EBSA Health Education Online Class Schedule

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Behavioral Health Education
Emotional Wellness

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice. Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class. We offer classes on a variety of days and times. Please call the Health Education Department for exact dates and times of classes. *Online Registration for some Health Classes available through your kp.org account under Appointments.

Pathways to Emotional Wellness Online
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 feel better and thrive. Available in Spanish.

Fee: This is a covered benefit for members; no class fee for nonmembers.
Duration: One 3-hour session
Managing Anger Overview Online
When is anger a problem? Anger is a warning signal that something needs our attention. It is what we do in response to angry feelings that can be helpful or hurtful. Learn about the cycle of anger and about the skills you’ll master in our Managing Anger Series. This overview is required for participation in the Oakland series and is held one week prior to the start of the series. This class does NOT meet the requirements of court-ordered anger management programs.

**Fee:** No Fee  
**Duration:** One 1-hour session

Managing Anger Series Online
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.

**Fee:** $80 members; $160 non-members. Open to the community.  
**Duration:** Eight 2-hour sessions

Mindfulness Based Stress Reduction Online
Meditation can be helpful for dealing with stress, chronic pain, hypertension, depression, difficulty sleeping, and other issues. Learn mindfulness meditation and meditative movement to create more calm in your life.

**Fee:** $110 members; $180 non-members. Open to the community.  
**Duration:** Eight 2.5-hour sessions

Coping with Adult Attention Problems Online
Improve your ability to slow down, relax, and manage your time. Become more mindful about decision making and problem solving. Discover ways to help reduce impulsive behaviors and improve your relationships. Designed for adults with a diagnosis of ADHD or other attention difficulties. Oakland only.

*Please call Oakland Behavioral Health at 510-752-7868.

**Fee:** $60 members, $120 nonmembers

Couples Communication Series - Online
The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other’s perspective. This series is specifically designed for couples in committed relationships. Only one member of a couple needs to be a Kaiser Permanente member for the member rate.

**Fee:** No fee for members, $120 non-members. Open to the community.  
**Duration:** Four 2-hour sessions

Improving Your Sleep Series - Online
Want to fall asleep quicker, sleep sounder, and awaken feeling more refreshed? Improve the quantity and the quality of your sleep. Learn how nighttime habits and thinking patterns affect your sleep, and how to change both.

**Fee:** No fee for members; $80 non-members; Open to the community.  
**Duration:** Five 2-hour sessions
Managing Depression Series Online
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. Managing Depression is a 6-week rolling series. Participants can start the class any week.
Fee: No fee for members; $100 non-members. Open to the community.
Duration: Six 2-hour sessions

Managing Your Stress Online
Enjoy life more. Emotions, thoughts, and behaviors can affect your health. Learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself. Available in Spanish.
Fee: No fee for members; $100 non-members. Open to the community.
Duration: Six 2-hour sessions

Mind-Body Medicine for Job Stress Online
Job stress is normal, as work is a large part of life and financial security. This class provides tools to help manage and reduce stress while helping you focus on areas where you can make choices and have control. Oakland only.
*Please call Oakland Behavioral Health at 510-752-7868.
Fee: No fee. Open to Kaiser Permanente members only.

Understanding Anxiety Series Online
In this series, you’ll learn to identify what triggers anxiety for you as well as ways to manage your symptoms. We’ll help you explore your thoughts and learn to approach instead of avoiding what you fear. You’ll also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness.
Fee: No fee for members; $100 non-members. Open to the community.
Duration: Six 2-hour sessions
REGISTRATION REQUIRED for all classes. Schedule subject to change without notice. Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class. We offer classes on a variety of days and times. Please call the Health Education Department for exact dates and times of classes. *Online Registration for some Health Classes available through your kp.org account under Appointments.

**Life After Treatment Online**

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.

**Duration:** One 1.5-hour session
**Nutrition for Cancer-Related Side Effects Online**
This class provides nutritional information and guidelines for cancer and cancer-related side effects. Topics covered include: nutrition basics, what to eat, what to avoid, supplements, food safety, as well as special nutritional considerations. Caretakers welcome. Open to the community.

**Fee:** No class fee.

**Duration:** One 1.5-hour session

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**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

**Duration:** One 2-hour session

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**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

**Duration:** One 2-hour session
REGISTRATION REQUIRED for all classes. Schedule subject to change without notice. Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class. We offer classes on a variety of days and times. Please call the Health Education Department for exact dates and times of classes.

