

HEALTHY LIVING

# classes + resources



## farmers' market

### Visit the Farmers' Market

**Every Thursday, from 10 a.m. to 2 p.m., rain or shine.**

The market is located in the courtyard between the medical office building and the hospital.

You'll find:

- Organic fruits and vegetables
- Fresh flowers
- Nuts
- Whole-grain baked goods, and more!



## A HEALTHY YOU

**Santa Clara • Campbell • Milpitas • Mountain View**

Para información en español, vea las páginas 35 a 37.

Visit [kp.org/healthyliving/nca](http://kp.org/healthyliving/nca) to find classes, podcasts, and more.





# SOUND LIVING

## REDISCOVER LIFE'S MEANINGFUL MOMENTS

with a professionally fitted hearing device from a Kaiser Permanente Hearing Center.

Our licensed audiologists are here to help you choose from a wide range of hearing products to fit your needs and lifestyle.

**So join in and be part of the joyful noise.**

### Kaiser Permanente Hearing Center

#### Santa Clara

2894 Homestead Road

Santa Clara, CA 95051

**(408) 553-6900**

**(408) 261-3144 (TTY)**

**kphearingcenters.com**

Kaiser Permanente members have coverage for medically necessary hearing tests, and some members may have coverage for hearing aids. Otherwise, the services described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits, 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. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your health plan benefits, please see your *Evidence of Coverage*.

Photo of models shown, not actual patients.

# our invitation to you.

**Welcome to Healthy Living 2010.** We invite you to use the information and support we offer to participate in your own health and healing. We encourage you to take a step toward achieving a lifetime of robust health and well-being. This guide to Healthy Living classes and programs gives you the tools that can help you and your loved ones stay healthy. Enroll today and find out how healthy living can improve your life. If you can't make it to a class, a wide range of online health programs are also available to help you reach your goals.

## Locations of Services

**Health Education and Healthy Living programs and services are provided at the following locations:**

**1 Campbell Health Education**

Campbell Medical Offices  
220 E. Hacienda Ave., 2nd Floor  
Campbell, CA 95008

**(408) 871-6463**

Hours: Mon.–Fri., 9 a.m.–5 p.m.

**kp.org/campbell**

**2 Milpitas Health Education**

Milpitas Medical Offices  
770 E. Calaveras Blvd., 1st Floor  
Milpitas, CA 95035

**(408) 945-2732**

Hours: Mon.–Fri., 9 a.m.–5 p.m.;  
closed 12:30 p.m.–1:30 p.m.

**kp.org/milpitas**

**3 Mountain View Health Education**

Mountain View Medical Offices  
555 Castro St., 1st Floor  
Mountain View, CA 94041

**(650) 903-2636**

Hours: Mon.–Fri., 8:30 a.m.–5 p.m.

**kp.org/mountainview**

**4 Santa Clara Health Education**

Santa Clara Medical Offices  
710 Lawrence Expressway, Department 182  
Santa Clara, CA 95051

**(408) 851-3800**

Hours: Mon.–Fri., 9 a.m.–5 p.m.

**kp.org/santaclara**

**4 Santa Clara Women's Health Education**

Santa Clara Medical Offices  
710 Lawrence Expressway, Department 394  
Santa Clara, CA 95051

**(408) 851-3670**

Hours: Mon.–Fri., 9 a.m.–5 p.m.;  
closed 12:30 p.m.–1:30 p.m.

**kp.org/santaclara**

**5 Santa Clara Mind-Body Wellness Center**

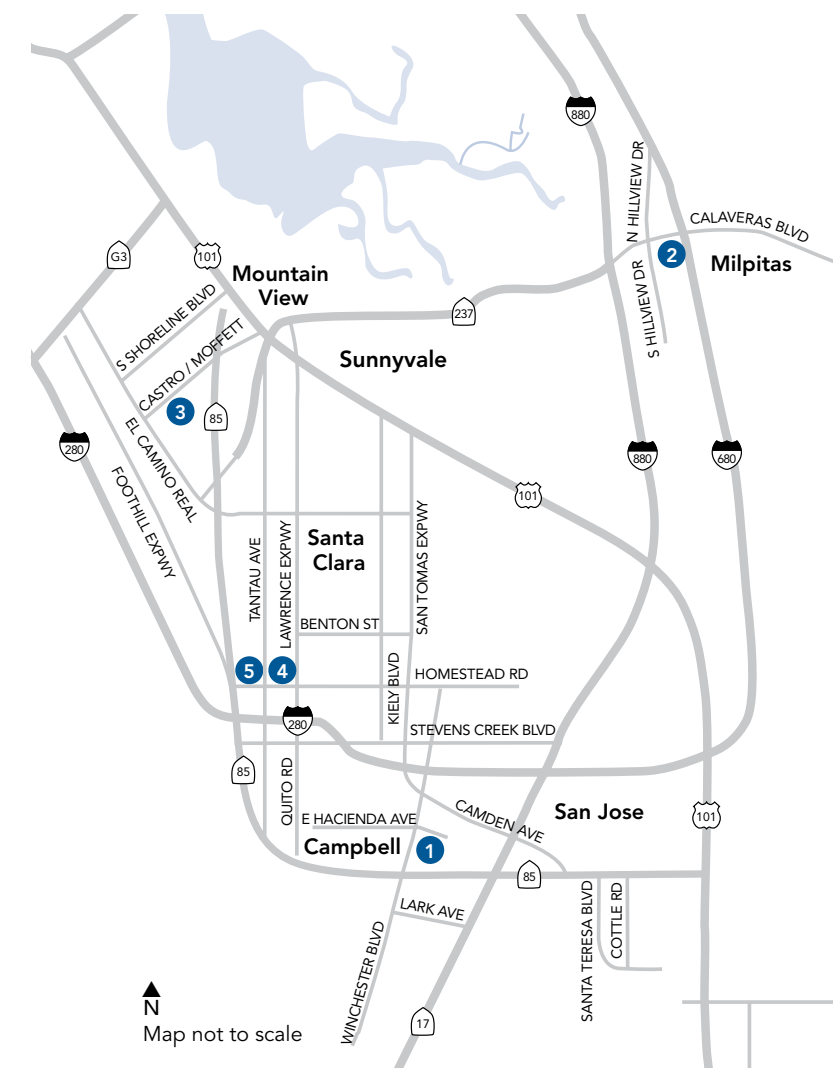
Santa Clara Medical Offices  
19000 Homestead Rd.  
Cupertino, CA 95014

**(408) 366-4284**

Hours: Mon.–Thu., 10 a.m.–6 p.m.;

Fri., 10 a.m.–5 p.m.; closed 12:45 p.m.–1:45 p.m.

**kp.org/santaclara**





inspire people. inform choices.  
improve health.

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## Dear Members

**At Kaiser Permanente**, we encourage and support your overall health and well-being in mind, body, and spirit. The courses and services described on the following pages underscore our dedication to the prevention of disease, not just its treatment. So join us in our efforts to provide you with the means to be your best:

- Learn what you can do to improve your health.
- Begin to put into practice what you’ve learned.
- Maintain your healthy new behaviors once you’ve started them.

We encourage you to sign up today and take advantage of the many quality programs we have to offer.

**May you thrive in 2010.**

**Todd Dray, MD**

*Assistant Physician-in-Chief for Health Promotion at Santa Clara*

**MaryAlice Ambrose, MD**

*Chief of Patient Education for Santa Clara*

**Hogan Shy, MD**

*Chief of Patient Education for Milpitas*

**Shan Zhu, MD**

*Chief of Patient Education for Campbell*

**Sonali Gotmare, MD**

*Chief of Patient Education for Mountain View*



## Registering for Our Classes

### Classes and Fees

Unless otherwise noted, all classes are held at Kaiser Permanente facilities and require preregistration. Please check the class listing or contact the facility's Health Education Center for specific time, location, registration, and fee information:

Santa Clara	<b>(408) 851-3800</b>
Milpitas	<b>(408) 945-2732</b>
Mountain View	<b>(650) 903-2636</b>
Campbell	<b>(408) 871-6463</b>

You can register in person, by phone, or by mail (please call Health Education for more information on registering by mail). For classes that have a fee, we accept cash, checks, money orders, Visa, MasterCard, American Express, and Discover card. This catalog is produced annually. Fees and locations are subject to change.

### Covered Classes and Fee-Based Classes\*

Covered classes are offered at no added cost for Kaiser Permanente members. Fee-based classes are not a covered benefit and are listed with an associated fee. Please call the number in class listings for more information.

### Classes Open to the Community

Fee-based classes may be open to the community. Classes are open to the community unless indicated as "Open to Kaiser Permanente members only" in the class description.

### Group Appointments

Group appointments (or group visits) are a covered benefit. Kaiser Permanente members are charged only their regular cost share. Group appointments are open to members only.

### Support Groups

Support groups are available at no added cost. They are meetings that serve as a link in the network of family, caregivers, and patients with a specific medical condition such as diabetes or cancer. They help families and patients find a balance of responsibility and learn about available Kaiser Permanente and community resources. Support groups listed in this catalog are open to both members and nonmembers unless otherwise indicated. For information on availability, please call the number listed with each class or group. Here are some things to know about class registration, class fees, cancellation policies, and other details:

- This catalog is produced annually. Fees and locations are subject to change.
- On rare occasions, we may cancel a class due to low enrollment or other circumstances beyond our control. In this event, refunds will be issued, as appropriate.
- If you decide not to take a class after you've enrolled, please notify us at least 24 hours before the first class session to receive a refund.
- Many Health Education offerings encourage you to bring a support person. Some classes require all attendees to enroll. Please check individual courses for details.
- If you require an assisted-hearing device, or any other service identified in the Americans with Disabilities Act, to attend a program, please let us know when you register. Note: An assisted-hearing device is appropriate for individuals with mild to moderate hearing loss. For more information, call **(408) 851-3800** or **711** (TTY for the hearing/speech impaired).

\*Program fees listed 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.

## Addiction and Recovery

### Addiction Overview

Are you concerned about your or a loved one's drug and/or alcohol use? This overview explains the signs and symptoms of chemical dependency, how lives are affected by substance use/abuse, and offers resources and treatment options available within Kaiser Permanente and the community.

**Location:** Santa Clara, 710 Lawrence Expressway, Dept. 172

**Sessions:** Drop-in, 1 hour; weekly; call for dates and times

**Fee:** No fee

**Information:** Call **(408) 366-4284**.

### Chemical Dependency Recovery Program (CDRP)

Are you or someone you love dependent on alcohol or drugs? We can help. Services are based on an individualized treatment plan. *Open to Kaiser Permanente members only. Available in Spanish.*

- Adult alcohol and drug screening services: Adult alcohol and drug treatment services, including detoxification; day and evening treatment
- Decision class for those considering quitting drug or alcohol use

- Long-term sobriety group treatment
- Adolescent alcohol and drug treatment services
- Codependency classes and group therapy

**Location:** Santa Clara, 19000 Homestead Rd., Building 1, Cupertino

**Information:** Call **(408) 366-4200**.

### Chemical Dependency Services (CDS)

The following CDS services are available. *Open to Kaiser Permanente members only. Available in Spanish.*

- Adult alcohol and drug screening and treatment services
- Long-term sobriety group treatment
- Codependency camp therapy

**Location:** Milpitas

**Information:** Call **(408) 945-5082**.

## Managing Ongoing Conditions

### Understanding Your Asthma

Learning what causes an asthma flare-up and avoiding your triggers can make a big difference in how you feel. By taking preventive

steps, you can help reduce your sick days and live a healthy and active life. In this session you will learn to recognize warning signs of an asthma attack and how to use a spacer and peak flow meter. We also cover the types of asthma medications available and when to use them. This class is taught by a clinical health educator and an asthma care manager. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** One group appointment, 2.5 hours; monthly; call for dates and times

**Fee:** Group visit cost share

**Information:** Call **(408) 851-2552**.

### Chronic Obstructive Pulmonary Disease (COPD)/Emphysema

Learn how to live better with COPD or emphysema. Learn how your lungs and airways work, what to do when you have shortness of breath or coughing, and how your body and medications work together. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** Two sessions; call for dates and times

**Fee:** Office visit cost share

**Information:** Call **(408) 851-2552**.

### PORTABLE ELECTRONIC MEDICAL RECORD

**When you're on the go, it's good to have your important health information with you.** With a Portable Electronic Medical Record (PEMR) flash drive, any physician with a computer can review a summary of selected portions of your recent medical records—including your allergies, past office visits, recent lab results, and X-rays—on his or her computer. The device is \$5 and updates are free. Talk to your doctor's office about getting a PEMR flash drive.



