Health Education Class Schedules
JANUARY-DECEMBER 2019

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- Prenatal Health Programs
- Senior Health Programs
- Fitness and Movement Resources
- Tobacco Cessation Resources
- Clases en Español
REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

PATHWAYS TO EMOTIONAL WELLNESS

Your thoughts and emotions can affect your physical well-being. In this class, we’ll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. Also explore a variety of other resources to help you take your next steps on the path to emotional wellness. Open to the community in Richmond and Pinole; members only in Oakland. Available in Spanish in Oakland and Richmond.

Fee: This is a covered benefit for members; no class fee for nonmembers.

Location: Oakland, Richmond, Pinole
*For Oakland’s schedule, please call Behavioral Health at (510) 752-7868.

Sessions: One 2.5-hour session

PINOLE

Tuesdays, 6:00-8:30pm
1/17, 3/14, 5/9, 7/18, 9/12, 11/21

RICHMOND
Tuesdays, 6:00-8:30pm
2/12, 4/15, 6/18, 8/13, 10/8, 12/17

MANAGING ANGER SERIES
When anger causes problems with family, friends, or colleagues, we can help. Learn to identify anger triggers, develop communication skills, and practice new ways to respond. Note: This series does not satisfy the court-ordered treatment required for domestic violence. Prerequisite for Oakland only: Managing Anger Overview. Open to the community.
Fee: Cost varies
Location: Oakland, Richmond, Pinole
*For Oakland’s schedule, please call Behavioral Health at (510) 752-7868.
Sessions: Eight weekly 2-hour sessions

PINOLE
Please call (510) 243-4020 for schedule.

RICHMOND
Please call (510) 307-2210 for schedule.

UNDERSTANDING ANXIETY SERIES
In this series, you will learn to identify what triggers anxiety for you as well as ways to help manage your symptoms. We will help you explore your thoughts and learn to approach instead of avoid what you fear. You will also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness. Open to the community in Richmond and Pinole; members only in Oakland.
Fee: This is a covered benefit for members; Call for cost for nonmembers.
Location: Oakland, Richmond, Pinole
* For Oakland’s schedule, please call Behavioral Health at (510) 752-7868.
Sessions: Six weekly 2-hour sessions

PINOLE
Fridays, 2:00-4:00pm
Session 1-6: 1/4, 1/11, 1/18, 1/25, 2/1, and 2/8
Session 1-6: 2/15, 2/22, 3/1, 3/8, 3/15, and 3/22
Session 1-6: 3/29, 4/5, 4/12, 4/19, 4/26, and 5/3
Session 1-6: 5/10, 5/17, 5/24, 5/31, 6/7, and 6/14
Please call (510) 243-4020 for additional dates.

RICHMOND

**Thursdays, 3:00-5:00pm**

Session 1-6: 1/3, 1/10, 1/17, 1/24, 1/31, and 2/7
Session 1-6: 2/14, 2/21, 2/28, 3/7, 3/14, and 3/21
Session 1-6: 3/28, 4/4, 4/11, 4/18, 4/25, and 5/2

Please call (510) 307-2210 for additional dates.

MANAGING DEPRESSION SERIES

Depression is common, real, and treatable. In this series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life. You’ll also learn techniques to relax and approach your life with mindfulness. Open to the community in Richmond and Pinole; members only in Oakland. Available in Spanish in Oakland.

**Fee:** This is a covered benefit for members; Call for cost for nonmembers.

**Location:** Oakland, Richmond, Pinole

*For Oakland’s schedule, please call Behavioral Health at (510) 752-7868.

**Sessions:** Six weekly 2-hour sessions

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

PINOLE

Please call (510) 243-4020 for schedule.

RICHMOND

Please call (510) 307-2210 for schedule.

MANAGING YOUR STRESS

You'll learn ways to recognize the source of stress in your life and how to manage stress-related symptoms and illnesses. Open to the community.

**Fee:** This is a covered benefit for members; Call for cost for nonmembers.

**Location:** Oakland, Richmond, Pinole

*For Oakland’s schedule, please call Behavioral Health at (510) 752-7868.

**Sessions:** Six weekly 2-hour sessions

PINOLE

**Fridays, 12:00-2:00pm**

Session 1-6: 2/1, 2/8, 2/15, 2/22, 3/1, and 3/8
Session 1-6: 4/5, 4/12, 4/19, 4/26, 5/3, and 5/10
MINDFULNESS BASED STRESS REDUCTION

Meditation can be helpful for dealing with stress, chronic pain, hypertension, depression, difficulty sleeping, and other issues. This class provides instruction on mindfulness meditation, meditative movement, and body-awareness exercises. A no cost orientation is offered one week before the class begins, though attendance at the orientation does not guarantee a space in the eight-week program. Open to the community.

Fee: Call for cost. (price includes all-day session).

Location: Oakland, Pinole

*For Oakland’s schedule, please call Behavioral Health at (510) 752-7868.

Sessions: Overview, plus eight weekly 2.5-hour sessions and an all-day session

Mindfulness-based Stress Reduction – Overview
PINOLE
Tuesdays, 6:30-8:00pm
1/22, 3/26, 9/10

Mindfulness-based Stress Reduction – Series
PINOLE
Tuesdays, 6:30-9:00pm
Session 1-8: 1/29, 2/7, 2/12, 2/19, 2/26, 3/5, 3/12, and 3/19
Session 1-8: 4/4, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, and 5/21
Session 1-8: 9/17, 9/24, 10/3, 10/8, 10/15, 10/22, 10/29, and 11/5

IMPROVING YOUR SLEEP

Want to fall asleep quicker, sleep more soundly, and awaken feeling more refreshed? Learn how nighttime habits and thinking patterns affect your sleep and how to change them. This class does not address medical conditions that interfere with sleep. Open to the community.

Fee: This is a covered benefit for members; Call for cost for nonmembers.

Location: Oakland, Richmond, Pinole

*For Oakland’s schedule, please call Behavioral Health at (510) 752-7868.

