East Bay Service Area
Health Education
Online Class Schedule
January through December 2023
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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. For Oakland’s schedule, please call Behavioral Health at 510-752-7868. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class.

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. Open to the community.

Fee: This is a covered benefit for members; $120 for non-members

Duration: Four 2-hour sessions

Day & Time: Tuesday, 6:30-8:30 p.m. (closed holidays)

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. Open to the community.

Fee: This is a covered benefit for members; $80 for non-members

Duration: Four 2-hour sessions

Day & Time: Monday, 10 a.m.-noon or Thursday, 6:30-8:30 p.m. (closed holidays)

Locations

Oakland/Alameda:
510-752-6150

Richmond:
510-307-2210

Pinole:
510-243-4020

*Online Registration for some Health Classes available through your kp.org account under Appointments.
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
Day & Time: Wednesday, 6:30-7:30 p.m. (closed holidays)

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. Open to the community.

Fee: $80 members; $160 non-members
Duration: Eight 2-hour sessions
Day & Time: Wednesday, 6:30-8:30 p.m. (closed holidays)

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. Open to the community.

Fee: This is a covered benefit for members; $100 non-members
Duration: Five 2-hour sessions
Day & Time: Wednesday, 6:30-8:30 p.m. (closed holidays)

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. Open to the community. Available in Spanish.

Fee: This is a covered benefit for members; $100 for non-members
Duration: Five 2-hour sessions
Day & Time: Monday or Tuesday, 6-8 p.m. (closed holidays)
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.

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. Open to the community.

Fee: $110 members; $180 non-members

Duration: Eight 2.5-hour sessions

Day & Time: Tuesday, 6-8:30 p.m.
(closed holidays)

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. Open to the community.

Fee: No fee for members; $100 non-members

Duration: Five 2-hour sessions

Day & Time: Monday, 6-8 p.m. or Wednesday, 10 a.m.-noon (closed holidays)
Cancer Survivorship

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.

Nutrition for Cancer Patients Online

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
Duration: One 1.5-hour session

Day & Time: 1st Wednesdays, 3-4:30 p.m.; 3rd Wednesdays, 10-11:30 a.m. (closed holidays)

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

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

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

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.

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
Day & Time: Please call Health Education

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 Verio Flex meter for class. This class is step 1 for type 2 diabetes care. Available in Spanish, Cantonese and Filipino. Members only.

Fee: No class fee
Duration: One 2-hour session
Day & Time: Please call Health Education

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 Verio Flex meter for class. This class is step 1 for type 2 diabetes care. Members only.

Fee: No class fee
Duration: One 2-hour session
Day & Time: Please call Health Education

Diabetes Basics Online – Filipino

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 Verio Flex meter for class. This class is step 1 for type 2 diabetes care. Members only.

Fee: No class fee
Duration: One 2-hour session
Day & Time: Please call Health Education

*Online Registration for some Health Classes available through your kp.org account under Appointments.
Diabetes Healthy Eating Online*
Feel better and eat better with diabetes. In this class, you’ll get tips on planning meals, counting carbohydrates, 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
Day & Time: Please call Health Education

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
Day & Time: 2nd Friday, 9-11 a.m.;
        4th Monday, 2-4 p.m. (closed holidays)

Meter Teach 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 1.5-hour session
Day & Time: 1st Tuesday, 10-11:30 a.m.;
        2nd Wednesday, 5:30-7 p.m.;
        3rd Tuesday, 5:30-7 p.m.;
        4th Saturday, 10-11:30 a.m. (closed holidays)

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
Day & Time: 3rd Tuesday, 3-5 p.m. (closed holidays)

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
Day & Time: 1st Thursday, 9–11 a.m. or 2-4 p.m. (closed holidays)

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

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.

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](http://kp.org/lifecareplan). Open to the community.

**Fee:** No class fee

**Duration:** One 2-hour session

**Day & Time:**
- 1st Saturdays, 10-11:30 a.m.;
- 3rd Tuesdays, 6-7:30 p.m.

(closed holidays)

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

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.