E-MAIL YOUR DOCTOR

You have a direct link to your personal physician—wherever, whenever.

Use My Health Manager on [kp.org](https://kp.org) or find your physician’s home page on [kp.org/mydoctor](https://kp.org/mydoctor) to e-mail your doctor with routine medical questions. It’s secure, convenient, and free. You can also refill prescriptions and make routine appointments online.

To access secure features of My Health Manager on our Web site, all you need to do is register at [kp.org/register](https://kp.org/register) and then log on with your username and password.



Asthma/COPD Drop-in Clinic

If you’re having difficulty managing your asthma or COPD/emphysema, we can help. Attend this weekly drop-in clinic where you can talk with a physician and a respiratory therapist. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** Every Tuesday, 3–4:30 p.m.

**Fee:** No fee

**Information:** Call (408) 851-9028 or (408) 851-2552.

Healthier Living: Managing Ongoing Health Conditions

Living with an ongoing health condition such as diabetes or arthritis doesn’t mean you have to let it rule your life. Learn to manage your symptoms, fight fatigue and frustration, make daily tasks easier, and get on with your life. Class materials may be borrowed or purchased.

**Sessions:** Six sessions; call for dates and times

**Fee:** No fee for members; nonmembers \$60

**Location:** Campbell, Milpitas, Mountain View, and Santa Clara

**Information:** Call (408) 871-6463 (Campbell) (408) 945-2732 (Milpitas) (650) 903-2636 (Mountain View) (408) 851-3800 (Santa Clara)

Chronic Illness Support Group: START (Start from Where You Are)

Are you suffering from a chronic illness? Join this group and discuss with others the impact illness may have on individuals and families. The group meets twice monthly. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Ongoing; first and third Wednesday of each month, 11:30 a.m.–1 p.m.

**Fee:** Office visit cost share

**Information:** Call (408) 366-4444 or (408) 366-4090.

RELATED CLASSES

→ Blood Pressure Screening, page 14

→ Prepare for Surgery—Heal Faster, page 33

Diabetes Management

Prediabetes

Preventing or delaying the onset of diabetes begins with a healthy lifestyle: eating right, exercising more, and knowing the facts. This class will help you take charge of your health and learn how to

reduce your risk of diabetes and its complications. Together with advice from your doctor, we are here to help. *Open to Kaiser Permanente members only.*

**Fee:** No fee

**Campbell**

**Sessions:** One session, 2 hours; monthly; call for dates and times

**Information:** Call (408) 871-6465.

**Milpitas**

**Sessions:** One 1.5-hour session; monthly; call for dates and times

**Information:** Call (408) 945-2732.

**Mountain View**

**Sessions:** One 1.5-hour session; every other month; call for dates and times

**Information:** Call (650) 903-2144.

**Santa Clara**

**Sessions:** One 2-hour session; monthly; call for dates and times. Co-taught by a physician and a clinical health educator.

**Information:** Call (408) 554-9800.

Diabetes Basics

You can feel better and be active and healthy when you learn the basics of managing your type 2 diabetes. In this class, we give you an overview of the four key areas of diabetes management: healthy eating, exercise, monitoring your blood sugar level, and proper use of

medication. *Open to Kaiser Permanente members only. Available in Spanish. See Datos básicos sobre la diabetes on page 35.*

**Fee:** No fee

**Campbell**

**Sessions:** One session; monthly; call for dates and times

**Information:** Call (408) 871-6465.

**Milpitas and Santa Clara**

**Sessions:** One 2.5-hour session; weekly; call for dates and times

**Information:** Call (408) 945-2933 (Milpitas); (408) 554-9800 (Santa Clara).

**Mountain View**

Enroll in PHASE class on page 17. Call (650) 903-2144 for information.

Living Well with Diabetes

Once you have learned the basics of diabetes self-management, you are ready to advance to the next level. In these sessions, we take an in-depth look at diabetes and recommended care. You will learn new skills for making good food and exercise choices, bringing your blood sugar back into range, and handling the stress and emotions related to diabetes. You will also learn how good blood sugar control and proper use of medication, like insulin, can help prevent diabetes complications by controlling your blood sugar.

**Prerequisite:** Diabetes Basics class. *Open to Kaiser Permanente members only. Available in Spanish. See La diabetes y su salud on page 35.*

**Fee:** No fee

**Campbell**

**Sessions:** Two sessions; monthly; call for dates and times

**Information:** Call (408) 871-6465.

**Milpitas**

**Sessions:** Two sessions; call for availability

**Information:** Call (408) 945-2732.

**Mountain View**

**Sessions:** Three sessions; every month; call for dates and times

**Information:** Call (650) 903-2144.

**Santa Clara**

**Sessions:** Three sessions; five times per year; call for dates and times

**Information:** Call (408) 851-3800. Se ofrece en Español. Llame al (408) 851-9519.

Diabetes Nutrition

Are you ready to learn more about how to develop eating habits that work for your lifestyle? Get tips on planning meals, counting carbohydrates, and reading food labels. Learn new ways to prepare your favorite foods and enjoy eating out. With smart planning and balanced choices, a healthier lifestyle can still taste great. *Open to Kaiser Permanente members only.*

**Fee:** No fee

**Campbell**

**Sessions:** One session; monthly; call for dates and times

**Information:** Call (408) 871-6465.

**Mountain View**

**Sessions:** 2 hours; call for dates and times

**Information:** Call (650) 903-2144.

**Santa Clara**

**Sessions:** 2 hours; monthly; call for dates and times

**Information:** Call (408) 851-3800.

Get your health information to go with podcasts. See page 40.

Blood Sugar Monitoring

Learn how to test your blood sugar using a blood glucose meter. *Open to Kaiser Permanente members only.*

**Fee:** No fee

**Campbell**

**Sessions:** By appointment only

**Information:** Call (408) 871-6465.

**Mountain View**

**Sessions:** By appointment only, or taught in the Living Well with Diabetes class

**Information:** Call (650) 903-2144.

**Santa Clara**

**Sessions:** One 1.5-hour session; call for dates and times

**Information:** Call (408) 851-3800.

INSULIN FOR DIABETES VIDEO SERIES

Studies have shown that early use of insulin among those with diabetes can produce better long-term results and blood sugar control. This video series will teach you how to prepare and inject insulin and help you understand why insulin is one of the best tools available to manage your blood sugar.

The online video is available on your physician’s home page. Visit [kp.org/mydoctor](https://kp.org/mydoctor) and click on “Videos” under Healthy Living Resources.







WHEN IT COMES TO YOUR VISION—  
image is everything.

If you're looking to make a fashion statement, look no further than our Vision Essentials Optical Centers. After your eye exam, our eye care professionals can help you choose the perfect frames and lenses to match your personality, lifestyle, and budget. And you'll appreciate the selection of contact lenses and our exceptional assortment of designer frames by Coach, Ray-Ban, Armani, and more.

To find an Optical Center near you visit [kp2020.org](https://kp2020.org). Once online you can find current promotions, purchase a pair of nonprescription sunglasses from our online Sunwear Center, and even order your contact lens refills with free shipping.

Kaiser Permanente members typically have coverage for medically necessary eye examinations, and some members may be able to apply a supplemental benefit to their purchases. Otherwise, the services and products described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits, and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your health plan benefits, please see your *Evidence of Coverage*.

visionessentials  
by KAISER PERMANENTE®

**Insulin Pump Class**

Insulin pump therapy is a new kind of regimen for people with type 1 diabetes. You can take this class to find out if you're a good candidate for the pump system. Discussion includes advantages and disadvantages of insulin pump therapy, how to get the pump, good nutrition, and carbohydrate counting. You can take this class on your own, or get a referral from your primary care physician or nurse practitioner. Prerequisite: Diabetes Nutrition class. *Open to Kaiser Permanente members only.*

**Location:** Campbell  
**Sessions:** One session; every other month; call for dates and times  
**Fee:** No fee  
**Information:** Call (408) 871-6465.

**Diabetes Care Management Program**

You can take control of your diabetes by participating in this long-term care program. Once your physician refers you, we'll invite you to a one-time group orientation. During the session, you'll learn about the program and the latest diabetes information. We'll assign a diabetes care manager to team up with your physician to help you control your diabetes. In the course of the six- to eight-month program, you'll receive counseling on diet and nutrition, medications, and self-care methods. You can make one-on-one telephone appointments with your care manager to discuss any of your concerns. Referral from physician or nurse practitioner required. *Open to Kaiser Permanente members only.*

**Fee:** No fee  
**Location:** Milpitas  
**Information:** Call (408) 945-2689.  
**Location:** Santa Clara  
**Information:** Call (408) 851-9304.

**Diabetes Support Group**

If you or a family member has diabetes, this drop-in group is a great place to talk with others who are coping with challenges of the condition. Come every month or just from time to time, as needed. Offered through our Social Services Department. *Open to Kaiser Permanente members only.*  
**Location:** Santa Clara  
**Sessions:** Drop in; fourth Saturday of each month; 1–3 p.m.  
**Fee:** No fee  
**Information:** Call (408) 851-7054 for meeting updates and information.

**RELATED CLASSES**

- [Healthier Living: Managing Ongoing Health Conditions, page 8](#)
- [Prevent Heart Attack and Stroke Every Day! \(PHASE\), page 17](#)

Flexibility and Movement

**Acupressure**

Learn specialized acupressure techniques to help relieve common tension-prone areas. The use of a Thera Cane will be demonstrated in the class. Wear loose-fitting clothing.  
**Location:** Santa Clara  
**Sessions:** Two sessions; call for dates and times

**Fee:** Members \$75; nonmembers \$100 (fee includes Thera Cane, a \$32 value)  
**Information:** Call (408) 851-3800.

**Back, Neck, Knee, and Shoulder Care Solutions**

Could you benefit from one of our four individual classes for preventing and managing musculoskeletal pain? Each program covers basic anatomy, biomechanics, and exercise. Join us and start feeling better! Referral from physician, nurse practitioner, or physical assistant required for the neck, knee, and shoulder classes; no referral required for the back class. *Open to Kaiser Permanente members only.*  
**Sessions:** One session  
**Fee:** No fee  
**Location:** Milpitas and Santa Clara  
**Information:** Call (408) 945-5020 (Milpitas) (408) 851-1400 (Santa Clara)

**Back in Action**

Feel better and gain control over your back pain. You will learn ways to sit, stand, and move that can get you back to your daily activities more quickly. Learn the habits that will keep your back in action now and throughout your life. This class covers the basics of anatomy, biomechanics, back care information, and exercise. No referral required. *Open to Kaiser Permanente members only.*  
**Location:** Santa Clara, Rehabilitation Services, Dept. #174  
**Sessions:** Monthly; One 2-hour session  
**Fee:** No fee  
**Information:** Call (408) 851-1400 or (408) 851-3800.



Feldenkrais Method®

The way you move may be contributing to your chronic pain. The Feldenkrais Method uses a series of gentle movements to help change habitual patterns and help your body learn new ones, while helping to improve your posture, flexibility, and overall physical comfort. Wear loose-fitting clothing.

**Location:** Santa Clara

**Sessions:** Ten sessions; call for dates and times

**Fee:** Members \$80; nonmembers \$100

**Information:** Call (408) 851-3800.

Pilates

Pilates is a safe, low-impact workout that develops abdominal strength, flexibility, proper breathing, and correct spinal alignment. Wear loose-fitting clothing.

**Location:** Mountain View

**Sessions:** Eight 1-hour sessions; call for dates and times

**Fee:** Members \$64; nonmembers \$96

**Information:** For more information call (650) 903-2636 or visit [kp.org/mountainview](http://kp.org/mountainview) and click “Health Resources–Health Education” to view schedule.

**Location:** Santa Clara

(Three levels offered: Beginning, Intermediate, and Mixed)

**Sessions:** Ten 1-hour sessions; call for dates and times

**Fee:** Members \$100; nonmembers \$120

**Information:** Call (408) 851-3800.

T'ai Chi Chih (Beginning)

Also known as “joy through movement,” this gentle, easy method helps reduce stress and increase your balance, inner peace, and flexibility through simple, flowing movements. Wear loose-fitting clothing and flat-soled, flexible shoes.

**Location:** Santa Clara

**Sessions:** Seven sessions; call for dates and times

**Fee:** Members \$60; nonmembers \$75

**Information:** Call (408) 851-3800.

Yoga (Beginning)

Gain flexibility, strength, and balance for your body while you clarify and calm your mind. Practicing these basic yoga exercises can promote a lifetime of health. Each session concludes with deep relaxation. Wear loose-fitting clothing and do not eat for one hour before coming to class. Please bring a towel or floor mat.