Sessions: Four weekly 2-hour sessions

PINOLE
**Wednesdays, 10:00am-12:00pm**

Session 1-4: 1/2, 1/9, 1/16, and 1/23
Session 1-4: 3/6, 3/13, 3/20, and 3/27
Session 1-4: 5/1, 5/8, 5/15, and 5/22
Session 1-4: 7/3, 7/10, 7/17, and 7/24
Session 1-4: 9/4, 9/11, 9/18, and 9/25
Session 1-4: 11/13, 11/20, 11/27, and 12/4

**RICHMOND**

**Wednesdays, 3:00-5:00pm**

Session 1-4: 1/2, 1/9, 1/16, and 1/23
Session 1-4: 2/6, 2/13, 2/20, and 2/27
Session 1-4: 4/3, 4/10, 4/17, and 4/24
Session 1-4: 6/5, 6/12, 6/19, and 6/26
Session 1-4: 8/7, 8/14, 8/21, and 8/28
Session 1-4: 10/2, 10/9, 10/16, and 10/23
**LIFE AFTER TREATMENT**

Formerly known as "Survivor, Now What". The conclusion of cancer treatment can be a challenging time. With the rigors of treatment behind you, this class examines potential challenges, as well as issues related to identity that might arise as you move forward in survivorship. This class is offered to patients at the conclusion of radiation and/or chemotherapy, intended to form a bridge between treatment and life as a Cancer Survivor. Patients will explore issues related to identity as a "survivor," learn coping strategies related to the unique stressor of survivorship, and learn about Kaiser Permanente and community resources to assist them on their journey. Members only.

**Fee:** No class fee.

**Locations:** Oakland, Richmond

**Sessions:** One 2-hour session

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

*Online Registration for some Health Classes available through your [kp.org](http://kp.org) account under Appointments.*
**OAKLAND**

Tuesdays, 6:30-8:30pm
1/15, 2/19, 3/26, 4/16, 5/21, 6/18, 7/16, 8/20, 9/17, 10/15, 11/19, 12/17

**RICHMOND**

Fridays, 2:00-4:00pm
1/18, 3/8, 5/10, 7/12, 9/13, 11/8

**NUTRITION AND CHEMOTHERAPY**

This class provides nutritional information and guidelines before, during, and after chemotherapy treatment. Topics covered include: nutrition basics, what to eat, when you can't eat enough, and fluid guidelines, as well as special nutritional considerations. Caretakers welcome. Open to the community.

**Fee:** No class fee.

**Locations:** Oakland

**Sessions:** One 1.5-hour session

**OAKLAND**

Wednesdays, 3:00-4:30pm
1/9, 2/6, 3/6, 4/3, 5/1, 6/5, 7/3, 8/7, 9/4, 10/2, 11/6, 12/4

**NUTRITION AND CANCER**

This class provides educational opportunities for you to make simple choices every day for better health, cancer risk reduction and long-term survivorship. A Dietitian specializing in oncology nutrition will empower you to:

- Understand the importance of nutrition for health and well being
- Learn about cancer fighters in food
- Set and implement nutrition goals
- Achieve healthy lifestyle modification

For more information or to register, please call the Radiation Oncology Department at (510) 752-4000.

**Fee:** No Class Fee. Open to the community.

**Locations:** Oakland

**Sessions:** One 2-hour session
NUTRITION AND BREAST CANCER

A Dietitian specializing in oncology nutrition will provide members with ways to reduce the risk of breast cancer, its progression or recurrence. Topics discussed will include:

• Importance of maintaining a healthy weight
• The benefits of physical activity
• The role of a plant-based diet

For more information or to register, please call the Radiation Oncology Department at (510) 752-4000.

Fee: No Class Fee. Open to the community.

Locations: Oakland

Sessions: One 2-hour session
### 2019 Class Schedule

**Diabetes & Prediabetes**

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oakland/Alameda</td>
<td>(510) 752-6150</td>
</tr>
<tr>
<td>Richmond</td>
<td>(510) 307-2210</td>
</tr>
<tr>
<td>Pinole</td>
<td>(510) 243-4020</td>
</tr>
</tbody>
</table>

**Registration Required** for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your [kp.org](http://kp.org) account under Appointments.*

### Pre-Diabetes and You*

Do you or your child have prediabetes? Learn how to prevent or delay type 2 diabetes in this class. (Ages 16+ to attend, ages 16-17 must be accompanied by an adult) *Members only, available in Spanish.*

**Fee:** No class fee.

**Location:** Oakland, Richmond, Pinole

**Sessions:** One 2-hour session

### Oakland

**Mondays, 2:00-4:00pm**

1/7, 2/4, 3/4, 4/1, 5/6, 6/3, 7/1, 8/5, 10/7, 11/4, and 12/2
**DIABETES BASICS**

You can feel better and be active and healthy by learning the basics of managing your type 2 diabetes. Explore the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing stress. **Please bring your blood glucose meter to class.** This class is step 1 for type 2 diabetes care. **Available in Spanish and Cantonese. Members only.**

**Fee:** No class fee.

**Location:** Oakland, Richmond, Pinole

**Sessions:** One 2-hour session

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**Oakland**

**Mondays, 9:00-11:00am**

3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 11/18, and 12/16

**Mondays, 6:00-8:00pm**

1/7, 2/4, 3/4, 4/1, 5/6, 7/1, 8/5, 10/7, 11/4, and 12/2

**Tuesdays, 9:30-11:30am**

1/22, 2/26, 3/26, 4/23, 5/28, 6/25, 8/27, 9/24, 10/22, and 11/26

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**RICHMOND**

**Mondays, 9:30-11:30am**

1/14, 2/11, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12, 9/9, 10/14, 11/11 and 12/9

**Thursdays, 5:30-7:30pm**

1/24, 2/28, 3/28, 4/25, 5/23, 6/27, 7/25, 8/22, 9/26, 10/24, 11/21 and 12/19

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**PINOLE**

**Tuesdays, 9:30-11:30am**

1/8, 2/5, 3/5, 4/2, 5/7, 6/4, 7/2, 8/6, 9/3, 10/1, 11/5, and 12/3

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Tuesdays, 5:30-7:30pm
1/8, 2/12, 3/12, 4/9, 5/14, 6/11, 9/10, 10/8 and 11/12

Thursdays, 9:30-11:30am
1/10, 2/14, 3/14, 4/11, 5/9, 6/13, 7/11, 8/8, 9/12, 10/10, 11/14, and 12/12

Thursdays, 5:00-7:00pm

Saturdays, 9:00-11:00am
1/5, 2/2

Saturdays, 9:30-11:30am
6/1

Richmond

Wednesdays, 11:00a-1:00pm
1/9, 2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, and 12/11

Thursdays, 5:30-7:30pm
1/3, 2/7, 3/7, 4/4, 5/2, 6/6, 7/11, 8/1, 9/5, 10/3, 11/7, and 12/5

Saturdays, 9:00-11:00am
1/19, 3/16, 4/20, 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16, and 12/21

Pinole

Mondays, 9:30-11:30am

Mondays, 5:00-7:00pm
1/7, 2/4, 3/4, 4/1, 5/6, 6/3, 7/1, 8/5, 9/9, 10/7, 11/4, and 12/2

DIABETES BASICS – Cantonese

You can feel better and be active and healthy by learning the basics of managing your type 2 diabetes. Explore the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing stress. Please bring your blood glucose meter to class. This class is step 1 for type 2 diabetes care. Members only.