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**Prediabetes and You Online***
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.

**Duration:** One 2-hour session

**Diabetes Basics Online***
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 have your blood glucose meter for online class. This class is step 1 for type 2 diabetes care. Available in Spanish and Cantonese. *Members only.*

**Fee:** No class fee.

**Duration:** One 2-hour session
**Diabetes Basics Online – 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 have your blood glucose meter for online class. This class is step 1 for type 2 diabetes care. *Members only.*

**Fee:** No class fee.

**Duration:** One 3-hour session

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**Diabetes Healthy Eating Online**
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, available in Spanish.*

**Fee:** No class fee.

**Duration:** One 2-hour session

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**Group Appointment for Gestational Diabetes Online**
Do you have diabetes and wish to become pregnant, or have you developed diabetes during pregnancy? This program provides information specially developed by the Ob/Gyn Department to help you make informed decisions and better manage your health. Women who have been diagnosed with gestational diabetes will be referred by their provider.

**Fee:** No class fee.

**Duration:** One 2-hour session

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**Group Meter Teach Appointment Online**
In this workshop, you will learn how to properly test your blood sugar, how to access the stored data, and how to send the data to your diabetes provider. *For ONE TOUCH Verio Flex* meters. *Please have your meter and accessories for online class. Members only, available in Spanish.*

**Fee:** No class fee.

**Duration:** One 1-hour session

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**Advanced Diabetes Nutrition Online**
In this advanced class, get tips on planning meals, counting carbs and reading food labels. Completion of “Diabetes Basics” and “Healthy Eating with Diabetes” classes are highly recommended to be taken prior to attending this class. *Members only.*

**Fee:** No class fee.

**Duration:** One 2-hour session

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**Carbohydrate Counting with Mealtime Insulin**
Learn how to estimate carbohydrate grams, determine your pre-meal insulin dose and match insulin injection time to digestion. Class includes label reading, using websites and apps, eating out and weighing/measuring real food. *Members only.*

**Fee:** No class fee.

**Duration:** One 2-hour session
**Life Care Planning**

**Oakland/Alameda**: 510-752-6150  
**Richmond**: 510-307-2210  
**Pinole**: 510-243-4020

**REGISTRATION REQUIRED** for all classes. Schedule subject to change without notice. Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class. We offer classes on a variety of days and times. Please call the Health Education Department for exact dates and times of classes.  
*Online Registration for some Health Classes available through your kp.org account under Appointments.*

**Life Care Planning Online***

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.  
**Duration:** One 2-hour session
REGISTRATION REQUIRED for all classes. Schedule subject to change without notice. Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class. We offer classes on a variety of days and times. Please call the Health Education Department for exact dates and times of classes.

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

**Food and Nutrition Workshop Online**
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.
- **Duration**: One 1.5-hour session

**Plant-Strong Nutrition: Starting a Plant Based Diet Online**
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.
- **Duration**: One 1.5-hour session
Healthy Weight 1 Series Online*
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.

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

Healthy Weight 2 Series Online
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 program.

**Fee:** No Fee for members; $130 nonmembers

**Duration:** Nine weekly 1.5-hour sessions

Medical Weight Management Orientation Online
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.

**Duration:** 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.
Parenting & Children’s Health

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice. Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class. We offer classes on a variety of days and times. Please call the Health Education Department for exact dates and times of classes.*

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

Baby & Me Support Group Online
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.
Sessions: Weekly 2-hour drop-in sessions

Breastfeeding Support Group Online
Get breastfeeding tips and support from a lactation specialist in a small group setting. Parents can share ideas and learn solutions to common breastfeeding challenges. Topics include pumping strategies, proper latch, going back to work, self-care, and more! For babies over two weeks old. Drop-in group meets weekly.

Fee: No class fee.
Sessions: Weekly 2-hour drop-in sessions
Pumping Class Online
Join us to discuss tips for pumping and storing breastmilk, overcoming pumping challenges, pumping resources, maintaining your milk supply, and your rights and the law. Drop-in group meets monthly.
**Fee:** No class fee.
**Sessions:** One 1.5-hour session, offered monthly

Feeding Your Baby: Starting Solid Food Online
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.
**Sessions:** One 1.5-hour session

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](http://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. Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class. We offer classes on a variety of days and times. Please call the Health Education Department for exact dates and times of classes.

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

We recommend taking prenatal classes between weeks 28-37 of your pregnancy.