**Location:** Mountain View

**Sessions:** Eight 1-hour sessions; call for dates and times

**Fee:** Members \$64; nonmembers \$96

**Information:** Call (650) 903-2636 or visit [kp.org/mountainview](http://kp.org/mountainview) and click “Health Resources–Health Education” to view schedule.

**Location:** Santa Clara

**Sessions:** Ten 1-hour sessions; weekly; call for dates and times

**Fee:** Members \$80; nonmembers \$120

**Information:** Call (408) 851-3800.

TALK TO YOUR DOC

Your health is a team effort.

Gentle Yoga

The gentle, soothing poses in this class are helpful for experienced yoga students and safe for beginners, older adults, and people with chronic pain or illness. Wear loose-fitting clothing.

**Location:** Santa Clara

**Sessions:** Ten 1-hour sessions; weekly; call for dates and times

**Fee:** Members \$80; nonmembers \$120

**Information:** Call (408) 851-3800.

REACHING A HEALTHY WEIGHT

Maintaining a healthy weight is one of the best things you can do for your health. But it’s hard work and can take a true commitment to stick with new habits and lifestyle changes.

Sign up for our *Maintain Weight* online newsletter to receive monthly newsletters that provide information, tips, recipes, encouragement, and more to help you maintain a healthy weight and celebrate your success.

[kp.org/maintainweight](http://kp.org/maintainweight)

Yoga for Osteoporosis

This class uses safe, “healthy bone” movements for those who have or are at risk for low-level bone mass and skeletal fragility. All yoga poses involve spinal and hip stabilization and lengthening, which can help increase bone mass. Participants will learn ways to move that they can incorporate into their daily lives. The class is taught by an occupational therapist/integrative yoga therapist instructor. *Participants must be able to get down to and up from the floor.*

**Location:** Santa Clara

**Sessions:** Six sessions

**Fee:** \$70 members; \$90 nonmembers

**Information:** To register and for dates and times, call (408) 851-3800.

RELATED CLASSES

- [Healthier Living: Managing Ongoing Health Conditions](#), page 8
- [Bone Health](#), page 32
- [Postnatal Yoga/Pilates and Support for Mom and Baby](#), page 32
- [Prenatal Yoga](#), page 31
- [Whole Birth Yoga and Support](#), page 31

General Health and Wellness

Advance Health Care Directives

Gain a clear understanding of what an Advance Health Care Directive means in relation to managing your own health care. This legal document is to help ensure that your wishes are respected, should you become too ill to make or communicate your own decisions. Offered by class or individual appointment, we can assist you in completing the Advance Health Care Directive form, an important document for people of all ages. You can pick up an Advance Health Care Directive Kit at any of our Health Education Centers. Your chosen representative and family members are welcome to participate. *Open to Kaiser Permanente members only.*

**Fee:** No fee

**Location:** Campbell

**Sessions:** By individual appointment

**Information:** Call (408) 871-6304.

**Location:** Mountain View

**Sessions:** One session; by individual appointment

**Information:** Call (650) 903-2636.

Health Coaching Appointments

Clinical health educators (CHEs) can help you develop a plan to improve your health and manage illness. CHEs can give you tips and resources on nutrition, increasing activity, or quitting smoking to better manage an ongoing condition like diabetes or high blood pressure. Appointments are 30 minutes. *Open to Kaiser Permanente members only. Available in Spanish.* See Citas con una educadora de salud on page 35.

**Fee:** No fee

**Location:** Campbell

**Sessions:** Weekdays, 8:30 a.m.–4:30 p.m.

**Information:** Call (408) 871-6304.

**Location:** Mountain View

**Sessions:** Morning and afternoon appointments available

**Information:** Call (650) 903-2636.

**Location:** Santa Clara

**Sessions:** Weekdays, 9 a.m.–5 p.m.

**Information:** Call (408) 851-3800.

WANT TO GET PERSONAL?

Get help reaching your personal health goals online at [kp.org/healthylifestyles](http://kp.org/healthylifestyles).



10,000 STEPS®\*

Get out of the house, get moving, and improve your heart health with this online walking program:

- Enjoy a Kaiser Permanente program rate for members
- Count your steps each day with your pedometer (included in the program price)
- Track your progress online
- Get motivational e-mails, tips on living an active lifestyle, and ideas for healthy meals

Visit [kp.org/10000steps](http://kp.org/10000steps) today and start walking your way to better health.

\*10,000 Steps® is a registered trademark of HealthPartners, Inc.



CHOOSE YOUR DOCTOR

Have you selected a personal physician?

If not, call 1-888-466-1800. We'll help you choose a primary care physician or nurse practitioner who's right for you and your family.

You can also choose an available doctor online. Just go to [kp.org/mydoctor](http://kp.org/mydoctor) and follow the prompts.



Blood Pressure Screening

Do you know your blood pressure? Drop in and we'll take your reading! Please note that blood pressure screenings are not available on some holidays.

**Fee:** No fee

Campbell  
220 E. Hacienda Ave. 2nd Floor,  
Health Education Dept.

**Sessions:** Drop in; weekdays,  
9 a.m.–5 p.m.

**Information:** Call (408) 871-6463.

Milpitas  
770 E. Calaveras Blvd., 1st Floor,  
Health Education Dept.

**Sessions:** Drop in; weekdays,  
9 a.m.–12:30 p.m.; 1:30–5 p.m.

**Information:** Call (408) 945-2786.

Mountain View  
555 Castro St., 1st Floor,  
Laboratory waiting area

**Sessions:** Drop in; weekdays,  
9 a.m.–12:30 p.m.

**Information:** Call (650) 903-2601.

Santa Clara  
710 Lawrence Expressway,  
Lawrence lobby or Main Pharmacy,  
Dept. 170. (Screenings done on  
volunteer availability.)

**Sessions:** Drop in; weekdays,  
8:30 a.m.–4:30 p.m.

**Information:** Call (408) 851-1717.

Blood Pressure Training  
for Home

Want to learn how to take your blood pressure at home? We'll teach you! Come to the Health Education Center and bring your monitor with you. *Open to Kaiser Permanente members only.*

**Location:** Campbell  
220 E. Hacienda Ave., 2nd Floor,  
Health Education Dept.

**Sessions:** Drop in; weekdays,  
9 a.m.–5 p.m.

**Fee:** No fee

**Information:** Call (408) 871-6463.

Understanding Your High  
Blood Pressure

High blood pressure (hypertension) can happen to anyone. Join us to learn the basics about high blood pressure, ways to care for yourself, and positive lifestyle changes that can help keep your heart healthy. *Open to Kaiser Permanente members only.*

**Location:** Mountain View

**Sessions:** One 2-hour session;  
quarterly; call for dates and times

**Fee:** No fee

**Information:** Call (650) 903-2636.

RELATED CLASSES

- Chemical Dependency  
Recovery Program, page 7
- Healthier Living: Managing  
Ongoing Health Conditions,  
page 8

Healthy  
Lifestyle  
and Weight  
Management

Body Composition Analysis

Throw out the bathroom scales. Most health experts agree that body composition is a much better indicator of your health. Using the safe and painless Futrex system, we can determine your body fat percentage and lean tissue weight in just minutes. Then we can help you set goals for improved weight and body composition that you can realize within six months. Physician referral required.

Ask your physician to send an electronic referral to the Health Education Department. *Open to Kaiser Permanente members only.*

**Location:** Campbell, Milpitas,  
Mountain View, and Santa Clara

**Sessions:** By appointment only

**Fee:** \$25 for initial appointment;  
\$10 for follow-up appointments

**Information:** Call  
(408) 871-6466 (Campbell)  
(408) 945-2745 (Milpitas)  
(650) 903-2636 (Mountain View)  
(408) 851-3800 (Santa Clara)

Metabolic Rate Testing

Having trouble losing weight? It could be your metabolism. Using a simple breath test, we can precisely measure your resting metabolic rate, so you'll know how to determine the number of calories your body needs for you to lose, gain, or maintain your weight. Physician referral required. Ask your physician to send an electronic referral to the Health Education Department. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** By appointment only

**Fee:** Test appointment, \$40

Nutrition Advice Line

Do you have questions about food and nutrition? Leave a brief message with your name, medical record number, and phone number. A registered dietitian will get back to you with information and answers within three business days. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Fee:** No fee

**Information:** Call (408) 851-1762  
(adults) or (408) 851-1761 (children).

Nutrition Analysis

How healthy are your eating habits? Call us for an information packet, fill it out, and send it back. We'll mail you a comprehensive, easy-to-read analysis of the foods

you consumed compared with dietary recommendations.

**Location:** Santa Clara

**Fee:** Members \$25; nonmembers \$40

**Information:** Call (408) 945-2790,  
or (408) 851-3800.

Nutrition Consultation

Do you need nutritional advice about a specific medical condition? A registered dietitian can help you modify your current diet so you can better manage your present condition. Physician referral required. Ask your physician to send an electronic referral to see an Outpatient Registered Dietitian in Nutrition Services. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** Weekdays

**Fee:** Office visit cost share

Managing Your Weight

Successful weight loss requires more than just cutting calories. Attend this one-session class to learn practical ideas and tools for making healthy lifestyle choices that can help you lose weight and keep it off. This class will also review all weight management programs available through Kaiser Permanente. This class is a prerequisite for the Cultivating Health class. *Available in Spanish.* See El control de peso on page 36.

**Location:** Campbell, Milpitas,  
Mountain View, and Santa Clara

**Sessions:** One 2-hour session; call  
for dates and times

**Fee:** No fee

**Information:** Call  
(408) 871-6463 (Campbell)  
(408) 945-2933 (Milpitas)  
(650) 903-2636 (Mountain View)  
(408) 851-3800 or  
(408) 554-9800 (Santa Clara)

Cultivating Health

This five-week weight management series is designed to help you take control of your weight and improve your overall health. Topics include goal setting, physical activity, healthy eating, and community resources, as well as cultivating balance in mind, body, and lifestyle. By participating in this five-week series, you'll receive a complimentary body composition analysis. Prerequisite: Managing Your Weight class.

**Sessions:** Five sessions; call for  
dates and times

**Fee:** Members and nonmembers,  
\$75 (includes the Cultivating  
Health kit, an \$18 retail value)

**Location:** Campbell, Mountain  
View, and Santa Clara

**Information:** Call  
(408) 871-6464 (Campbell)  
(650) 903-2636 (Mountain View)  
(408) 851-3800 (Santa Clara)

NOURISH YOUR MIND AND BODY

Want to pick up a good habit? Drop a bad habit? Get help managing an ongoing condition? With our Healthy Living classes and programs, you can learn how to make healthier choices and take better care of yourself.

Stop by or call your local Health Education Center to learn more about the classes, including any fees, listed in this catalog. You can also search class listings for other cities online at [kp.org/classes](http://kp.org/classes).





Medical Weight Management Program

This fee-based program uses a low-calorie meal replacement diet, medical monitoring, and weekly group sessions to help you make positive, lasting changes that can improve your overall health. The program focuses on nutrition, physical activity, behavioral change, and how to adapt and maintain a healthy lifestyle. If you have 40 or more pounds to lose, join us for a free information session to find out whether the program is right for you.

**Location:** Santa Clara

**Sessions:** One 1.25-hour session per week; 82 weeks (minimum 30-week program)

**Information:** Call (408) 851-3706, or visit [kphealthyweight.com](http://kphealthyweight.com).

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., 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. Kaiser Foundation Health Plan, Inc. ("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 the Health Plan. If you are a Health Plan member, please check your Evidence of Coverage.