Fee: No class fee.
Location: Oakland
Sessions: One 3-hour session

**Oakland**

Saturdays, 9:30a-12:30pm
1/26, 7/27, and 12/7

Saturdays, 1:30-4:30pm
3/23, 5/18, 9/28, and 11/16

**DIABETES HEALTHY EATING***

Feel better and eat better with diabetes. In this class, you’ll get tips on planning meals, counting carbs, and reading food labels. Learn new ways to prepare your favorite foods and how to enjoy eating out healthfully. With smart planning and balanced choices, eating well can still taste great. *Members only.*

Fee: No class fee.

Location: Oakland, Richmond, Pinole
Sessions: One 2-hour session

**Oakland**

Mondays, 6:00-8:00pm
1/14, 2/11, 3/11, 4/8, 5/13, 7/8, 8/12, 9/9, 10/14, 11/11, and 12/9

Tuesdays, 9:30-11:30am
1/15, 2/19, 3/19, 4/16, 5/21, 6/18, 8/20, 9/17, 10/15, and 11/19

Tuesdays, 5:30-7:30pm
1/15, 2/19, 3/19, 4/16, 5/21, 6/18, 9/17, 10/15, and 11/19

Saturdays, 9:00-11:00am
3/9, 5/11, 7/20, and 9/14

**Richmond**

Wednesdays, 11:00am-1:00pm
1/2, 2/6, 3/6, 4/3, 5/1, 6/5, 7/3, 8/7, 9/4, 10/2, 11/6, and 12/4

Thursdays, 5:30-7:30pm
1/10, 2/21, 3/14, 4/11, 5/9, 6/13, 7/18, 8/8, 9/12, 10/10, 11/14, and 12/12

Saturdays, 12:00-2:00pm
1/19, 3/16, 5/18, 7/20, 9/21, and 11/16

**Pinole**

**Mondays, 2:00-4:00pm**
1/7, 2/4, 3/4 4/1, 5/6, 6/3, 7/1, 8/5, 9/9, 10/7, 11/4, and 12/2

**Mondays, 5:00-7:00pm**
1/14, 2/11, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12, 9/16, 10/14, 11/11, and 12/9

**DIABETES HEALTHY HABITS**
Every action you take to control your diabetes – big or small – is a step in the right direction. In this class, we give you tips on how to establish healthy habits using goal planning and peer support. *Members only.*

**Fee**: No class fee.

**Location**: Oakland, Richmond, Pinole

**Sessions**: One 2-hour session

**Oakland**

**Mondays, 6:00-8:00pm**
1/21, 3/18, 4/15, 7/15, 8/19, 9/16, 10/21, and 11/18

**Tuesdays, 9:30-11:30am**
1/8, 2/12, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, and 12/10

**Tuesdays, 5:30-7:30pm**
2/5, 3/5, 5/7, 6/4, 9/3, 10/1, and 11/5,

**Saturdays, 12:00-2:00pm**
4/20, 6/15, 8/17, 10/19, and 12/21

**Richmond**

**Wednesdays, 11:00a-1:00pm**

**Thursdays, 5:30-7:30pm**
1/17, 3/21, 4/18, 5/16, 6/20, 8/15, 9/19, and 10/17

**Saturdays, 12:00-2:00pm**
4/20, 6/15, 8/17, 10/19, and 12/21
**Pinole**

Mondays, 2:00-4:00pm
1/14, 2/11, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12, 9/16, 10/14, 11/11, and 12/9

Mondays, 5:00-7:00pm
1/21, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/30, 10/21, 11/18, and 12/16

**LIVING WELL WITH DIABETES - Cantonese**

Take your diabetes self-management to the next level. Come learn new skills for making smart food and exercise choices that can help keep your blood sugar levels within range while also learning to manage the stress and emotions related to diabetes. This class is step 2 for type 2 diabetes care. *Members only.*

This is a covered benefit for members.

**Fee**: No class fee.

**Location**: Oakland

**Sessions**: Three 2-hour sessions

**Oakland**

**Saturdays, 9:30am-12:30pm**

Session 1-3: 5/4, 5/11, and 5/18

Session 1-3: 9/7, 9/14, and 9/21

**ADVANCED DIABETES NUTRITION**

In this advanced class, you will receive additional practice on planning meals, counting carbs, and reading food labels. Completion of “Diabetes Basics” and “Healthy Eating with Diabetes” highly recommended to attend this class. *Members only, available in Spanish.*

**Fee**: No class fee.

**Location**: Oakland, Richmond

**Sessions**: One 2.5-hour session

**Oakland**

**Tuesdays, 9:30am-12:00pm**

2/5, 3/5, 4/2, 5/7, 6/4, 7/2, 8/6, 9/3, 10/1, 11/5 and 12/3

**Richmond**

**Thursdays, 5:00-7:30pm**

1/3, 2/7, 3/7, 4/4, 5/2, 6/6, 8/1, 9/5, 10/3, 11/7, and 12/5
REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

**LIFE CARE PLANNING CLASS**

Life care planning begins with choosing someone to speak on your behalf if you were ever unable to communicate for yourself. This class can assist you with selecting your health care agent and exploring your values and goals for care. You will also have the opportunity to complete an Advance Health Care Directive. If you have already selected a health care agent, bring him or her with you to the class. To get started now, visit kp.org/lifecareplan. Open to the community.

Fee: No class fee.

Locations: Oakland, Alameda, Richmond, Pinole

Sessions: One 2-hour session

**OAKLAND**

Tuesdays, 6:00-8:00pm

1/15, 3/19, 5/14, 7/23, 9/10, 11/12
Saturdays, 2:00-4:00pm

ALAMEDA
Wednesdays, 3:30-4:30pm
1/9, 2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11

RICHMOND
Wednesdays, 10:00am-12:00pm
2/13, 4/10, 6/12, 8/14, 10/9, 12/11

Saturdays, 10:00am-12:00pm
2/9, 5/11, 8/10, 11/9

PINOLE
Tuesdays, 2:30-4:30pm
1/15, 3/19, 5/21, 7/16, 9/17, 11/19
LIVING HEART-HEALTHY
Learn how exercise and a heart healthy diet can help lower your cholesterol and blood pressure, improve your overall health, and reduce your risk for heart attack and stroke. Members only.