Preparing For Childbirth Online (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 the role of a support person. 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.
Sessions: One 2.5-hour session
Day & Time: 1st Tuesdays, 5:30-8 p.m.; 1st Saturdays 10 a.m.-12:30 p.m.;
2nd Wednesdays, 5:30-8 p.m.; 3rd Tuesdays, 5:30-8 p.m.;
4th Thursdays, 5:30-8 p.m. (closed holidays)
Preparing for Childbirth Online (2-session)
Our 2-session class offers all the same information as our single-session but allows for more time to practice techniques during and in between classes. If you prefer to receive information more slowly and have time to digest and process information between classes, this is the class for you. 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.

**Sessions**: Two 2.5-hour sessions

**Day & Time**: 1st & 2nd consecutive Mondays, 5:30-8 p.m. (2nd and 3rd consecutive Mondays on months with holidays)

Cómo Prepararse Para El Parto - Clase en Línea (Preparing for Childbirth in Spanish)
¡Felicitaciones! Ustedes están a punto de convertirse en padres. En esta clase ustedes aprenderán acerca de las etapas del parto, técnicas de relajación, las posiciones para el parto, y opciones para el manejo del dolor. Solo miembros. **Usted y su pareja son bienvenidos.**

**Costo**: Clase sin costo alguno.

**Cuando**: Segundo jueves del mes, 1 sesión, 2 horas y media (Cerrado los días feriados)

**Cómo inscribirse**: Comuníquese con el Departamento de Educación de la Salud, 510-752-6150 o 510-307-2210. Las instrucciones serán mandadas por correo electrónico 24 horas antes de la clase.

Meet the Labor and Delivery Team Online
Learn about managing your labor and hospital stay, as well as pain management options from a panel of providers who are part of our labor and delivery team, including an ob-gyn, midwife, anesthesiologist, lactation consultant, and pediatrician. Members only. Partners are welcome.

**Fee**: No class fee.

**Sessions**: One 1-hour session

**Day & Time**: 2nd Fridays, 9:45-10:45 a.m. (closed holidays)

Breastfeeding Online (may also be taken after delivery)
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.

**Sessions**: One 2-hour session

**Day & Time**: 2nd Saturdays, 10 a.m.-noon; 2nd Tuesdays, 6-8 p.m.; 3rd Wednesdays, 6-8 p.m.; 4th Mondays, 6-8 p.m. (closed holidays)

Newborn Care Online (may also be taken after delivery)
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 more confident about caring for your newborn during the first weeks of life. We’ll cover essential topics such as feeding, bathing, diapering, and when to call your baby’s physician. **Members only. Partners are welcome.** This is a covered benefit for members.

**Fee**: No class fee.

**Sessions**: One 2-hour session

**Day & Time**: 1st & 3rd Thursdays, 6-8 p.m.; 3rd Saturdays, 10 a.m.-noon; 4th Tuesdays, 6-8 p.m. (closed holidays)
Preparing for Postpartum Online (may also be taken after delivery)
Postpartum, or the weeks after delivery, can be exciting and exhausting. Either way, it is a period of adjustment and challenges. In our postpartum class, you will learn about physical changes in your body after delivery. You will also learn important skills for self-care, as well as for bonding with baby, building supportive relationships, and more. Members only. Partners are welcome. This is a covered benefit for members.

**Fee:** No class fee.

**Sessions:** One 2-hour session

**Day & Time:** 1st Wednesdays, 6-8 p.m.; 2nd Thursdays, 6-8 p.m.; 4th Wednesdays, 6-8 p.m.; 4th Saturdays, 10 a.m.-noon (closed holidays)
Senior Health

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice. Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class. We offer classes on a variety of days and times. Please call the Health Education Department for exact dates and times of classes.

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

Fall Prevention Online
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.

Sessions: One 1.5-hour session
Memory Care Online
In partnership with the Alzheimer’s Association, we are offering three online classes to help caregivers and people facing Alzheimer’s Disease & Dementia.

**Fee:** No class fee; Open to the community.

**Sessions:** One 1.5-hour session

**Our offerings include:**

**Understanding Alzheimer’s & Dementia Online Class (single session)**
In this class we discuss causes of dementia. This include strokes, tumors, and Alzheimer’s disease. We discuss memory loss, forgetfulness, and how dementia is diagnosed. We also look at treatment options.

**Effective Communication Strategies Online Class (single session)**
This class is for caregivers of individuals with Alzheimer’s disease and dementia. We will explain changes in the ability to communicate during each stage of the illness. We will also discuss ways to connect and respond that will make life easier for both of you.