Weight Loss Surgery: Preparing for Success

Find out what it takes to successfully lose weight after surgery. This class will cover the risks and benefits of surgery itself and focus on what it takes to maintain weight loss long-term. Determine how ready you are to make radical changes to the way you live. This class is a required first step for anyone interested in a referral for weight loss surgery. This class is required for a weight loss surgery referral from your physician. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** One 2-hour session; call for dates and times

**Fee:** No fee

**Information:** Call (408) 851-3800.

RELATED CLASSES

- Eating Disorders Program: Food for Thought, page 21
- Feeding Your Young Child, page 24
- Healthier Living: Managing Ongoing Health Conditions, page 8
- Pediatric Nutrition Advice Line, page 26
- Prevent Heart Attack and Stroke Every Day! (PHASE), page 17

Heart Health

Cholesterol and Your Heart

Want to lower your cholesterol, but don't know where to begin? This class helps you understand that heart-healthy eating and activity can help reduce your cholesterol, improve your overall health, and lower your risk for heart attacks and strokes. *Open to Kaiser Permanente members only.*

**Fee:** No fee

**Campbell**

**Sessions:** One 2.5-hour session; call for dates and times

**Information:** Call (408) 871-6465.

**Milpitas**

**Sessions:** One 2-hour session; every other month; call for dates and times

**Information:** Call (408) 945-2933.

**Mountain View**

**Sessions:** One 3-hour session; every other month; call for dates and times

**Information:** Call (650) 903-2636.

**Santa Clara**

**Sessions:** One 2-hour session; once a month; call for dates and times

**Information:** Call (408) 554-9800.

Heart Health for South Asians

In the first session, you'll meet in a small group with a cardiologist and a health educator to learn why people from India, Pakistan, Sri Lanka, Bangladesh, and Nepal are at greater risk for cardiovascular disease at a younger age. In the second session, a registered dietitian will facilitate the group in identifying self-management skills and support you in making changes that can help lower your risk and lengthen your life. *Open to Kaiser Permanente members only.*

**Sessions:** Two 2-hour sessions; monthly; call for dates and times

**Fee:** No fee

**Location:** Santa Clara

**Information:** Call (408) 851-3800.

Prevent Heart Attack and Stroke Every Day! (PHASE)

Learn more about how to reduce your risk for heart attacks and strokes by attending this single-session class. Nutrition, exercise, stress management, heart medications, and positive lifestyle changes all play a part in helping to prevent heart attacks and strokes. This class is designed for people who have been diagnosed with heart disease, diabetes, peripheral arterial disease, and/or chronic kidney disease. A nutrition class is available for members who have completed this "PHASE" class. Physician referral required. *Open to Kaiser Permanente members only.*

**Fee:** Group visit cost share

**Campbell**

**Sessions:** One session, quarterly; call for dates and times

**Information:** Call (408) 871-6465.

**Mountain View**

**Sessions:** One session, monthly; call for dates and times

**Information:** Call (650) 903-2144.

**Santa Clara**

**Sessions:** One session, weekly, morning and afternoon classes; call for dates and times

**Information:** Call (408) 851-3474.

RELATED CLASSES

- Blood Pressure Screening, page 14
- Blood Pressure Training for Home, page 14
- Understanding Your High Blood Pressure, page 14

HIV-AIDS and STD Testing

Emergency Testing

If you think you have been exposed to or infected with the HIV (AIDS) virus within the past 72 hours, go immediately for testing to the Emergency Department at the nearest Kaiser Permanente hospital. Routine HIV and STD testing is available. *Open to Kaiser Permanente members only.*

**Fee:** Lab cost share

**Location:** Santa Clara

710 Lawrence Expressway, 4th Floor, Dept. 464

**Appointments:** Members with HIV may self-refer to the HIV-AIDS Resources and Counseling Dept. (HARC), 4th Floor, Dept. 464.

**Information:** Call (408) 851-4250.

For recorded HIV test information, call (408) 851-4253.

HIV Antibody and STD Testing

The HIV antibody test is available to members on request, as are tests for other sexually transmitted diseases such as syphilis, chlamydia, gonorrhea, or hepatitis. *Open to Kaiser Permanente members only.*

**Fee:** Lab cost share may apply; includes a post-test appointment to evaluate test results

**Campbell**

**Dates/times:** By appointment

**Information:** Testing and information line call (408) 871-6328. To make an appointment for results, call (408) 871-6328.

**Mountain View**

**Dates/time:** By appointment

**Information:** Testing and information line call (650) 903-2709. To make an appointment with Health Education, call (650) 903-2709.

**Santa Clara**

HIV-AIDS Resources and Counseling (HARC), Dept. 464

**Dates/times:** HIV and STD tests, Wednesday, 12:30 and 6 p.m.; Thursday, 6 p.m.

**Information:** Tests are also provided at the HARC Department by appointment. Call (408) 851-4250.

FRESHEN UP

Load up on fresh fruits and vegetables at our farmers' market. See the back cover for details.



REGISTERED DIETITIANS

A registered dietitian (RD) is a nutrition expert who works collaboratively with members and their families in one-on-one appointments to determine an individual's nutritional needs—from bone health to cholesterol management, diabetes care, and weight loss strategies. RDs also teach a variety of classes. With a strong knowledge base of clinical nutrition, our dietitians specialize in helping you achieve a healthier lifestyle with sound nutritional advice as well as tools to help you achieve your healthy eating goals. For help with general nutritional advice questions, call the Nutrition Advice Line at (408) 851-1762. To make an appointment to see a registered dietitian or to enroll in a nutrition class, ask your doctor for a referral.



# Mental Health/ Behavioral Health and Well-Being

## Adult ADHD

Daily life is challenging for adults diagnosed with ADHD (attention deficit hyperactivity disorder). This class will teach you ways to cope better in real-life situations and activities. Learn strategies to use at home, work, and in social situations. Learn to overcome your communication obstacles and improve your time management and organization skills.

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Six 2-hour sessions; call for dates and times

**Fee:** Members \$80; nonmembers \$160

**Information:** Call (408) 366-4284.

## Managing Anger Series

Are you having trouble controlling your anger? Is it coming out in ways that are causing problems at home, with friends, or at work? You can deal with anger in healthier ways. Join this course and learn to identify your anger triggers, develop communication skills, and practice new ways to respond—before your emotions take control. Note: This series does not satisfy the court-ordered treatment required for domestic violence.

**Location:** Campbell, Milpitas, Mountain View, and Santa Clara

**Sessions:** Eight 2-hour sessions; call for dates and times

**Fee:** Members \$130; nonmembers \$260

**Information:** Call (408) 366-4284.

## Understanding Anxiety Series

In this series, you will learn about the different causes of anxiety, and dig deeper to understand what triggers anxiety for you and ways to manage your symptoms. We'll discuss what happens to your brain when it responds to a perceived threat, and what physical symptoms you may have. We'll help you explore your thoughts, and compare your fears with the facts of a situation. You'll also learn techniques to relax, reduce your response to triggers, and think and act assertively.

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Six 2-hour sessions; call for dates and times

**Fee:** Members \$85; nonmembers \$170

**Information:** Call (408) 366-4284.

## LESS (STRESS) IS MORE

Try a class that will help you relax and stay fit. See page 12.

## Assertiveness

Feel good about yourself. Learn assertiveness skills to increase your self-esteem and improve communication. Find out how to set limits, handle criticism, and resolve conflicts.

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Six 2-hour sessions; call for dates and times

**Fee:** Members \$80; nonmembers \$160

**Information:** Call (408) 366-4284.

## Couples Communication Series

Learning how to communicate effectively is an ongoing process and one that requires skill, even in the best of relationships. Problems in relationships are not necessarily the issue—what is important is how we deal with them. Learn more effective ways to talk about difficult topics, reduce defensiveness, and understand each other's perspective. You'll learn problem-solving techniques and ways to increase pleasure and positive interactions. This series is for couples in committed relationships.

**Location:** Campbell, Milpitas, Mountain View, and Santa Clara

**Sessions:** Six 2-hour sessions; call for dates and times

**Fee:** Members \$130 per couple; nonmembers \$260 per couple; one member and one nonmember \$190 per couple

**Information:** Call (408) 366-4284.

## Couples Communication for New and Expecting Parents

As a couple you will learn how to navigate the transition to parenthood while maintaining your relationship. Learn specific tools and techniques to manage conflicts successfully, enhance romance and passion, and create a nurturing atmosphere for the two of you and your baby.

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Six 2-hour sessions; call for dates and times

**Fee:** Members \$130 per couple; nonmembers \$260 per couple; one member and one nonmember \$190 per couple

**Information:** Call (408) 366-4284.

# YOUR HEALTH, ONLINE.



Visit your doctor online regularly. At [kp.org/mydoctor](https://kp.org/mydoctor), you can:

- **E-mail your doctor** with nonurgent medical questions<sup>1</sup>.
- **Stay on track.** Check which immunizations, screening tests, and well-check appointments you or your child may need<sup>1,2</sup>.
- **Get support.** Find information on managing weight with WebCare for Weight Management<sup>1</sup>, handling headaches with Managing Your Headaches, and reducing stress with an Online Health Coach<sup>1</sup>.
- **Be healthy at every stage.** Get trusted information from Kaiser Permanente doctors on birth and raising babies, kids, and teens delivered right to your inbox. Sign up for one or all four online newsletters: *Healthy Beginnings*, *Healthy Babies*, *Healthy Kids*, and *Healthy Teens*.
- **Learn more.** Listen to podcasts. Watch videos. Or read information your doctor recommends.

Find your doctor online at [kp.org/mydoctor](https://kp.org/mydoctor) for these and many more online features.

<sup>1</sup>These features require you to have an active password for our member site. To request a password, go directly to the feature, go to [kp.org/register](https://kp.org/register), or visit your local Health Education Center.

<sup>2</sup>Preventive Services feature coming in 2010.





## SYMPTOMS OF AN UNHEALTHY RELATIONSHIP

The dangers of a physically abusive relationship may be obvious. But emotionally abusive relationships can also seriously affect your health.

If you think you may be in an abusive situation, talk with your doctor or call the National Domestic Violence Hotline for 24-hour support at **1-800-799-SAFE (1-800-799-7233)** or **1-800-787-3224** (TTY for the deaf, hard of hearing, or speech impaired). Find more resources at [kp.org/domesticviolence](http://kp.org/domesticviolence) or [ndvh.org](http://ndvh.org).

### Relationship Skills

Understanding yourself as an individual can help you become a better partner. Explore what relationships are really all about and find ways to enhance your interactions with others. Learn essential communication skills and examine your beliefs about healthy relationships. Identify behaviors that aren't working and learn how to resolve repetitive patterns.

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Six 2-hour sessions; call for dates and times

**Fee:** Members \$80; nonmembers \$160

**Information:** Call **(408) 366-4284**.

### Managing Depression Overview

Are you losing interest in favorite activities, having trouble getting a good night's sleep, or feeling down and don't know why? You may be suffering from depression, a common treatable condition that affects more than 19 million Americans. Most people who seek help do find ways to feel better. Join this single-session program to learn about depression—how it starts, what resources are available, and what you can do to feel better. Your friends and family are welcome. *Available in Spanish.* See Manejo de la depresión – Introducción on page 36.

**Location:** Campbell, Milpitas, Mountain View, and Santa Clara

**Sessions:** One 2-hour session; call for dates and times

**Fee:** No fee for members; nonmembers \$20

**Information:** Call **(408) 366-4284**.

### Managing Depression Series

Depression is common, real, and treatable. But it can be hard to recognize. It is often felt as a low mood, sadness, or irritability that won't go away. This series will explore the causes and effects of depression on your thoughts, feelings, and behaviors. You'll learn how to challenge negative thinking that contributes to depression, and how to reduce stress. You'll also get support for speaking up for yourself and for returning to the activities you enjoy. The skills learned in this course can help you manage moods long after the class is over. *Available in Spanish.* See Manejo de la depresión – Sesión múltiple on page 36.

**Location:** Campbell, Milpitas, Mountain View, and Santa Clara

**Sessions:** Eight 2-hour sessions; call for dates and times

**Fee:** No fee for members; nonmembers \$95

**Information:** Call **(408) 366-4284**.

### Forgiveness for Health

Learning to forgive is one of life's most important lessons. This class focuses on the meaning of forgiveness and how it can help you develop a healthy attitude toward life. You'll choose a particular grudge to work through. Learn what it takes to let go of negative emotions and make acceptance a way of life.

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Six 2-hour sessions; call for dates and times

**Fee:** Members \$105; nonmembers \$210

**Information:** Call **(408) 366-4284**.

### Body Image Group

Make friends with your body. This group focuses on developing a positive body image. Learn to identify and cope with triggers of body image dissatisfaction, modify negative body image thoughts, and develop a healthy and accepting relationship with your body. An individual appointment in Psychiatry is required for a referral. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Eight sessions, Monday, 4:30–6 p.m.; call for dates

**Fee:** Group visit cost share

**Information:** Call **(408) 366-4440**.

### Eating Disorders Program: Food for Thought

Join us for an in-depth orientation to our Eating Disorders Program. Find out why eating disorders develop, how to recognize the symptoms, and how you can overcome them in order to lead a healthier life. An individual appointment in Psychiatry is required for a referral. This class is a prerequisite for other eating disorders classes. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** One session; first and third Wednesday of each month, 11 a.m.–12:30 p.m.