Fee: No class fee.
Location: Oakland, Richmond
Sessions: One 2-hour session

OAKLAND
Wednesdays, 5:00-7:00pm
1/9, 2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11

Thursdays, 9:30-11:30am
1/24, 2/28, 3/28, 4/25, 5/23, 6/27, 8/22, 9/26, 10/24
RICHMOND
Thursdays, 9:30-11:30am
1/3, 2/7, 3/7, 4/4, 5/2, 6/6, 8/1, 9/5, 10/3, 11/7, 12/5

FOOD AND NUTRITION WORKSHOP
Curious about nutrients, food, and healthy eating? This dietitian-led workshop explores basic nutrition, portions, eating on the run, recipe modification, and food label reading as well as current nutrition topics. Members only.

Fee: No class fee.
Location: Oakland, Richmond
Sessions: One session

OAKLAND
Thursdays, 5:30-7:30pm
1/10, 2/14, 3/14, 4/11, 5/9, 6/13, 7/11, 8/8, 9/12, 10/10, 11/14, 12/12

RICHMOND
Tuesdays, 6:00-8:30pm

PLANT-STRONG NUTRITION: STARTING A PLANT BASED DIET
Learn how plant-based diets help reduce cholesterol levels, improve diabetes, lower blood pressure, and help manage heart disease and weight loss. This class will teach you how to make the dietary changes for plant-based nutrition, for a new healthier you. Members only.

Fee: No class fee.
Location: Oakland, Richmond, Pinole
Sessions: One 2-hour session

OAKLAND
Mondays, 3:00-5:00pm
1/21, 3/18, 4/15, 5/20, 6/17, 7/29, 8/19, 9/16, 10/21, 11/18

Wednesdays, 6:00-8:00pm
HEALTHY WEIGHT SERIES 1*
Lose weight, develop healthy habits, and gain confidence. This 6-session, in-person program covers the latest weight loss research, plus ways to maintain a healthy weight. (Ages 18 and older) Open to the community.
Fee: This is a covered benefit for members; $130 nonmembers.
Location: Oakland, Richmond, Pinole
Sessions: Six weekly 2-hour sessions

RICHMOND
Wednesdays, 6:00-8:00pm
1/2, 3/6, 5/1, 7/3, 9/4, 11/6

PINOLE
Wednesdays, 5:30-7:30pm
2/6, 4/3, 6/5, 8/7, 10/2, 12/4

OAKLAND
Tuesdays, 5:30-7:30pm
Sessions 1-6: 1/8, 1/15, 1/22, 1/29, 2/5, and 2/12
Sessions 1-6: 6/4, 6/11, 6/18, 6/25, 7/2, and 7/9
Sessions 1-6: 9/17, 9/24, 10/1, 10/8, 10/15, and 10/22
Sessions 1-6: 10/29, 11/5, 11/12, 11/19, 11/26, and 12/3

Saturdays, 9:30-11:30am
Sessions 1-6: 1/5, 1/19, 1/26, 2/2, 2/9, and 2/16
Sessions 1-6: 3/2, 3/9, 3/16, 3/23, 3/30, and 4/6
Sessions 1-6: 4/13, 4/20, 4/27, 5/4, 5/11, and 5/18
Sessions 1-6: 6/1, 6/8, 6/15, 6/22, 6/29, and 7/6
Sessions 1-6: 7/13, 7/20, 7/27, 8/3, 8/10, and 8/17
Sessions 1-6: 9/7, 9/14, 9/21, 9/28, 10/5, and 10/12
Sessions 1-6: 10/19, 10/26, 11/2, 11/9, 11/16, and 11/30

RICHMOND
Wednesdays, 5:30-7:30pm
Sessions 1-6: 1/2, 1/9, 1/16, 1/23, 1/30, and 2/6
Sessions 1-6: 2/13, 2/20, 2/27, 3/6, 3/13, and 3/20
Sessions 1-6: 5/29, 6/5, 6/12, 6/19, 6/26, and 7/3
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Sessions 1-6: 10/23, 10/30, 11/6, 11/13, 11/20, and 11/27

HEALTH EDUCATION | kp.org.eastbay/classes
JOB-ADA01 (12-18)
PINOLE  
**Tuesdays, 5:30-7:30pm**  
Sessions 1-6:  1/8, 1/15, 1/22, 1/29, 2/5, and 2/12  
Sessions 1-6:  2/19, 2/26, 3/5, 3/12, 3/19, and 3/26  
Sessions 1-6:  4/2, 4/9, 4/16, 4/23, 4/30, and 5/7  
Sessions 1-6:  5/14, 5/21, 5/28, 6/4, 6/11, and 6/18  
Sessions 1-6:  6/25, 7/2, 7/9, 7/16, 7/23, and 7/30  
Sessions 1-6:  8/6, 8/13, 8/20, 8/27, 9/3, and 9/10  
Sessions 1-6:  9/17, 9/24, 10/1, 10/8, 10/15, and 10/22  
Sessions 1-6:  10/29, 11/5, 11/12, 11/19, 11/26, and 12/3

HEALTHY WEIGHT SERIES 2  
For participants who have completed Healthy Weight 1. Build on your successes, overcome challenges, and practice new behaviors for weight loss and maintenance during this 9-session, in-person program. (Ages 18 and older) *Open to the community.*  
**Fee:** This is a covered benefit for members; $130 nonmembers.  
**Location:** Oakland, Richmond, Pinole  
**Sessions:** Nine weekly 1.5-hour sessions

OAKLAND  
**Tuesdays, 5:30-7:00pm**  
Sessions 1-9:  2/19, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, and 4/16  
Sessions 1-9:  7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, and 9/10

RICHMOND  
**Wednesdays, 5:30-7:00pm**  
Sessions 1-9:  8/21, 8/28, 9/4, 9/11, 9/18, 9/25, 10/2, 10/9, and 10/16

PINOLE  
**Tuesdays, 7:30-9:00pm**  
Sessions 1-9:  2/19, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, and 4/16  
Sessions 1-9:  8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, and 10/1

