	1 sesión
Miércoles	5/11	5:30-8:00pm	Richmond	1 sesión
Miércoles	6/8	5:30-8:00pm	Richmond	1 sesión
Miércoles	7/13	5:30-8:00pm	Richmond	1 sesión
Miércoles	8/10	5:30-8:00pm	Richmond	1 sesión
Miércoles	9/14	5:30-8:00pm	Richmond	1 sesión
Miércoles	10/12	5:30-8:00pm	Richmond	1 sesión
Miércoles	11/9	5:30-8:00pm	Richmond	1 sesión
Miércoles	12/14	5:30-8:00pm	Richmond	1 sesión

Datos básicos sobre la diabetes

Oakland

Miércoles	1/6	5:00-8:00pm	Oakland	1 sesión
Sábado	1/16	9:30-12:30pm	Oakland	1 sesión
Miércoles	2/3	5:00-8:00pm	Oakland	1 sesión
Sábado	2/20	9:30-12:30pm	Oakland	1 sesión
Miércoles	3/2	5:00-8:00pm	Oakland	1 sesión

Sábado	3/19	9:30-12:30pm	Oakland	1 sesión
Miércoles	4/6	5:00-8:00pm	Oakland	1 sesión
Sábado	4/16	9:30-12:30pm	Oakland	1 sesión
Miércoles	5/4	5:00-8:00pm	Oakland	1 sesión
Sábado	5/21	9:30-12:30pm	Oakland	1 sesión
Miércoles	6/1	5:00-8:00pm	Oakland	1 sesión
Sábado	6/18	9:30-12:30pm	Oakland	1 sesión
Miércoles	7/6	5:00-8:00pm	Oakland	1 sesión
Sábado	7/16	9:30-12:30pm	Oakland	1 sesión
Miércoles	8/3	5:00-8:00pm	Oakland	1 sesión
Sábado	8/20	9:30-12:30pm	Oakland	1 sesión
Miércoles	9/7	5:00-8:00pm	Oakland	1 sesión
Sábado	9/17	9:30-12:30pm	Oakland	1 sesión
Miércoles	10/5	5:00-8:00pm	Oakland	1 sesión
Sábado	10/15	9:30-12:30pm	Oakland	1 sesión
Miércoles	11/2	5:00-8:00pm	Oakland	1 sesión
Sábado	11/19	9:30-12:30pm	Oakland	1 sesión
Miércoles	12/7	5:00-9:00pm	Oakland	1 sesión
Sábado	12/17	9:30-12:30pm	Oakland	1 sesión

Richmond

Martes	1/5	5:30-8:30pm	Richmond	1 sesión
Martes	1/19	5:30-8:30pm	Richmond	1 sesión
Martes	2/2	5:30-8:30pm	Richmond	1 sesión
Martes	2/16	5:30-8:30pm	Richmond	1 sesión
Martes	3/1	5:30-8:30pm	Richmond	1 sesión
Martes	3/15	5:30-8:30pm	Richmond	1 sesión
Martes	4/5	5:30-8:30pm	Richmond	1 sesión
Martes	4/19	5:30-8:30pm	Richmond	1 sesión
Martes	5/3	5:30-8:30pm	Richmond	1 sesión
Martes	5/17	5:30-8:30pm	Richmond	1 sesión
Martes	6/7	5:30-8:30pm	Richmond	1 sesión
Martes	6/21	5:30-8:30pm	Richmond	1 sesión
Martes	7/5	5:30-8:30pm	Richmond	1 sesión
Martes	7/19	5:30-8:30pm	Richmond	1 sesión
Martes	8/2	5:30-8:30pm	Richmond	1 sesión
Martes	8/16	5:30-8:30pm	Richmond	1 sesión
Martes	9/6	5:30-8:30pm	Richmond	1 sesión
Martes	9/20	5:30-8:30pm	Richmond	1 sesión
Martes	10/4	5:30-8:30pm	Richmond	1 sesión
Martes	10/18	5:30-8:30pm	Richmond	1 sesión
Martes	11/1	5:30-8:30pm	Richmond	1 sesión

Martes	11/15	5:30-8:30pm	Richmond	1 sesión
Martes	12/6	5:30-8:30pm	Richmond	1 sesión
Martes	12/20	5:30-8:30pm	Richmond	1 sesión

Como vivir bien con diabetes

Oakland

Sábado	2/6	9:30-12:30pm	Oakland	3 sesiones
Sábado	4/2	9:30-12:30pm	Oakland	3 sesiones
Sábado	6/4	9:30-12:30pm	Oakland	3 sesiones
Sábado	8/6	9:30-12:30pm	Oakland	3 sesiones
Sábado	10/1	9:30-12:30pm	Oakland	3 sesiones
Sábado	12/3	9:30-12:30pm	Oakland	3 sesiones

La nutrición en la diabetes

Oakland

Sábado	1/23	9:30-12:00pm	Oakland	1 sesión
Sábado	2/20	1:30-4:00pm	Oakland	1 sesión
Sábado	3/26	9:30-12:00pm	Oakland	1 sesión
Sábado	4/16	1:30-4:00pm	Oakland	1 sesión
Sábado	5/28	9:30-12:00pm	Oakland	1 sesión
Sábado	6/18	1:30-4:00pm	Oakland	1 sesión
Sábado	7/30	9:30-12:00pm	Oakland	1 sesión
Sábado	8/20	1:20-4:00pm	Oakland	1 sesión
Sábado	10/1	9:30-12:00pm	Oakland	1 sesión
Sábado	10/15	1:30-4:00pm	Oakland	1 sesión
Sábado	12/3	9:30-12:00pm	Oakland	1 sesión
Sábado	12/17	1:30-4:00pm	Oakland	1 sesión

Controlando su peso

Un peso saludable, una vida saludable

Richmond

Martes	1/19	5:30-8:00pm	Richmond	1 sesión
Martes	3/15	5:30-8:00pm	Richmond	1 sesión
Martes	5/17	5:30-8:00pm	Richmond	1 sesión
Martes	7/19	5:30-8:00pm	Richmond	1 sesión
Martes	9/20	5:30-8:00pm	Richmond	1 sesión
Martes	11/15	5:30-8:00pm	Richmond	1 sesión

Salud mental y afectiva

Caminos Hacia una Buena Salud Emocional

Miércoles	1/13	6:30-8:30pm	Richmond	1 sesión
Miércoles	2/3	6:30-8:30pm	Richmond	1 sesión
Miércoles	3/2	6:30-8:30pm	Richmond	1 sesión
Lunes	4/11	6:30-8:30pm	Richmond	1 sesión

Meditación para su salud

Jueves	1/7	10-11:30am	Richmond	4 sesiones
Jueves	2/4	10-11:30am	Richmond	4 sesiones
Jueves	3/3	10-11:30am	Richmond	5 sesiones