**Fee:** Group visit cost share

**Information:** Call **(408) 366-4440**.

### Mindfulness-Based Stress Reduction

This nine-session class guides you through the practice of mindfulness meditation. Learn tools for coping with psychological and/or physical symptoms brought on by stress and stress-related illness. Also learn about meditation, relaxation, movement, and gentle stretching. To participate in this

class, we ask you to make a commitment to practice daily and also to attend an all-day retreat. Recommended for individuals seeking to develop relaxation practice in mindfulness meditation.

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Eight 2.5-hour sessions, plus an all-day retreat; call for dates and times

**Fee:** Members \$185; nonmembers \$285; materials \$30

**Information:** Call **(408) 366-4284**.

### Mindfulness-Based Practices for the Relief of Chronic Pain

Does your mind wander into unproductive territory? If so, you can learn strategies to recognize those negative thought patterns and escape the distorted reality they can create. Learn to bring clarity and a greater sense of manageability to your life with the skills you learn in this class. This class is designed for people with anxiety, depression, and chronic pain. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Drop-in, ongoing; Wednesday, 5:30–7 p.m.

**Fee:** Office visit cost share

**Information:** Call **(408) 366-4400**.

### Mind-Body Medicine for Stress

Medical science has made amazing discoveries about how emotions, thoughts and behaviors can affect physical symptoms and affect our health. Understanding this "mind-body connection" can be the first step to managing your daily stress, and feeling better mentally and physically. In this series, you'll learn to recognize the sources of stress in your life and how to help manage stress-related symptoms and illnesses. You'll learn ways to relax and develop healthy lifestyle habits to take better care of yourself and enjoy life more.

**Location:** Campbell, Milpitas, Mountain View, and Santa Clara

**Sessions:** Eight sessions, 2 hours each; call for dates and times

**Fee:** No fee for members; nonmembers \$95; materials \$14 (optional)

**Information:** Call **(408) 366-4284**.



## KP.ORG

Stay engaged with your family's health and simplify your busy life with My Health Manager on [kp.org](http://kp.org).

- E-mail your doctor\*
- View most lab test results\*
- Schedule, cancel, or review routine appointments\*
- Order prescription refills\*
- Act for a family member\*
- Stay on top of the latest health information

- Get maps, directions, and contact information to our facilities
- Find classes and support groups in your area
- And more!

\*To access secure features of My Health Manager on our Web site, all you need to do is register at [kp.org/register](http://kp.org/register) and then log on with your username and password.



Mind-Body Wellness Workshop Series

Guest presenters will lead a variety of single-session weekend workshops. Workshops may include: Music for Sound Healing, Color and Your Well-being, Experience the Labyrinth, Forgiveness, and more. Length will vary depending on topics and speakers.

Location: Santa Clara, 19000 Homestead Rd., Cupertino

Fee: Fees vary

Information: Call (408) 366-4284.

Introduction to Meditation

This is an introductory class that includes instruction on body posture and breath awareness, the two most important aspects of a meditation practice. This approach to meditation is simple, and does not require complex techniques or exercises to get started.

Location: Santa Clara, 19000 Homestead Rd., Cupertino

Sessions: Two 1.5-hour sessions; call for dates and times

Fee: Members \$45; nonmembers \$90

Information: Call (408) 366-4284.

Pathways to Stress Reduction Overview

Are you feeling overwhelmed? Does your stomach cramp when you get nervous? Do you get headaches? Is stress keeping you up at night? If so, come to this class to learn how your thoughts and emotions can affect your physical well-being. We'll help you identify your sources of stress and discuss how your mental state is affecting your body. You'll learn a simple technique to help you relax. This class also provides an overview of available mindbody

classes, so you can choose the one(s) that are best for you. Available in Spanish. See Las vías de reducción de estrés on page 35.

Location: Campbell, Milpitas, Mountain View, and Santa Clara

Sessions: One 2-hour session; call for dates and times

Fee: No fee for members; nonmembers \$20

Information: Call (408) 366-4284.

Sleep Better

It's no secret that we feel better when we sleep better. This six-session class is designed to improve both the quantity and quality of your sleep. Learn how sleeping behavior and thinking patterns affect your sleep and how to change both for a good night's rest. This class does not apply to problems related to a medical condition, substance abuse, or medications.

Location: Santa Clara, 19000 Homestead Rd., Cupertino

Sessions: Six 2-hour sessions; call for dates and times

Fee: Members \$85; nonmembers \$170

Information: Call (408) 366-4284.

Your body is a more than a temple. It's a healthy institution!

Breath of Yoga

A profound breathing technique providing the benefits of yoga without using postures. This class is a powerful energizer that helps to cleanse deep-rooted stress. As stress is released, the mind and body become more balanced and centered, resulting in better health,

more harmonious relationships, and greater joy and enthusiasm for life.

Location: Santa Clara, 19000 Homestead Rd., Cupertino

Sessions: Four consecutive sessions (two evenings and two full days); call for dates and times

Fee: Members \$200; nonmembers \$450

Information: Call (408) 366-4284.

RELATED CLASSES

- Addiction Overview, page 7
- Prenatal/Postpartum Depression Series, page 27
- Mind-Body Fertility Program, page 33

Men's Health

Did you know...

- Heart disease and stroke are associated with risk factors such as high blood pressure, high cholesterol, smoking, and dietary factors.
- Depression is a serious but treatable medical condition that can strike anyone, regardless of

age, ethnic background, socioeconomic status, or gender. Men, in particular, may be unlikely to admit to depressive symptoms and seek help. But depression in men is not uncommon: in the United States, every year, depressive illnesses affect an estimated 7 percent of men (more than six million men).

- Balancing work and life can be a challenge. Learn to manage your stress and relax.
- We can help. Visit your Health Education Center for information about classes, or log on to [kp.org/menshealth](http://kp.org/menshealth).

Maintaining a healthy weight can help reduce your risk for certain cancers.

Men's Group

This group is a supportive environment for men to explore and resolve a wide range of challenges. Areas of focus include relationships, intimacy, family, fatherhood, work, and health.

Meetings are weekly to provide emotional support and encourage problem solving. Open to Kaiser Permanente members only.

Location: Santa Clara, 19000 Homestead Rd., Cupertino

Sessions: Every Wednesday, 6–8 p.m.

Fee: Office visit cost share

Information: Call (408) 366-4090.

Vasectomy

Are you considering a vasectomy? Prepare yourself with this class. Learn about the procedure (including pre- and post-procedure instructions), its associated risks and benefits, and what's involved in recovery. Physician referral required. Class is mandatory before vasectomy can be scheduled. Open to Kaiser Permanente members only.

Location: Santa Clara

Sessions: One session; twice a month; call for dates and times

Fee: No fee

Information: Call (408) 851-4515.

Parenting and Children's Health

ADHD Medication Parent Class

This class is for you if your child has been prescribed or is taking medication for attention deficit hyperactivity disorder (ADHD), and you have questions about how the medication works, its side effects, or if you're considering whether to start your child on medication. Note: For reasons of confidentiality, specific questions about your child's diagnosis and treatment cannot be addressed at these sessions. Questions should be directed to your child's doctor. Preregistration is required. Open to Kaiser Permanente members only.

Location: Santa Clara

Sessions: Third Thursday of each month, 6–7 p.m.

Fee: Office visit cost share

Information: Call (408) 554-9810.

HEALTHY LIFESTYLE PROGRAMS

Take advantage of these free online, personalized programs from HealthMedia® to help you assess your behaviors and learn ways to improve your health:

- Succeed™ for a total health assessment.
- Balance™ for weight management and physical fitness.
- Breathe™ for smoking cessation.
- Care™ for Diabetes for managing diabetes.
- Care™ for Pain for managing ongoing pain.
- Care™ for Your Back for managing back pain.
- Care™ for Your Health for managing ongoing health conditions.
- Nourish™ for good nutrition.
- Overcoming™ Depression for managing depression.
- Overcoming™ Insomnia for a good night's sleep.
- Relax™ for stress reduction.

Start making positive changes today.

Visit [kp.org/healthylifestyles](http://kp.org/healthylifestyles) and choose a program. We'll guide you through an evaluation and tailor a program to fit your individual needs. Five of the programs are also available in Spanish; for more information on these, visit [kp.org/vidasana](http://kp.org/vidasana).

These programs require you to be registered and signed on to our Web site. If you haven't registered yet, start by going to [kp.org/register](http://kp.org/register).







## ONLINE NEWSLETTERS FOR PARENTS

**They say it takes a village to raise a child.** You already look to us to help with your prenatal and well-child care. But we're also here to help connect you to the Kaiser Permanente resources and information you can use to care for yourself and your child every day. Our *Online Newsletters for Parents* bring you trusted and convenient information, tips, and links to resources—all based on your child's due date or age. Choose from one of our four newsletters:

- *Healthy Beginnings* for pregnancy, childbirth, and preparing for your newborn baby
- *Healthy Babies* for your baby's first year
- *Healthy Kids* for raising tots to tweens

- *Healthy Teens* for the 411 on raising teenagers

Subscribe to these free newsletters through your ObGyn's or pediatrician's home page at [kp.org/mydoctor](http://kp.org/mydoctor).

### Autism and Your Child: Charting the Course for Older Children

A program for parents of children elementary through middle school age who have recently been diagnosed with autism, pervasive developmental disorder, not otherwise specified (PDD-NOS) or with Asperger's disorder.

**Location:** Santa Clara, 19000 Homestead Road, Cupertino

**Sessions:** Four 2.5-hour sessions

**Fee:** Members \$80; nonmembers \$130

**Information:** Call (408) 366-4284.

### Dad's Sunset Group

Being a dad is one of the most difficult jobs a man can face, and one of the most rewarding. This group meets weekly for mutual support, education, and encouragement. Along with other fathers, you'll find creative ways to deal with challenging parenting issues. Therapist referral required. *Available to nonmember fathers if your child is a Kaiser Permanente member.*

**Location:** Santa Clara 19000 Homestead Rd., Building 2, 1st Floor, Cupertino

**Sessions:** Weekly; Monday, 6–7 p.m.

**Fee:** Office visit cost share

**Information:** Call (408) 366-4450.

### Early Childhood Development Consultation

Your child doesn't come with an owner's manual, and sometimes you could use a little guidance. We can help answer your questions about the behavior and development of children 5 and younger. Please don't bring children to the consultation. *Available to nonmembers if your child is a Kaiser Permanente member.*

**Location:** Santa Clara, 19000 Homestead Rd., Building 2, 1st Floor, Cupertino

**Sessions:** First and third Wednesday of each month, 8:30–10 a.m.

**Fee:** Office visit cost share

**Information:** Call (408) 366-4450.

### Feeding Your Young Child

This class is designed to help parents raise healthy eaters right from the start. Learn how to establish healthy habits for a lifetime, and find out about resources for parents.

**Sessions:** One 1-hour session; call for dates and times

**Fee:** No fee

**Location:** Santa Clara and Milpitas

**Information:** Call (408) 851-1144 (Santa Clara) (408) 945-2732 (Milpitas)

Did you remember to use sunscreen today?

### Fit for Fun, Fit for Life for Kids and Families Weight Management Overview

Establishing healthy eating and exercise habits in children is of great concern to parents, and potentially, one of their greatest challenges. In this single-session overview, we will cover basic nutrition, fitness activities the whole family can enjoy, and behavior change strategies. This class is a prerequisite for the Fit for Fun, Fit for Life program. For children 7 and older. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** One 1.5-hour session

**Fee:** No fee

**Information:** For more information, call (408) 851-1144.

### Fit for Fun, Fit for Life for Kids and Families Weight Management Program

Come and join us for this exciting program that will provide you and your child the knowledge and skills to live a healthy lifestyle. The classes are engaging and fun and each session includes hands-on activities, games, and prizes. You'll learn how to choose, shop for, and prepare, nutritious and healthy meals; play games and find physical activities for the whole family; and learn skills to change behaviors and motivate your child to live a healthy life. The Fit for Fun program is for children 7 to 12 and their parents. Fit for Life is for teens 13 to 17 and their parents. A pediatrician referral is required. *Open to Kaiser Permanente members only.*

**Santa Clara**

**Sessions:** Four 1.5-hours sessions

**Fee:** No fee

**Information:** For more information, call (408) 851-1144.

**Milpitas**

**Sessions:** Four 1.5-hours sessions

**Fee:** No fee

**Information:** For more information, call (408) 945-2732 (Fit for Fun only, age 7 to 12).

### "Have I Got a Headache" Adolescent Headache Class

Does your adolescent suffer from chronic or frequent headaches?