HEALTH EDUCATION  |  kp.org.eastbay/classes  
JOB-ADA01 (12-18)
**MANAGING YOUR WEIGHT**

Do you want to lose weight but don’t know where to start? This workshop will help you determine the best way to achieve your weight loss goals based on your unique needs and preferences. We will help you develop a personalized action plan that includes resources to help you every step of the way. *Open to the community.*

**Fee:** This is a covered benefit for members; $15 nonmembers.

**Location:** Oakland, Richmond, Pinole

**Sessions:** One 2-hour session

**OAKLAND**

**Thursdays, 9:30-11:30am**

1/17, 2/21, 3/21, 4/18, 5/16, 6/20, 8/15, 9/19, 10/17, 11/21

**Thursdays, 6:00-8:00pm**

1/3, 2/7, 3/7, 4/4, 5/2, 6/6, 7/11, 8/1, 9/5, 10/3, 11/7, 12/5

**RICHMOND**

**Tuesdays, 6:00-8:00pm**

3/5, 5/7, 7/2, 9/3, 11/5

**Wednesdays, 11:00am-1:00pm**

1/16, 2/20, 3/20, 4/17, 5/15, 6/19, 8/21, 9/18, 10/16, 11/20

**PINOLE**

**Tuesdays, 6:00-8:00pm**

2/5, 4/2, 6/4, 8/6, 10/1, 12/3

**MEDICAL WEIGHT MANAGEMENT ORIENTATION**

If you have at least 40 pounds to lose, this program can help you make positive, lasting changes to improve your health, increase your energy, and help you live life to the fullest. The 82-week program features low-calorie meal replacements, monitoring by a team of Kaiser Permanente medical professionals, and weekly health classes/support sessions. Join us for a no cost, one-hour information session to find out more. *Open to the community.*

**Fee:** No class fee for orientation; program fees are explained at the orientation.

**Location:** Oakland

**Sessions:** One 1-hour session offered twice per month

*Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under Health Plan. If you are a Kaiser Permanente member, please check your Evidence of Coverage.*

**HEALTH EDUCATION** | kp.org.eastbay/classes

**JOB-ADA01 (12-18)**
OAKLAND

Thursdays, 6:00-7:00pm
1/3, 1/17, 2/7, 2/21, 3/7, 3/21, 4/4, 4/18, 5/2, 5/16, 6/6, 6/20, 7/18, 8/1, 8/15, 9/5, 9/19, 10/3, 10/17, 11/7, 11/21, 12/5, 12/19
REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

BABY & ME SUPPORT GROUP
Come with your baby to meet other new parents and discuss feeding, sleeping, and more in this ongoing, drop-in support group for parents and caregivers with babies up to a year old. Members only.

Fee: No class fee.
Location: Oakland, Pinole
Sessions: Weekly (except holidays) 2-hour sessions

OAKLAND
Tuesdays, 10:00am-12:00pm
3701 Broadway, Ground Floor, Classroom D
Ongoing; drop in

Wednesdays, 10:00am-12:00pm
FEEDING YOUR BABY: STARTING SOLID FOOD
Help your baby begin a lifetime of healthy eating. For babies getting ready for solid food, and for older babies getting ready for finger food. This is a covered benefit for members. Members only.

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 2-hour session

OAKLAND

Tuesdays, 2:00-4:00pm
1/15, 3/19, 5/21, 7/16, 9/17, 11/19

Saturdays, 10:00am-12:00pm
2/16, 4/20, 6/15, 8/17, 10/19, 12/21

RICHMOND

Saturdays, 10:00am-12:00pm

PINOLE

Mondays, 5:30-7:30pm
2/4, 4/1, 6/10, 8/5, 10/7, 12/2

INFANT & CHILD CPR
Get hands-on training in how to relieve choking and provide lifesaving CPR for infants and children. Course is taught by an American Heart Association certified instructor. A CPR certification card is not provided. Pre-walking babies are welcome. Open to the community.

Fee: $40 or $60 up to two adult members; $50 or $70 up to two adult nonmembers.

Location: Oakland
Your Child's Temperament: Parenting Your Spirited Child

Does your child have problems sleeping or eating? Does he or she throw tantrums often? Is your child having difficulties in preschool or playgroups? If your child is between 9 months and 5 years old and is experiencing any of these challenges, join this class and learn more about how your child's natural temperament can affect his or her mood and behavior. Open to Kaiser Permanente members and the community.

To register, call Bananas, Inc. at (510) 658-7353 or visit www.bananasinc.org.

Fee: No class fee.

Location: Bananas, Inc., 5232 Claremont Ave, Oakland

Sessions: Six weekly sessions
REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

BREASTFEEDING

Breastfeeding offers many health benefits for you and your baby. Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges. Members only. Partners are welcome. This is a covered benefit for members.

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 2.5-hour session

OAKLAND

Wednesdays, 6:30-9:00pm
LABOR AND DELIVERY TOUR - English
Take a guided tour of Maternity Services. See where your baby will be born and learn about our hospital’s policies, procedures, and resources. Children are not allowed on the labor and delivery tours. Members with one adult guest only.

Fee: No class fee.
Location: Oakland
Sessions: One 1-hour tour

OAKLAND

Mondays, 6:00-7:00pm or 7:30-8:30pm
1/7, 2/4, 3/4, 4/1, 5/6, 6/3, 7/1, 8/5, 9/9, 10/7, 11/4, 12/2

Wednesdays, 6:00-7:00pm or 7:30-8:30pm
1/16, 2/20, 3/20, 4/17, 5/15, 6/19, 9/18, 10/16, 11/20, 12/18

Thursdays, 6:00-7:00pm or 7:30-8:30pm
1/10, 3/14, 4/11, 5/9, 6/13, 9/12, 10/10, 11/14, 12/12

Fridays, 8:30-9:30am or 11:00am-12:00pm (correlates with Meet the L&D Team)
LABOR AND DELIVERY TOUR - Spanish

Un educador de nacimientos les enseñará a usted y a la persona que le acompañe, la planta, la sala de partos y la Unidad de Cuidado Familiar para ayudarles a familiarizarse y prepararse para el día del nacimiento. Sólo miembros.

Costo: Sin costo de la clase.
Ubicación: Oakland Visitas: una vez al mes
Sesiones: Una sola clase de 1.5 horas

OAKLAND

Thursdays, 7:00-8:30pm
2/7, 3/7, 4/4, 5/2, 6/6, 7/11, 8/1, 9/5, 10/3, 11/7, 12/5

MEET THE LABOR AND DELIVERY TEAM

Learn about labor, pain management options, and your hospital stay from a panel of ob-gyn doctors, midwives, anesthesiologists, lactation consultants, and nurses. An optional Labor and Delivery tour follows this class. Register separately for the tour that follows this class. Members only. Partners are welcome.

