

HEALTH EDUCATION at a glance

STRESS MANAGEMENT

Fairfield: 707.427.4466 • Napa: 707.258.4490 • Vacaville: 707.624.2225 • Vallejo: 707.651.2692  
[kp.org/napasolano/healthed](http://kp.org/napasolano/healthed) • [twitter.com/kphealthed](https://twitter.com/kphealthed) • [askahealtheducator@kp.org](mailto:askahealtheducator@kp.org)

Programs	Description	Referral Needed	Locations	Cost
Taking Control of Stress	Learn more about what stress is, how it affects your body and how you can use the mind-body connection to control it.	No	Fairfield, Vallejo	Free*
Mind-Body Medicine for Stress	In this 6 week series, learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits to take better care of yourself.	No	Napa, Vacaville, Vallejo	Free*
Pathways to Emotional Wellness	Identify your sources of stress and learn simple techniques to help you relax, deal with anxiety and lessen depression. You will also explore a variety of other resources to help you feel better.	No	Napa, Vacaville, Vallejo	Free*
Mindfulness Meditation and Relaxation	The 8 session program, including a Saturday retreat, will guide you through the practice of mindfulness meditation, including relaxation techniques, breathing, and gentle stretching.	No	Vacaville, Vallejo	\$95*
Yoga for Emotional Health	A combination of breathing practices, gentle yoga postures, and guided visualizations. This class is suitable for individuals with physical limitations and chronic conditions.	No	Vacaville, Vallejo	\$35/6 weeks*
Qi Gong	A series of movements designed to promote healthy circulation. Qi gong can be modified for persons with physical limitations.	No	Vallejo	\$35/4 weeks*
Clinical Health Educator	Manage your stress by speaking with a Clinical Health Educator in-person.	No	Fairfield, Napa, Vacaville, Vallejo	Free*

\*Program fees are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage (EOC)* to confirm the services covered under your plan.



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Wellness Coach	Manage your stress by speaking with a wellness coach over the phone.	No	Phone	Free*
KP Preventative Care App	Receive personalized health reminders and information for you and your family members. See details of upcoming appointments, email your doctor and much more.	No	Google Play, iTunes	Free
Mental Health and Emotional Wellness	Balance your life by managing your stress, communicating clearly and healthy thinking. <a href="http://kp.org/mindbody">kp.org/mindbody</a>	No	Online	Free
Online Health Coach: Stress Less	Personalized video coaching that comes to your computer. Video coaching sessions & downloadable materials sent to you by e-mail. <a href="http://kp.org/healthcoach">kp.org/healthcoach</a>	No	Online	Free
Health Media® Relax	An online program with an individually tailored plan for handling stress. Discover what causes your stress & find ways to manage it. <a href="http://kp.org/relax">kp.org/relax</a>	No	Online	Free
Podcasts	Free podcasts that you can download to your computer or just listen to online. Go to <a href="http://kp.org/listen">kp.org/listen</a> , click “podcasts.”	No	Online	Free
Twitter	Follow us on Twitter. <a href="https://twitter.com/kphealthed">twitter.com/kphealthed</a>	No	Online	Free

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