In this class, you and your child (10 to 17) can learn the causes of migraine and other tension headaches and identify triggers. We'll also discuss how to create a personal plan to manage headaches, so your child can focus on being well and having fun. Pediatrician referral required. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** One session, monthly; call for dates and times

**Fee:** Office visit cost share

**Information:** Call (408) 851-9896.

### Meditation

Learn how to positively transform stress, anxiety, anger, and other negative emotions by practicing meditation, breathing, and deep-relaxation techniques. Wear loose-fitting clothing. For parents and children 10 and older. *Available to nonmembers if your child is a Kaiser Permanente member.*

**Location:** Santa Clara, 19000 Homestead Rd., Building 2, 1st Floor, Cupertino

**Sessions:** Ongoing, Tuesday, 3:45–4:45 p.m.

**Fee:** Office visit cost share

**Information:** Call (408) 366-4450.

### Parenting 101 Workshop

This workshop provides an overview for the basics of parenting. Understand your child's developmental stages and your role as the parent, and learn how to set boundaries and use healthy discipline. Kaiser Permanente and community resources will be available.

**Location:** Santa Clara

**Sessions:** One 3-hour session; call for dates and times

**Fee:** Members: \$45; nonmembers: \$90

**Information:** Call (408) 366-4282 for locations and information.

### Parenting the Child with ADHD

As a parent or caregiver of a child with attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD), you know that many challenges lie ahead. This class offers help in understanding ADHD, possible treatment options, and home and school management skills. Learn about the symptoms as well as available treatment options. Parents and caregivers only, please.

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Three 2.5-hour sessions; call for dates and times

**Fee:** Members \$65; nonmembers \$130

**Information:** Call (408) 366-4284.

## MANAGING YOUR HEADACHES

**Headaches. We've all had them at some point in our lives.** If severe enough, they can keep us from living a healthy, happy life. That's why we've created the Managing Your Headaches program, an online resource that teaches you about headache types and triggers and shows you how to manage and prevent future headaches. To access this free program, find your doctor's home page at [kp.org/mydoctor](http://kp.org/mydoctor) and click on the "Managing Your Headaches" link.





Parenting skills offered through the YWCA of Silicon Valley

Most classes and workshops are available in English, Spanish, and Vietnamese. Classes include: Intentional Parenting; Co-Parenting and Divorce; Strategies for Challenging Behaviors; Family Communication; Parenting for Step-Parents, and Those who Parent with Them; and Parents and Teens Working Together.

**Fee:** Discounted fee for Kaiser Permanente members

**Information:** Call (408) 295-4011 or visit [ywca-sv.org](http://ywca-sv.org) for locations and information.

Parent Project® Senior

This workshop is designed to help parents learn effective prevention and intervention skills to constructively refocus high-risk adolescent behavior. This is an activity-based parenting skills group that uses a behavioral-modification approach, and is designed for parents with strong-willed adolescents. Parents and caregivers only please. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** Ten sessions; weekly; call for dates and times

**Fee:** \$50, materials fee \$22. (Class materials may be purchased on the first day of class.)

**Information:** Call (408) 366-4450.

Parents Helping Parents (PHP)

PHP provides lifetime guidance, support, and services to families of children with special needs and the professionals who serve them. PHP offers many support and information groups, special education information and training, and other services.

**Information:** Call (408) 727-5775 or visit [php.com](http://php.com) for locations and information.

Pediatric Eczema Drop-in Clinic

If you are having difficulty managing your child's eczema, we can help. Attend this drop-in clinic to talk with an allergy physician and a nurse. Help and guidance with dermatology and nutrition specialists are also available. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** Fourth Thursday of every month; 5:30–6:30 p.m.

**Fee:** No fee

**Information:** Call (408) 851-9100.

Pediatric Nutrition Advice Line

Find information on how best to feed your child by phoning our Pediatric Nutrition Advice Line. Leave a brief message and a registered dietitian will get back to you with information and answers, usually within three business days. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Fee:** No fee

**Information:** Call (408) 851-1761.

Pediatric Oncology Parent Education and Support Group

Sponsored by the Silicon Valley Leukemia Lymphoma Society. Light dinner served.

**Location:** Santa Clara

**Sessions:** Twice a month; 5:30–7 p.m.; call for dates

**Fee:** No fee

**Information:** Contact JoAnna L. Quan, MSW, facilitator, (408) 851-7062.

Talking Circle: A Group for High School-Age Teens and Their Parents

A group program for teens and parents that addresses social issues, high-risk behaviors, and/or substance abuse. This group setting provides a safe place for you and your teen to discuss, explore, and increase your awareness of safer behaviors. The class introduces you and your teen to the idea of harm reduction. Therapist referral required. *Available to nonmembers if your child is a Kaiser Permanente member.*

**Location:** Santa Clara, 19000 Homestead Rd., Building 2, 1st Floor, Cupertino

**Sessions:** Ongoing; Tuesday, 5:15–6:15 p.m.



**Fee:** No fee

**Information:** Call (408) 366-4450.

Families in Transition

There's no doubt that divorce can be difficult for everyone involved. This class addresses the needs of parents and children (7 to 11) coping with the issues of separation, divorce, or blended families. Therapist referral required. *Available to nonmembers if your child is a Kaiser Permanente member.*

**Location:** Santa Clara, 19000 Homestead Rd., Building 2, 1st Floor, Cupertino

**Sessions:** Four sessions; weekly; call for dates and times

**Fee:** Office visit cost share

**Information:** Call (408) 366-4450.

Pregnancy to New Baby: Healthy Beginnings

Women who participate in our Healthy Beginnings prenatal classes learn what they need to know to be well prepared for their birth experience. The classes cover the stages of pregnancy and

HEALTHY BABIES ONLINE NEWSLETTER

We know that life with a new baby is busy and full of questions. So we created the *Healthy Babies* online newsletter to help you get the answers you need when and where it's convenient for you. This monthly e-mail newsletter connects you to trusted information and resources to help you through your baby's first year—all customized to your child's age and stage of development.

Subscribe to the newsletter by finding your pediatrician's home page at [kp.org/mydoctor](http://kp.org/mydoctor). Together we can build a healthy future for you and your child.

address the physical and emotional changes an expectant mother may anticipate. We offer support to help you eat well, remain active and energetic, and have a safe and healthy pregnancy. Our Newborn Care and Breastfeeding classes can also help you care for your new arrival with confidence.

Prenatal/Postpartum Depression Series

Pregnancy and giving birth is a major life transition that can be overwhelming. Many women experience feelings of sadness, anxiety, and depression. It's important to take care of yourself emotionally during and after pregnancy. Learn to recognize the signs of prenatal and postpartum depression, practice simple relaxation techniques, and develop your own self-management plan. Some weekly homework is required. Preregistration is required. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** Weekly; call for dates and times

**Fee:** Office visit cost share

**Information:** Call (408) 366-4400.

Prenatal Nutrition

Nurture your baby from the start by taking good care of yourself during pregnancy. Learn about the benefits of good nutrition, healthy weight gain guidelines, and caloric needs. Find out how to manage common pregnancy discomforts such as morning sickness, heartburn, and more. *We encourage you to attend this class when you are 8–16 weeks pregnant.* Partners welcome; no children please. *Open to Kaiser Permanente members only.*

**Fee:** No fee

Campbell

**Sessions:** One 1-hour session; call for dates and times

**Information:** Register at prenatal visit or call (408) 871-9440.

Mountain View

**Sessions:** One 1.5-hour session; call for dates and times

**Information:** Register after completion of Prenatal Orientation class or call (650) 903-2636.

Santa Clara

**Sessions:** One 1-hour session, call for dates and times

**Information:** Register at prenatal visit or call (408) 851-3670. (If you are a vegetarian or vegan, please ask for a class specifically designed for vegetarian and vegan diets.)

TEEN SEXUAL HEALTH PODCASTS

This series of four podcasts features 20 teens from two San Francisco high schools talking with Kaiser Permanente pediatrician Chuck Wibblesman, MD, about teen sexual health. Topics include dating, sexual orientation, birth control, and sexually transmitted infections. To start listening, find your physician's home page at [kp.org/mydoctor](http://kp.org/mydoctor) and click on "Podcasts."





## Mid-Pregnancy

During the middle stage of pregnancy, you'll experience more changes to your body. In this class, we'll help you understand these changes. You can keep your energy level high by eating well and exercising. We're here to support you and discuss ways you can remedy common discomforts of pregnancy. *We encourage you to take this class when you are 18–22 weeks pregnant.* Partners welcome; no children please. *Open to Kaiser Permanente members only. Available in Spanish.* See La etapa media del embarazo on page 37.

**Location:** Campbell, Milpitas, and Santa Clara

**Sessions:** One 2-hour session

**Fee:** No fee

**Information:** Register at prenatal visit or call

**(408) 871-9440** (Campbell)

**(408) 945-2933** (Milpitas)

**(408) 554-9820** (Santa Clara)

## Late Pregnancy

The time for your baby's arrival is drawing near. We can help you and your partner get ready for the labor and delivery experience. That means being able to recognize the early signs of labor and knowing when to call your doctor. We'll discuss what you can expect in the hospital, your options for pain relief during labor and delivery, and how to care for yourself after the baby is born. *We encourage you to take this class when you are 24–32 weeks pregnant.* This class doesn't take the place of Preparing for Childbirth. *Open to Kaiser Permanente members only. Available in Spanish.* See La ultima etapa del embarazo on page 37.

**Location:** Milpitas and Santa Clara

**Sessions:** One 1.5-hour session in Milpitas; one 2-hour session in Santa Clara; call for dates and times

**Fee:** No fee

**Information:** Register at prenatal visit or call

**(408) 945-2933** (Milpitas)

**(408) 554-9820** (Santa Clara)

## Breastfeeding

Your baby's health begins with good nutrition, and studies show that breastfeeding offers many health benefits for you and your infant. In this single-session class, you'll learn why it's important to breastfeed. We'll also show you how to hold your baby for nursing and suggest ways you can prevent common breastfeeding discomforts and challenges. *We encourage you to attend this class when you are 24–36 weeks pregnant.* Plan to bring your partner or support person along. Pregnant women and support persons only; no children please. *Open to Kaiser Permanente members only. Available in Spanish.* See La lactancia on page 37.

**Sessions:** One 2-hour session; call for dates and times

**Fee:** No fee

**Location:** Campbell, Milpitas, and Santa Clara

**Information:** Register at prenatal visit or call

**(408) 871-9440** (Campbell)

**(408) 945-2933** (Milpitas)

**(408) 554-9820** (Santa Clara)

## Preparing for Childbirth

Few events are more exciting than the birth of your baby. Learn the skills and strategies that can help make your childbirth experience a positive one. In this program, we'll teach you breathing and relaxation techniques to use during labor

and delivery. We'll discuss pain management options, the role of your coach, hospital procedures, and what to expect before, during, and after delivery. *We encourage you to take this class when you are 32–36 weeks pregnant.* Early registration is suggested (by week 20 of your pregnancy) because classes fill quickly. Please bring two pillows and a mat to class. Partners or support persons welcome. No children please.

**Milpitas**

611 S. Milpitas Blvd., Conference Rooms

**Sessions:** One session; Saturday, 9 a.m.–5 p.m.; call for dates (box lunch provided)

**Fee:** Members \$80; nonmembers \$160

**Information:** Call **(408) 945-2732** to register or for information.

**Santa Clara**

Conference Center, Department 196, 1st Floor

**Sessions:** Four sessions, 7–9 p.m.; or one session, 9 a.m.–6 p.m.; call for dates

**Fee:** \$80 per couple

**Information:** Sponsored by the Office of Community Education at Mission College. Please register online at **communityed.missioncollege.org** or call Mission College at **(408) 855-5106**. If you are expecting multiples, please ask for the Preparing for Childbirth–Multiples class at Mission College.

## BABY ON BOARD

Healthy pregnancies  
start with healthy parents.  
See page 27.

# considering in vitro fertilization?

**Let us help you expand your family.** We offer advanced in vitro fertilization (IVF) treatment by a compassionate team of qualified medical specialists. Call today to take the next step in creating your little miracle.

**Kaiser Permanente  
The Center for Reproductive Health**  
39141 Civic Center Drive, Suite 350  
Fremont, CA 94538

**(510) 248-6900**  
**1-888-886-0079** (toll free)

**kpivf.org**

Many Kaiser Permanente members have coverage for the diagnosis and treatment of infertility, and some members have coverage for in vitro fertilization (IVF) procedures if IVF is listed as a covered benefit in the *Evidence of Coverage* for their Kaiser Permanente health benefit plans. Otherwise, the services described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc., Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your health plan benefits, please see your *Evidence of Coverage*.