Fee: No class fee.
Location: Oakland
Sessions: One 1-hour session; once a month

OAKLAND

Fridays, 9:45-10:45am
1/11, 2/8, 3/8, 4/12, 5/10, 6/14, 8/9, 9/13, 10/11, 11/8, 12/13

NEWBORN CARE

Wouldn’t it be nice if babies came with instruction manuals? In this class, we’ll teach you the information and skills you need to feel confident about caring for your newborn. We’ll cover essential topics such as feeding,
bathing, diapering, and when to call your physician. *Members only. Partners are welcome.* This is a covered benefit for members.

**Fee:** No class fee.

**Location:** Oakland, Richmond, Pinole

**Sessions:** One 2-hour session

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**OAKLAND**

**Mondays, 6:30-8:30pm**

1/28, 4/22, 6/24, 7/22, 9/23, 10/28, 11/25

**Tuesdays, 6:30-8:30pm**

4/30

**Wednesdays, 6:30-8:30pm**

1/23, 2/27, 3/27, 4/24, 5/22, 5/29, 6/26, 7/24, 8/28, 9/25, 10/23,

**Thursdays, 6:30-8:30pm**

1/3, 2/7, 2/14, 3/7, 4/4, 4/11, 5/2, 6/6, 6/13, 8/1, 8/8, 9/5, 10/3, 10/10, 11/7, 12/5, 12/12

**Saturdays, 1:30-3:30pm**

1/5, 2/2, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, 9/7, 10/5, 11/2, 12/7

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**RICHMOND**

**Saturdays, 12:30-2:30pm**

2/9, 4/13, 6/8, 8/10, 10/12, 12/14

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**PINOLE**

**Monday, 6:30-8:30pm**

7/29

**Wednesdays, 6:30-8:30pm**


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**PREPARING FOR CHILDBIRTH (1-session)**

Few events are more exciting than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery, and understand your options for managing labor and using a birthing coach for support. Bring pillows and a mat, as some of the exercises are performed on the floor. Early registration is recommended. *Take this class during the last six weeks of pregnancy. Members only. Partners are welcome.* This is a covered benefit for members.

**Fee:** No class fee.
Location: Oakland, Richmond

Sessions: One 5-hour session

OAKLAND

Saturdays, 9:00am-2:00pm

Sundays, 9:00am-2:00pm

RICHMOND

Saturdays, 9:00am-2:00pm
2/2, 4/6, 6/1, 8/3, 10/5, 12/7

PREPARING FOR CHILDBIRTH (2-session)

Few events are more exciting than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery, and understand your options for managing labor and using a birthing coach for support. Bring pillows and a mat, as some of the exercises are performed on the floor. Early registration is recommended. Take this class during the last six weeks of pregnancy. Members only. Partners are welcome. This is a covered benefit for members.

Fee: No class fee.

Location: Oakland, Pinole

Sessions: Two 2.5-hour sessions

OAKLAND

Mondays, 6:30-9:00pm
Sessions 1-2: 4/1 and 4/8
Sessions 1-2: 5/6 and 5/13
Sessions 1-2: 6/3 and 6/10
Sessions 1-2: 7/1 and 7/8
Sessions 1-2: 8/5 and 8/12
Sessions 1-2: 9/9 and 9/16

Tuesdays, 6:30-9:00pm
Sessions 1-2: 1/8 and 1/15
Sessions 1-2: 1/22 and 1/29
Sessions 1-2: 2/5 and 2/12
Sessions 1-2: 2/19 and 2/26
Sessions 1-2: 3/5 and 3/12
Sessions 1-2: 3/19 and 3/26
Sessions 1-2: 4/2 and 4/9
Sessions 1-2: 5/7 and 5/14
Sessions 1-2: 5/21 and 5/28
Sessions 1-2: 6/4 and 6/11
Sessions 1-2: 6/18 and 6/25
Sessions 1-2: 7/2 and 7/9
Sessions 1-2: 7/16 and 7/23
Sessions 1-2: 8/6 and 8/13
Sessions 1-2: 9/3 and 9/10
Sessions 1-2: 9/17 and 9/24
Sessions 1-2: 10/1 and 10/8
Sessions 1-2: 10/15 and 10/22
Sessions 1-2: 11/5 and 11/12
Sessions 1-2: 11/19 and 11/26
Sessions 1-2: 12/3 and 12/10

**Thursdays, 6:30-9:00pm**
Sessions 1-2: 2/14 and 2/21
Sessions 1-2: 3/14 and 3/21
Sessions 1-2: 5/9 and 5/16
Sessions 1-2: 6/13 and 6/20
Sessions 1-2: 7/11 and 7/18
Sessions 1-2: 8/8 and 8/15
Sessions 1-2: 9/12 and 9/19
Sessions 1-2: 10/10 and 10/17
Sessions 1-2: 11/14 and 11/21
Sessions 1-2: 12/12 and 12/19

**PINOLE**

**Wednesdays, 6:30-9:00pm**
Sessions 1-2: 1/9 and 1/16
PREPARING FOR POSTPARTUM

Ever wonder what life will be like after your baby is born? Come learn how to N.E.S.T.L.E, or how to take care of postpartum needs such as nutrition, exercise, sleep, time organization, love and everything else for you and your baby. *Members only. Partners are welcome.* This is a covered benefit for members.

**Fee:** No class fee.

**Location:** Oakland, Richmond, Pinole

**Sessions:** One 2.5-hour session

**OAKLAND**

**Wednesdays, 6:30-9:00pm**
1/9, 2/13, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 11/13, 12/11

**Thursdays, 6:30-9:00pm**
2/21, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 11/21

**RICHMOND**

**Saturdays, 3:00-5:30pm**
2/2, 4/6, 6/1, 8/3, 10/5, 12/7

**PINOLE**

**Wednesdays, 6:30-9:00pm**
1/30, 3/27, 5/22, 7/31, 9/25, 12/4
REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

FALL PREVENTION: BALANCE AND HOME SAFETY

Have you fallen recently? Do you feel off balance when you walk or climb stairs? Do you have a fear of falling? In this class we talk about reasons why people tend to fall more as they age, review common home and environmental hazards, provide tips on how to make homes safer, and discuss the importance of exercises to build your balance, flexibility, and strength so you can prevent falls. Members only.