Blood Pressure and Heart Health Online
Learn how to reduce your risk for blood pressure and heart health complications by building on healthy habits and monitoring blood pressure at home. Members only. Available in Spanish.

Fee: No class fee
Duration: One 2-hour session
Day & Time: 3rd Wednesdays, 10 a.m.-noon (closed holidays)

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
Day & Time: 2nd Tuesdays, 5:30-7 p.m.; 4th Tuesdays, 11 a.m.-12:30 p.m. (closed holidays)

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
Day & Time: 1st Wednesdays, 10-11:30 a.m.; 3rd Wednesdays, 5-6:30 p.m. (closed holidays)

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

**Day & Time:** Tuesdays, 5:30-7:30 p.m.; Thursdays, 10 a.m.-noon (closed holidays)

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, in-person program. Ages 18 and older. Open to the community.

**Fee:** This is a covered benefit for members; $130 nonmembers

**Duration:** Nine weekly 1.5 hour sessions

**Day & Time:** Tuesdays, 6-7:30 p.m. (closed holidays)

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

**Day & Time:** Thursdays, 6-7 p.m. (closed holidays)

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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 and 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.

Baby & Me Support Group Online
Join with your baby to meet other new parents and discuss feeding, sleeping, and more in this ongoing, online support group for parents and caregivers with babies up to a year old. Members only.

Fee: No class fee

Sessions: Ongoing 2-hour drop-in sessions

Day & Time: Weekly on Mondays, 10 a.m.-noon (closed holidays)

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.

Fee: No class fee

Sessions: Ongoing 2-hour drop-in sessions

Day & Time: Weekly on Wednesdays, 10 a.m.-noon (closed holidays)

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. Open to the community.

Fee: This is a covered benefit for members; $30 for non-members

Sessions: One 1.5-hour session

Day & Time: 1st Thursday, 10-11:30 a.m.; 3rd Monday, 2-3:30 p.m. (closed holidays)

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

This overview class is for families that want to make healthy lifestyle changes. Class discusses lifestyle changes to support health, how to make healthy changes, and Kaiser Permanente program options available to support families with these changes. Members only.

Fee: No class fee

Sessions: One session

Day & Time: 2nd Wednesday, 3:45-4:45 p.m.; 4th Thursday, 3:45-4:45 p.m.

Pumping Class Online

Join us to discuss tips for pumping and storing breast milk, 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 session

Day & Time: 1st Thursday, 1-2:30 p.m. (closed holidays)

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: Online through Bananas, Inc., 5232 Claremont Ave, Oakland

Sessions: Six weekly sessions
Prenatal Health

Registration required for all classes. Call any of our Health Education locations to register.

Online Registration for some Health Classes available through your kp.org/appointments

Registered participants will be emailed log-on instructions to their personal email within 24 hours of their class. Schedule subject to change without notice.

We recommend taking prenatal classes during the last 3 months of your pregnancy.

Preparing For Childbirth Online (1-session)

Know what to expect before, during, and after delivery. You’ll practice breathing and relaxation techniques and options for managing labor, including pain management and the role of a support person. Take this class during the last 3 months of pregnancy. Your partner/support person is encouraged to attend. Members only.

Fee: This is a covered benefit for members

Sessions: One 3-hour session

Day & Time: 1st & 3rd Tuesdays, 5:30-8:30 p.m.; 1st Saturdays 10: a.m.-1 p.m.; 2nd Wednesdays, 5:30-8:30 p.m.; 4th Thursdays, 5:30-8:30 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 3 months of pregnancy. Your partner/support person is encouraged to attend. Members only.

Fee: This is a covered benefit for members

Sessions: Two 2.5-hour sessions

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

*Online Registration for some Health Classes available through your kp.org account under Appointments.
Cómo Prepararse Para El Parto en Línea* (Preparing for Childbirth in Spanish)

Sepa qué esperar antes, durante y después del parto. Practicará técnicas de respiración y relajación y opciones para manejar el parto, incluido el control del dolor y el papel de la persona de apoyo. Tome esta clase durante los últimos 3 meses de embarazo. Se recomienda que asista su pareja o persona de apoyo. Solo para miembros.