**Understanding and Responding to Dementia-Related Behaviors Online Class (single session)**
People with dementia often develop new behaviors. They may wander, do things repeatedly, or insist on unusual routines or activities. In this class you will learn more about what underlies these behaviors. We will discuss supportive ways to change the person’s environment and set up daily routines to make these behaviors less of a problem.

**Senior Health Seminar Online**
Stay current on senior health issues by attending educational workshops about safety, nutrition, kp.org technology, memory loss and much more. This is a covered benefit for members. Offered quarterly. Open to the community.

**Fee:** No class fee.

**Sessions:** One 1-hour session
Clases en español


DEBE INSCRIBIRSE para participar en las clases. El cronograma está sujeto a modificación sin previo aviso. Por favor llame a cualquiera de nuestras ubicaciones de Educación para la Salud para inscribirse. Todos los participantes inscritos recibirán en su correo electrónico personal un mensaje con instrucciones para el inicio de sesión dentro de las 24 horas anteriores a su clase. Ofrecemos clases en una variedad de días y horarios. Por favor llame al Departamento de Educación para la Salud para conocer las fechas y horarios exactos de las clases.

*La inscripción en línea está disponible para algunas clases de salud a través de su cuenta kp.org bajo el apartado Citas.

Diabetes

Prediabetes

¿Usted o su hijo tienen prediabetes? En esta clase, aprenderá cómo prevenir o retrasar la diabetes tipo 2. (Deben ser mayores de 16 años para asistir; los adolescentes de 16 a 17 años deben estar acompañados por un adulto).

Costo: Sin ningún costo. Solo para miembros.
Conceptos básicos de la diabetes
Puede sentirse mejor y estar activo y saludable aplicando los conceptos básicos para controlar su diabetes tipo 2. En esta clase, le brindamos una descripción general de las cinco áreas clave para el control de la diabetes tipo 2: llevar una alimentación saludable, hacer ejercicio, medir sus niveles de azúcar en la sangre, usar adecuadamente el medicamento y controlar el estrés.

Costo: Sin ningún costo. Solo para miembros.

Cita grupal para aprender a usar el medidor
En este taller, aprenderá cómo medir su nivel de azúcar en la sangre correctamente, cómo acceder a la información almacenada y cómo enviar los datos a su proveedor del cuidado de la diabetes. Asegúrese de traer su glucómetro y todo el equipo necesario con usted.

Costo: Sin ningún costo. Solo para miembros.

Alimentación saludable para personas con diabetes*
En esta clase, obtendrá consejos sobre cómo planificar sus comidas, cómo contar los carbohidratos y cómo leer las etiquetas de los alimentos. Aprenda nuevas formas de preparar sus alimentos favoritos y cómo disfrutar de una comida saludable fuera de casa.

Costo: Sin ningún costo. Solo para miembros.

Prenatal
Cómo prepararse para el parto (Clase en línea)
En esta clase ustedes aprenderán acerca de las etapas del parto, técnicas de relajación, las posiciones para el parto, y opciones para el manejo del dolor. Solo miembros. Usted y su pareja son bienvenidos.

Costo: Clase sin costo alguno.
Sesiones: 1 sesión, 2 horas y media
Fecha y hora: 2.do jueves, 5:30 - 8 p. m.; 4.to sábado, 10 a. m. - mediodía (cerrado los días festivos)

Salud del Comportamiento
Caminos hacia el bienestar emocional en línea
Sus pensamientos y emociones pueden afectar su bienestar físico. En esta clase, le ayudaremos a identificar sus fuentes de estrés y a aprender técnicas sencillas para relajarse, manejar la ansiedad y combatir la depresión. Además, explore una gran variedad de recursos adicionales que le ayudarán a sentirse mejor y vivir bien.

Costo: Este es un beneficio cubierto para miembros; no hay tarifa de clase para los no miembros.
Duración: Una sesión de tres horas

Manejar su estrés en línea
Disfrute más la vida. Las emociones, los pensamientos y los comportamientos pueden afectar su salud. Aprenda a reconocer las fuentes que ocasionan el estrés en su vida, a manejar los síntomas y las enfermedades relacionados con el estrés, a desarrollar hábitos para un estilo de vida más saludable y a cuidar mejor de sí mismo.

Costo: Gratis para miembros; $100 para no miembros. Abierto a la comunidad.
Duración: Seis sesiones de dos horas