Fee: No class fee.

Location: Oakland, Richmond, and Pinole

Sessions: One 2-hour session

OAKLAND

Wednesdays, 10:00am-12:00pm
1/16, 2/20, 3/20, 4/17, 5/15, 6/19, 7/17, 8/21, 9/18, 10/16, 11/20, 12/18
RICHMOND
Tuesdays, 9:30-11:30am
1/22, 2/26, 4/2, 4/23, 5/28, 6/25, 7/23, 8/27, 9/24, 10/22, 12/3, 12/17

PINOLE
Thursdays, 10:00am-12:00pm
1/24, 3/21, 5/23, 7/25, 9/26, 11/21

SENIOR HEALTH SEMINARS
Stay current on senior health issues by attending educational workshops about safety, nutrition, care taker stress, memory loss and much more. This is a covered benefit for members. Open to the community.

Fee: No class fee.
Location: Richmond
Sessions: One 2-hour session

RICHMOND
Wednesday, 9:00-11:00am
7/31

Wednesdays, 2:00-4:00pm
3/27, 10/30
FITNESS AND MOVEMENT RESOURCES

TELEPHONE WELLNESS COACHING
Learn to reach your health goals with a free wellness coach. Whether you’re trying to get more active, manage your weight, quit tobacco, or handle stress, a personal health coach can help you create—and stick with—a plan for reaching your goals. You and your coach talk one-on-one by phone, when it’s convenient for you.

Fee: No fee
Contact: 1-866-251-4514
6 a.m. to 7 p.m. daily to schedule a coaching appointment.

COMMUNITY PARKS & RECREATIONAL PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Bay Regional Park District</td>
<td>(888) 327-2757</td>
</tr>
<tr>
<td>Alameda Recreation and Parks Department</td>
<td>(510) 747-7529</td>
</tr>
<tr>
<td>Albany Recreation and Community Services</td>
<td>(510) 524-9283</td>
</tr>
<tr>
<td>Albany YMCA</td>
<td>(510) 525-1130</td>
</tr>
<tr>
<td>City of Berkeley Parks, Recreation and Waterfront</td>
<td>(510) 981-5150</td>
</tr>
<tr>
<td>Downtown Berkeley YMCA</td>
<td>(510) 848-9622</td>
</tr>
<tr>
<td>El Cerrito Recreation Department</td>
<td>(510) 559-7000</td>
</tr>
</tbody>
</table>
FEATURED COMMUNITY PROGRAM

The Trails Challenge: This annual program is self-paced and designed to get people outdoors and into natural surroundings by exploring trails of the East Bay Regional Park District's sixty-five parklands. Registration includes access to the downloadable guide booklet, a free organic t-shirt*, and commemorative pin for those who complete the Challenge.

(*while supplies last) Call the EB Membership Program for more information (510) 544-2220.

ONLINE RESOURCES

- Kids: Your guide to care kp.org/children
- Information in Spanish kp.org/espanol
- East Bay Community Pools & Swim Centers 7x7.com/where-to-go-swimming-in-the-east-bay
- Nature Rocks! Let’s Go Explore! naturerocks.org
- Sports and Fitness for Kids pbs.org/parents
- Search “sports and fitness” to find online exercises and other fitness resources LIVESTRONG.com

[Disclaimer]: This list is a compilation of local community resources intended for class participant informational purposes only. Please note that all information provided is not operated, sponsored, or monitored by Kaiser Permanente, and is not a substitute for medical care or advice. If you need medical care or advice, please call the Kaiser Permanente Appointment and Advice line (24/7) toll-free at 1 (800) 464-4000.
Telephone Wellness Coaching
Learn to reach your health goals with a free wellness coach. Whether you’re trying to get more active, manage your weight, quit tobacco, or handle stress, a personal health coach can help you create—and stick with—a plan for reaching your goals. You and your coach talk one-on-one by phone, when it’s convenient for you.
Fee: This is a covered benefit for members. Members only.
Contact: 1-866-251-4514
6 a.m. to 7p.m. daily to schedule a coaching appointment.

Online Resources

**BREATHE**: A personalized assessment and smoking cessation program
[kp.org/healthylifestyles](http://kp.org/healthylifestyles)

**Medications to Help Quit Smoking**
[kpdoc.org/tobaccomedications](http://kpdoc.org/tobaccomedications) — An interactive overview of medications to help quit smoking. Tobacco cessation medications are important part of an overall quit plan. Using tobacco cessation aids will not automatically result in quitting, but they can increase your chances of being successful.
Smoker’s Telephone Helpline (1-800-NO-BUTTS)

- Free, confidential telephone counseling.
- Convenient hours: days, evenings, weekends
- Offered in English, Spanish, Vietnamese, Cantonese, Mandarin, Korean, TDD/ TTY
**DIABETES**

**Pre-diabetes**

Entérese de cómo puede ayudar a prevenir o demorar la diabetes. En esta clase usted recibirá información y herramientas para un plan personal de prediabetes. *Abierta solo a los miembros de Kaiser Permanente*

**Costo:** Gratuito. Este es un beneficio cubierto para los miembros.

**Ubicación:** Oakland, Richmond

**Sesiones:** Una sola clase de 2.5 horas en Oakland; Una sola clase de 2 horas en Richmond

**OAKLAND**

Sábado, 9:30-12:00pm

1/12, 2/9, 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, y 12/14
Datos básicos sobre la diabetes y entrenamiento de medidor de glucosa*

*(Diabetes Basics and Meter Training)*

Usted podrá sentirse mejor, al aplicar lo básico del manejo de la diabetes tipo 2. En esta clase, nosotros le daremos un análisis general de las 5 áreas del manejo de la diabetes tipo 2: alimentación saludable, ejercicio, monitoreo de sus niveles de azúcar en la sangre, uso adecuado de los medicamentos y manejo de su estrés.  

*Por favor de traer su medidor de glucosa a clase*

**Costo:** Gratis, *abierto solo a los miembros de Kaiser Permanente*

**Ubicación:** Oakland, Richmond

**Sesiones:** Una sola clase de 2 horas

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Coma bien con diabetes*

*(Diabetes Healthy Eating)*

En esta clase, usted recibirá consejos para planificar sus comidas, contar carbohidratos y leer las etiquetas de los alimentos. Aprenda nuevas maneras de preparar sus comidas favoritas y a disfrutar saludablemente lo que come fuera de casa.