Photo of models shown, not actual patients.



Mom and Me Smoke-Free

Are you pregnant and want to quit using tobacco? Meet one-on-one with a trained tobacco cessation counselor to develop a plan of action to help you quit. Learn how nicotine affects both your health and the health of your baby. Find out about the benefits of quitting for mom and baby. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** One session; call for dates and times

**Fee:** No fee

**Information:** Call (408) 851-3670.

Sibling Preparation

If you have a baby on the way, and your child has a lot of questions about their future role as a sibling, this class might be just what you are looking for. Through games and activities, children will learn about basic baby care and how exciting and fun it will be to be a big brother or sister! Recommended for children 3 to 8 and their parents. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara

**Sessions:** One 1-hour session; once a month; call for dates and times

**Fee:** No fee

**Information:** Call (408) 851-1144.

Mommy and Me

If you have questions about your new baby, our Department of Pediatrics can help. Come join our Mommy and Me group. Our experienced staff will be there to help support you and answer all of your questions. In addition, you will meet and get support from other new moms like yourself. *Open to Kaiser Permanente members only.*

**Location:** Santa Clara, Classroom 192, Department of Pediatrics

**Fee:** No fee

**Sessions:** Drop in, every Monday, except holidays; 10–11:30 a.m. (1–3 months); 12:30–2 p.m. (4–6 months)

**Information:** Call (408) 851-1144.

Baby Sign Language Introductory Workshop

Babies already sign when they lift their arms to be picked up or point to a toy. Wouldn't it be nice to understand what your baby is trying to tell you? Baby Sign Language teaches parents

to communicate with babies long before they can verbalize their wants and needs. Signing with babies can help accelerate language development, reduce frustration, enhance a child's self-esteem, and deepen the bond between parent and child. Fun activities and songs will show you how easy it can be to integrate signs based on American Sign Language into your everyday routine. You are welcome to bring your baby, but it is not required.

**Location:** Santa Clara

**Sessions:** One 2.5-hour session

**Fee:** \$40 per individual; \$70 per couple

**Information:** Call (408) 851-1144.

Baby Sign Language Playgroup Series

The six-week playgroup is a fun opportunity for parents to build their signing vocabulary with themes like mealtime, animals, colors, family, safety, and more. The Playgroup Series is designed for parents-to-be and parents with babies ranging in age from birth to 18 months. A wonderful textbook with useful tips, songs, and an illustrated dictionary is available to purchase. You are welcome

MOTHER'S MILK IS BEST!

Breast pumps and supplies

Breast pumps make it easy for you to continue breastfeeding even after you return to work or to other activities. Come see our full line of breastfeeding products for rental or purchase. Our helpful staff can also show you how they work.

• Campbell

Health Education  
(408) 871-6463

• Milpitas

Health Education (sales only)  
(408) 945-5089

• Mountain View

Health Education (sales only)  
(650) 903-2636

• Santa Clara

Women's Health Education,  
Dept. 394  
(408) 851-3670

to bring your baby, but it is not required. To maximize the benefits of this program, it's recommended that participants first enroll in the Introductory Workshop.

**Location:** Santa Clara

**Sessions:** Six 1-hour sessions

**Fee:** \$110 per individual, \$190 per couple

**Information:** Call (408) 851-1144.

Newborn Care

Wouldn't it be nice if babies came with instruction manuals? This class just might be the next best thing. In this session, we'll help you learn the information and skills you need to feel confident about caring for your newborn. We'll cover topics such as feeding, bathing, diapering, and when to call your physician. Partners are welcome or one adult guest may attend. No children please. *Open to Kaiser Permanente members only. Available in Spanish.* See El cuidado del recién nacido on page 37.

**Fee:** No fee

**Location:** Milpitas

**Sessions:** One 2-hour session; call for dates and times

**Information:** Register at a prenatal visit or call (408) 945-2933.

**Location:** Santa Clara

**Sessions:** One 2.5-hour session; call for dates and times

**Information:** Register at a prenatal visit to attend when you are 32–36 weeks pregnant, or call (408) 554-9820.

Prenatal Yoga

Are you expecting? The yoga poses taught in this class are designed to increase your strength, flexibility, endurance, and breath control for labor, birth, and the postpartum period. Wear loose-fitting clothing.

**Location:** Mountain View

**Sessions:** Five sessions; call for dates and times

**Fee:** Members \$40; nonmembers \$60

**Information:** Call (650) 903-2636 or visit [kp.org/mountainview](http://kp.org/mountainview) and click "Health Resources–Health Education" to view schedule.

Whole Birth Yoga and Support

This class teaches us to listen deeply to and trust in our body's innate birthing wisdom. Many

of the common discomforts experienced during pregnancy can be relieved through the practice of Whole Birth Yoga. In this class, ample time is given for support and the sharing of what's joyful and what's difficult about being pregnant. Enhance your comfort in pregnancy while preparing your mind and body for birth. Enjoy the company of other pregnant women sharing the challenges and joys of this time. For all stages of pregnancy. No yoga experience necessary.

**Location:** Santa Clara

**Sessions:** Eight 2-hour sessions; weekly; call for dates and times

**Fee:** Members \$90; nonmembers \$110

**Information:** Call (408) 851-3800.

HEALTHY BABIES  
ONLINE NEWSLETTER

Delivering the latest on infant health. See page 27.

DISCOVER HEALTH AND WELLNESS!

Visit our Health Education Center and discover a variety of tools that will help you be inspired, stay informed, and be healthier. We are your resource for:

- Advance Health Care Directive forms
- Pamphlets
- Video viewing
- Health education class information and registration
- Reference books
- Volunteer opportunities
- Health information
- Internet access
- Health product sales
- Breast pump sales and rentals
- Blood pressure stations

Check with your local Health Education Center for specific products and services offered.



Postnatal Yoga/Pilates and Support for Mom and Baby

This class is a supportive community for moms and babies 6 weeks old to crawling. It is an opportunity to enjoy your yoga practice as your baby learns to play and discover his or her world in a safe, relaxed and fun environment. To participate, you must be at least six weeks past a vaginal birth or eight weeks past a cesarean birth.

Location: Santa Clara

Fee: Drop-in: members \$15; nonmembers \$20

Information: Call (408) 851-3800.

RELATED CLASSES

→ Couples Communication for New and Expecting Parents, page 18

Senior Health

Bone Health

Has your doctor told you that you have osteoporosis or osteopenia? Have you had a bone fracture since the age of 50? Do you want to reduce your risk for fractures and poor bone health in the future? In this class, you will learn about the risk factors for osteoporosis, the lifestyle

changes that affect bones, and medication options for treating the condition. Physician referral recommended, but not required. Class is co-taught by a physician and a registered dietitian. Open to Kaiser Permanente members only.

Location: Santa Clara

Sessions: One 2-hour session; several times a year; call for dates and times

Fee: No fee

Information: Talk to your physician or call (408) 554-9800.

RELATED CLASSES

→ Healthier Living: Managing Ongoing Health Conditions, page 8

Smoking/ Tobacco Cessation

Kaiser Permanente members who have drug benefit coverage are eligible to receive tobacco cessation aids at their regular drug cost share. Just enroll in Freedom from Tobacco or Quit Tobacco Workshop, or call the California Smokers’ Helpline. Kaiser Permanente has also added HealthMedia® Breathe™,

a healthy lifestyle online program that is available to members through kp.org. You’ll need to give the pharmacy your enrollment verification form.

Tobacco cessation aids—Are you interested in using the tobacco cessation aid bupropion? Contact your practitioner for a prescription. Learn how to use bupropion properly and how to obtain other tobacco cessation aids.

Freedom from Tobacco

Declare your freedom and join our tobacco cessation program. Learn about the nature of nicotine addiction, how to develop a personal quit plan, and how to deal with withdrawal. Participation in this program qualifies members with supplemental drug coverage to receive tobacco cessation medications at their usual cost share. If you are interested in using a medication to help you quit, please contact your doctor for a prescription.

Location: Santa Clara

Sessions: Seven sessions; call for dates and times

Fee: No fee for members; nonmembers \$70

Information: Call (408) 851-3800 or to register, call (408) 554-9800.

Quit Tobacco Workshop

Yes, you can be free from tobacco. Join us for this single-session, no-pressure workshop. Get a better understanding of the nature of addiction and the resources available to help you quit. You will learn to find the tools you need to develop your own quit plan. Participation in this workshop qualifies members with supplemental drug coverage to obtain tobacco cessation medication at their usual cost share.

Location: Campbell, Mountain View, and Santa Clara

Sessions: One session; call for dates and times

Fee: No fee for members; nonmembers \$25

Information: Call (408) 871-6463 (Campbell) (650) 903-2636 (Mountain View) (408) 851-3800 (Santa Clara)

KICK BUTTS

When you’re ready to stop smoking, we’re here to help.

HealthMedia® Breathe™

This online program will give you a personal plan for decreasing your dependency, managing

withdrawal, and dealing with cravings. This award-winning smoking cessation program has helped others succeed, and it can help you too! Start making positive changes today. Visit kp.org/healthylifestyles to personalize your plan to quit smoking.

RELATED CLASSES

→ Mom and Me Smoke-Free, page 30

Surgery

Prepare for Surgery— Heal Faster

Are you feeling nervous about your upcoming surgery? We can help prepare you psychologically so you can relax. Ideally, you’ll take this workshop one or two weeks prior to having your surgery. Even if you only have a day before your surgery, you can still benefit. The workshop is 45 minutes to an hour. You may also borrow or purchase materials from Health Education. Open to Kaiser Permanente members only.

Location: Santa Clara

Sessions: One session; call for dates and times

Fee: No fee

Information: Call (408) 851-2399 or visit healfaster.com.

RELATED CLASSES

→ Weight Loss Surgery: Preparing for Success, page 16  
→ Advance Health Care Directives, page 13

Women’s Health and Family Planning

Fertility Education and Support Group

If you or your partner is facing infertility, join this ongoing group to share with and learn from others who face the same challenges. Specific educational topics include sexuality, couples communication, coping skills, success stories, adoption, donor egg/donor sperm, and alternative therapies. Open to Kaiser Permanente members only.

Location: Santa Clara, Women’s Clinic, 3rd Floor, Dept. 340

Sessions: Ongoing; first Tuesday of each month, 6:30–8:30 p.m.

Fee: No fee

Information: Call (408) 851-3562.

Mind-Body Fertility Program

This program is designed to improve your overall mood, health, and well-being, and provide skills that can reduce the stress that can affect fertility.

Location: Santa Clara

Sessions: Nine 2.5-hour sessions, plus one-day retreat; call for dates and times

Fee: Members \$275; nonmembers \$550; materials fee \$35 (Class materials may be purchased on the first day of class.)

Information: Call (408) 366-4284.

CALIFORNIA SMOKERS’ HELPLINE

Need help quitting smoking or tobacco?

This free telephone counseling service is for adults and teens and is funded by the California Health Services Department. A counselor will help you design a program to fit your needs.

To get help in receiving your quit-smoking aids, ask for a certificate of enrollment. For more information, call:

1-800-NO-BUTTS

1-800-778-8440

1-800-45-NO-FUME

1-800-933-4TDD

1-800-844-CHEW

(English)

(Mandarin, Cantonese, and Vietnamese)

(Spanish)

(TDD/TTY for the hearing/speech impaired)

(for tobacco chewing)





Tubal Sterilization

Are you considering tubal sterilization as your method of birth control? We can answer your questions about the different procedures, including the risks and benefits, and why many women make tubal sterilization their choice. *Open to Kaiser Permanente members only. Available in Spanish.* See La esterilización de trompas on page 37.

Location: Santa Clara

Sessions: One 1.5-hour session; twice a month; call for dates and times

Fee: No fee

Information: Call (408) 851-3052.

START SURFING

Find your doctor’s home page at [kp.org/mydoctor](https://kp.org/mydoctor).

Menopause: Hot Flashes, Sexuality, and Hormones

Each woman experiences menopause differently. We’re here to help you understand this important transition in life and learn what changes and symptoms to expect. We’ll discuss menopause symptoms and what you can do to manage hot flashes, sleeplessness, headaches, and more. In addition, we will discuss the sexual changes menopause may bring and ways to keep physical and emotional closeness. This class covers the pros and cons of using hormones and herbal remedies and reviews ways to protect yourself from osteoporosis, heart disease, and cancer. You can also meet and share experiences with other women in the class. *Open to Kaiser Permanente members only.*

Location: Santa Clara

Sessions: One 2-hour session, every other month; call for dates and time

Fee: Office visit cost share

Information: Call (408) 851-3670.