Tarifa: este es un beneficio cubierto para los miembros.

Sesiones: una sesión de 3 horas

Día y hora: 2.º jueves; 4.º sábado (cerrado días festivos)


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. Take this class during the last 3 months of pregnancy. Your partner/support person is encouraged to attend. Members only.

Fee: This is a covered benefit for members

Sessions: One 1-hour session

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

Breastfeeding Online
(Available in English, Cantonese, and Spanish)

Breastfeeding benefits you and your baby in many ways, but it’s not always easy. We’ll discuss how to position your baby, early hunger cues, encouraging a good milk supply, and how to tell if your baby is getting enough milk. Information on how partners can support breastfeeding and managing common breastfeeding challenges will be discussed. Take this class during the last 3 months of pregnancy. Your partner/support person is encouraged to attend. Members only.

Fee: This is a covered benefit for members

Sessions: One 2-hour session

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

*La inscripción en línea está disponible para algunas clases de salud a través de su cuenta kp.org/espanol bajo el apartado Citas.
Newborn Care Online
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 doctor. Members only. Partners are welcome.

Fee: This is a covered benefit for members

Sessions: One 2-hour session

Day & Time: 1st Thursdays, 6-8 p.m.;
3rd Wednesdays, 6-8 p.m.;
3rd Saturdays, 10 a.m.-noon;
4th Mondays, 6-8 p.m.
(closed holidays)

Preparing for Postpartum Online
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.

Fee: This is a covered benefit for members

Sessions: One 2-hour session

Day & Time: 1st & 4th Wednesdays, 6-8 p.m.;
2nd Tuesdays, 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.

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

Day & Time: 2nd Tuesdays, 2-3:30 p.m.; Fridays, 10-11:30 a.m. closed holidays)

*Online Registration for some Health Classes available through your kp.org account under Appointments.
Clases en español
Se requiere inscripción para todas las clases. El programa 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 registrados recibirán instrucciones de inicio de sesión en su correo electrónico personal dentro de las 24 horas de su clase.

**COLESTEROL**

Presión arterial y la salud del corazón en línea

Aprenda cómo reducir su riesgo de presión arterial y complicaciones de salud del corazón al construir hábitos saludables y monitorear la presión arterial en casa. Solo para miembros. Está disponible en español

**Tarifa:** sin costo por la clase.

**Duración:** una sesión de dos horas

**Día y hora:** 4.º miércoles (cerrado días festivos)

**DIABETES**

En línea de medidor de diabetes

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. Para medidores ONE TOUCH Verio Flex. Tenga a la mano su medidor y accesorios para la clase. Solo para miembros.

**Tarifa:** sin costo por la clase.

**Duración:** una sesión de 1.5 horas

**Día y hora:** 1.er sábado de 10 a 11:30 a. m. (cerrado en días festivos)

*La inscripción en línea está disponible para algunas clases de salud a través de su cuenta kp.org/espanol bajo el apartado Citas.*
**Comó comer saludable con diabetes en línea**

Siéntase y coma mejor 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. Con una planificación bien hecha y opciones equilibradas, comer bien también puede significar comer rico. Solo para miembros.

**Tarifa:** sin costo por la clase.

**Duración:** una sesión de 2 horas

**Día y hora:** 1.er jueves y 3.er miércoles, de 5:30 a 7:30 p. m. (cerrado días festivos)

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**PRENATAL**

**Cómo prepararse para el parto en línea**

Sepa qué esperar antes, durante y después del parto. Practicará técnicas de respiración y relajación y opciones para manejar el parto, incluido el control del dolor y el papel de la persona de apoyo. Tome esta clase durante los últimos 3 meses de embarazo. Se recomienda que asista su pareja o persona de apoyo. Solo para miembros.

**Tarifa:** este es un beneficio cubierto para los miembros.

**Sesiones:** una sesión de 3 horas

**Día y hora:** 2.º jueves; 4.º sábado (cerrado días festivos)

**Para inscribirse:** Llame al Departamento de Educación para la Salud 510-752-6150 o 510-307-2210. Las instrucciones de ingreso se enviarán por correo electrónico 24 horas antes de la clase.