**Costo:** Gratis, *abierto solo a los miembros de Kaiser Permanente*

**Ubicación:** Oakland, Richmond

**Sesiones:** Una sola clase de 2 horas
Hábitos saludables con diabetes*

*(Diabetes Healthy Habits)*

Cada acción que usted emprenda para controlar su diabetes – grande o pequeña-, es un nuevo paso en el camino correcto. En esta clase, le daremos consejos para establecer hábitos saludables usando un planificador de metas e el apoyo de los demás.

**Costo:** Gratis, *abierto solo a los miembros de Kaiser Permanente*

**Ubicación:** Oakland, Richmond

**Sesiones:** Una sola clase de 2 horas

**OAKLAND**

Jueves, 5:30-7:30pm
1/17, 2/21, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/21, y 12/19

Sábado, 9:30-11:30am
1/5, 3/2, 5/4, 7/6, 9/7, y 11/2

**RICHMOND**

Martes, 5:30-7:30pm
1/8, 2/12, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/10, y 10/8

Sábado, 9:00-11:00am
1/5, 3/2, 5/4, 7/6, 9/7, y 11/2
**Nutrición avanzada para la diabetes**  
*(Advanced Diabetes Nutrition)*

Esta clase avanzada usted recibirá más práctica en planear sus comidas, contar carbohidratos, y leer etiquetas. Se recomienda tomar clases “lo básico sobre la diabetes”, “coma bien con diabetes”, “hábitos saludables con diabetes” antes de tomar esta clase.

**Costo:** Gratis, abierta solo a los miembros de Kaiser Permanente  
**Ubicación:** Oakland, Richmond  
**Sesiones:** Una sola clase de 2.5 horas

**OAKLAND**  
Sábado, 1:30-4:00pm  
1/19, 2/16, 4/20, 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16, y 12/21

**RICHMOND**  
Sábado, 11:30-2:00pm  
1/5, 2/2, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, 9/7, 10/5, 11/2, y 12/7

**CONTROLANDO SU PESO**

**Un peso saludable, una vida saludable**  
*(Spanish Weight Management)*

Usted aprenderá lo que debe saber acerca de la nutrición y cómo alimentarse saludablemente; cómo comenzar un programa de ejercicio y seguir en él; cómo adaptar sus recetas favoritas; consejos para mejorar su elección de alimentos al ir de compras y disfrutar de sus reuniones familiares preparando platillos saludables. *Abierta a la comunidad.*

**Costo:** No hay cuota de clase para miembros; no miembros, $40.  
**Ubicación:** Oakland, Richmond  
**Sesiones:** Cuatro sesiones de 2 horas cada sesión durante cuatro semanas

**OAKLAND**  
Martes, 5:30-7:30pm  
Sesiones 1-4:  
3/5, 3/12, 3/19, 3/26  
Sesiones 1-4:  
6/4, 6/11, 6/18, 6/25  
Sesiones 1-4:  
9/3, 9/10, 9/17, 9/24

**RICHMOND**  
Lunes, 5:30-7:30pm  
Sesiones 1-4:  
2/4, 2/11, 2/18, 2/25
**Alimentación saludable para la buena salud del corazón y presión arterial**  
*Living Heart-Healthy*

Descubra cómo el colesterol y la hipertensión arterial afectan su salud. Compare sus resultados con los recomendados y establezca metas para su situación personal. Aprenda a comer más saludablemente, cuál es la importancia del ejercicio y a leer las etiquetas de los alimentos.

**Costo:** Gratis, Abierta solo a los miembros de Kaiser Permanente  
**Ubicación:** Richmond  
**Sesiones:** Una sola clase de 2 horas

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**RICHMOND**

Miércoles, 5:30-7:30pm  
1/16, 3/20, 5/15, 7/17, 9/18, 11/20

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**PRENATAL**

**Guía de Centros de Parto**  
*Labor and Delivery Tour*

Un educador de nacimientos les enseñará a usted y a la persona que le acompañe, la planta, la sala de partos y la Unidad de Cuidado Familiar para ayudarles a familiarizarse y prepararse para el día del nacimiento. **Sólo miembros.**

**Costo:** Sin costo de la clase.  
**Ubicación:** Oakland Visitas: una vez al mes  
**Sesiones:** Una sola clase de 1.5 horas

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**OAKLAND**

Jueves, 7:00-8:30pm  
2/7, 3/7, 4/4, 5/2, 6/6, 7/11, 8/1, 9/5, 10/3, 11/7, 12/5
PREVENCIÓN

Plan de Cuidado De La Vida
(Life Care Planning)

La forma Instrucciones Médicas Por Anticipado Para El Cuidado De La Salud le permiten compartir sus valores, sus opciones, sus instrucciones acerca de su atención médica y nombrar a una persona para que tome decisiones de atención médica por usted si algún día es necesario. Para más información: www.kp.org/lifecareplan.

Complete la forma Instrucciones Médicas Por Anticipado Para El Cuidado De La Salud y entregue las copias a Kaiser Permanente usando uno de los siguientes métodos:

- Correo electrónico: EB-HE-lifecareplan@KP.ORG
- FAX: 1-855-322-3075
- Entregue en persona: La oficina de su médico, El departamento de educación para la salud, o al departamento de Liberación de información médica
- Por correo: Kaiser Permanente Health Education Department
  275 W. MacArthur Blvd., Oakland, CA 94611

Costo: Gratis

Ubicación: Oakland, Richmond

Sesiones: Una sola clase de 2 horas

OAKLAND
Martes, 6:00-8:00pm
2/12, 4/9, 8/13, 10/15

RICHMOND
Sábado, 10:00am-12:00pm
3/23, 5/18, 7/20, 11/16
**SALUD MENTAL Y AFECTIVA**

**Caminos hacia una buena salud emocional**

*(Spanish Pathways)*

La vida diaria le puede estresar y afectar su bienestar. En esta clase le ayudaremos a identificar sus fuentes de estrés y aprender técnicas simples para que se sienta más relajado, enfrente mejor la ansiedad y reduzca los síntomas de depresión. También le daremos un resumen de los recursos disponibles.

Este es un beneficio cubierto para los miembros. *Abierta a la comunidad.*

**Costo:** Gratis

**Ubicación:** Richmond

**Sesiones:** Una sola clase de 2.5 horas

**RICHMOND**

**Sábado, 11:30am-2:00pm**

1/12, 2/9, 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, y 12/14