From aspirin to yoga, our health encyclopedia has the answers you want. [kp.org/health](https://kp.org/health)

Urinary Incontinence

Find out what your options are for dealing with bladder control problems. In a supportive environment with other women, learn about ways the condition can be treated. Physician referral required. *Open to Kaiser Permanente members only.*

Location: Santa Clara

Sessions: One 2-hour session; monthly

Fee: Office visit cost share

Information: Call (408) 554-9820.

RELATED CLASSES

→ Vasectomy, page 23

Clases y servicios en español

Tomando control de su salud

¡Sáquele más provecho a su vida! Este programa ha traído bienestar a muchos miembros que viven con la contrariedad de una enfermedad como la diabetes, la hipertensión arterial, la artritis o cualquier otra enfermedad crónica. En grupos pequeños, compartiremos ideas para generar soluciones, a fin de enfrentar más satisfactoriamente la fatiga, los ataques de ansiedad y el estrés. También aprenderemos a manejar nuestros síntomas, resolver nuestros problemas y mejorar nuestra comunicación. El grupo se reúne semanalmente por seis semanas. Los materiales están disponibles para préstamo. La mayor parte de los asistentes eligen comprar sus propios materiales. *Abierta a la comunidad.*

Location: Santa Clara

Costo: miembros, gratis; no miembros, \$60

Información: para más información, llame al (408) 851-9519.

Citas con una educadora de salud (Health Coaching Appointments)

Se ofrece educación individual sobre diferentes temas de salud, haciendo una cita con una educadora de salud. Los temas incluyen, entre otros, la hipertensión arterial, el dejar de fumar, control de peso, nutrición

general, prediabetes y diabetes y asma. *Abierta sólo a los miembros de Kaiser Permanente.*

Location: Santa Clara

Costo: gratis

Información: para más información, llame al (408) 851-3223.

Datos básicos sobre la diabetes (Diabetes Basics)

Podrá sentirse mejor y mantenerse activo y saludable cuando aprenda algunos datos básicos sobre el control de la diabetes tipo 2. En esta clase ofrecemos consejos generales sobre las cuatro áreas clave para el control de la diabetes: alimentarse bien, hacer ejercicio, llevar el control de los niveles de azúcar en la sangre y usar correctamente los medicamentos. Le enseñaremos a usar su medidor de azúcar en la sangre y a reconocer las señales de niveles de azúcar altos y bajos. *Abierta sólo a los miembros de Kaiser Permanente.*

Location: Milpitas

Sesiones: una clase de dos horas

Costo: gratis

Información: para más información, llame al (408) 945-2745.

Location: Santa Clara

Costo: gratis

Información: para más información, llame al (408) 851-3223.

La diabetes y su salud (Living Well with Diabetes)

Una vez que haya aprendido los datos básicos sobre el control propio de la diabetes, estará listo para avanzar al siguiente nivel. En estas sesiones,

examinamos a fondo la diabetes y la atención recomendada. Aprenderá nuevas formas de tomar buenas decisiones sobre alimentos y el ejercicio físico, además de cómo normalizar los niveles de azúcar en la sangre y cómo controlar el estrés y las emociones relacionadas con la diabetes. También le enseñaremos a evitar las complicaciones de la diabetes con un buen control del nivel de azúcar en la sangre y el uso correcto de medicamentos. *Abierta sólo a los miembros de Kaiser Permanente.*

Location: Santa Clara

Sesiones: dos

Costo: gratis

Información: para más información, llame al (408) 851-9519.

Las vías de reducción de estrés (Pathways to Stress Reduction Overview)

Participe en esta clase para descubrir cómo se relacionan el cuerpo, la mente y los síntomas del estrés. Le ayudaremos a reconocer lo que le ocasiona tensión y a aprender técnicas básicas para superar el estrés. También le proporcionaremos una descripción de las clases disponibles en el Centro de Bienestar Cuerpo-Mente para que pueda elegir la o las que más le convengan. *Abierta a la comunidad.*

Sesiones: una sesión de 2 horas

Costo: gratis para miembros; no miembros, \$20.

Inscripción: llame al (408) 366-4284 para reservar su lugar.



REDUCED RATES ON COMPLEMENTARY CARE\*

Take care of the whole you—for less than you might think. As a Kaiser Permanente member, you’re eligible for reduced rates from select providers of complementary and alternative treatments, such as massage therapy, acupuncture, and chiropractic care. You also get free shipping for online purchases of vitamins and herbal supplements, and preferred rates on select fitness club memberships. You don’t even need a referral. For more information or to request a list of contracted providers, visit [kp.org/choosehealthy](https://kp.org/choosehealthy) or call 1-877-335-2746.

\*These products and services are provided by entities other than Kaiser Permanente. Some Kaiser Permanente benefit plans include coverage for certain of these discounted services. Plan benefits must be used before those discounted services are available. Check your Evidence of Coverage for details. Kaiser Permanente disclaims any liability for these discounted products and services. Should a problem arise, you may take advantage of the Kaiser Permanente grievance process by calling the Member Service Call Center at 1-800-464-4000.

American Specialty Health Networks, Inc. and Healthyroads, Inc. are subsidiaries of American Specialty Health Incorporated.



Para enfrentar el estrés—  
Un enfoque mente-cuerpo

En la ciencia médica se han hecho descubrimientos asombrosos sobre cómo nuestras emociones y pensamientos afectan la nuestra salud. En esta clase aprenderá cuál es el origen del estrés en su vida y técnicas para ayudarlo a controlarlo. *Abierta a la comunidad.*

**Location:** Santa Clara

**Sesiones:** ocho sesiones de 2 horas cada una

**Costo:** gratis para miembros; no miembros, \$95; materiales, \$14 (opcional).

**Inscripción:** llame al **(408) 366-4284** para reservar su lugar.

Manejo de la depresión –  
Introducción (Managing Depression Overview)

La depresión es muy común ¡y tratable! En esta clase aprenderá sobre la depresión, sus causas, síntomas, y las opciones de tratamiento, así como sobre los medicamentos. Tendrá la oportunidad de recibir respuestas a sus preguntas, mientras da los primeros pasos hacia su recuperación emocional. Los familiares y demás personas que ayudan a quienes padecen de depresión son bienvenidos. *Abierta a la comunidad.*

**Location:** Santa Clara

**Sesiones:** una sesión de 2 horas

**Costo:** miembros, gratis; no miembros, \$20.

**Inscripción:** llame al **(408) 366-4284** para reservar su lugar.

MENOS ESTRÉS, MÁS SALUD

Pruebe una clase que le ayudará a relajarse y mantenerse en forma.

Manejo de la depresión –  
Sesión múltiple (Managing Depression Series)

La depresión es más que una alteración del humor o una tristeza ocasional. Muchísima gente se enfrenta a ella a diario. Aprenda a reconocer los síntomas de la depresión, practicar técnicas sencillas de relajación, y desarrollar su propio plan para combatir este mal. Se requiere cierta preparación semanal. Requisito previo: asistir a la clase “Manejo de la Depresión –Introducción”. *Abierta a la comunidad.*

**Location:** Santa Clara

**Sesiones:** ocho

**Costo:** miembros, gratis; no miembros, \$95.

**Inscripción:** llame al **(408) 366-4284** para reservar su lugar.

El control de peso (Managing Your Weight)

Descubra los mitos y realidades sobre el control del peso, aprenda a lograr que su metabolismo funcione más eficazmente, a comer saludablemente y la importancia del ejercicio. *Abierta sólo a los miembros de Kaiser Permanente.*

**Location:** Santa Clara

**Sesiones:** una sesión de 2 horas, ofrecida el primer viernes de cada mes

**Costo:** gratis

**Información:** para más información, llame al **(408) 851-9519**.

Un peso saludable, una vida saludable (Cultivating Health)

Esta clase es para personas que desean hacer cambios en su vida para llegar a un peso saludable. Los temas incluyen: la nutrición y cómo alimentarse saludablemente, cómo empezar un programa de ejercicio y mantenerlo, cómo adaptar sus recetas favoritas, y cómo disfrutar de las reuniones familiares. Condición previa: asistir a la clase “El Control de Peso”. *Abierta sólo a los miembros de Kaiser Permanente.*

**Location:** Santa Clara

**Costo:** \$75

**Información:** para más información, llame al **(408) 851-9519**.



INFORMACIÓN SOBRE LA SALUD EN ESPAÑOL

En el sitio [kp.org/espanol](http://kp.org/espanol) encontrará información y consejos sobre la salud, todo en español. Si desea aprovechar nuestros programas HealthMedia® en español para los miembros, visite el sitio [kp.org/vidasana](http://kp.org/vidasana).



La etapa media del embarazo (Mid-Pregnancy)

Durante la etapa media del embarazo, usted experimentará más cambios en el cuerpo. En este curso le ayudaremos a comprender estos cambios. Su nivel de energía podrá mantenerse alto si se alimenta bien y realiza ejercicios. Estamos a su disposición para asistirle a analizar la manera de aliviar las molestias comunes del embarazo. Le aconsejamos que asista a esta clase entre las semanas 18 y 22 del embarazo. *Abierto solo a los miembros de Kaiser Permanente.*

**Location:** Santa Clara, 710 Lawrence Expressway

**Sesiones:** una sesión, 2 horas

**Costo:** gratis

**Inscripción:** llame al **(408) 554-9820**.

La ultima etapa del embarazo (Late Pregnancy)

Se acerca la llegada de su bebé y en este curso le ayudaremos a usted y a su pareja a prepararse para ese momento. Esto significa poder reconocer las primeras señales del trabajo de parto y saber el cuándo llamar a su médico. Le explicaremos qué esperar en el hospital, sus opciones para aliviar el dolor durante el trabajo de parto y el parto, y sobre su cuidado y el de su bebé. Le aconsejamos

que asista a este curso entre las semanas 24 y 32 de embarazo. *Abierto solo a los miembros de Kaiser Permanente.*

**Location:** Santa Clara, 710 Lawrence Expressway

**Sesiones:** una sesión, 2 horas

**Costo:** gratis

**Inscripción:** llame al **(408) 554-9820**.

La lactancia (Breastfeeding)

La salud de su bebé comienza con una buena nutrición. Los estudios demuestran que la lactancia ofrece muchos beneficios de salud para usted y para su hijo. En esta clase aprenderá por qué es importante amamantar. También le mostraremos cómo sostener a su bebé para alimentarlo y sugeriremos formas de prevenir los desafíos y las molestias comunes durante la lactancia. Le aconsejamos que asista a esta clase entre las semanas 24 y 36 de embarazo. *Abierto solo a los miembros de Kaiser Permanente.*

**Location:** Santa Clara

710 Lawrence Expressway

**Sesiones:** una sesión, 2 horas

**Costo:** gratis

**Inscripción:** llame al **(408) 554-9820**.

El cuidado del recién nacido (Newborn Care)

Los recién nacidos no vienen con una manual, por eso ofrecemos

esta clase para preparar a los padres a cómo cuidar de su bebé. Recibirá información sobre la lactancia, la ictericia, el llanto del bebé y las señales que pueden indicar problemas graves. Por medio de demostraciones y prácticas, los padres se sentirán más seguros en su capacidad de atender a su recién nacido. Le aconsejamos que asista a esta clase entre las semanas 28 y 36 del embarazo. *Abierta solo a los miembros de Kaiser Permanente.*

**Location:** Santa Clara

710 Lawrence Expressway.

**Sesiones:** una sesión, 2 horas

**Costo:** gratis

**Inscripción:** llame al **(408) 554-9820**.

La esterilización de trompas (Tubal Sterilization)

La esterilización es una decisión importante para muchas parejas. Esta clase le ofrecerá información sobre los procedimientos de esterilización, sus ventajas y desventajas, y otros métodos de anticoncepción. Esta sesión es obligatoria para aquellas personas que buscan la esterilización como método permanente de control de la natalidad. *Abierta solo a los miembros de Kaiser Permanente.*

**Location:** Santa Clara

**Costo:** gratis

**Inscripción:** llame al **(408) 851-3052**.



HEALTH JOURNEYS GUIDED IMAGERY PROGRAMS

Guided imagery is a type of relaxation exercise designed to engage your mind, body, and spirit. It's gentle but powerful. *The Health Journeys Guided Imagery* podcasts, available from your physician's home page at [kp.org/mydoctor](http://kp.org/mydoctor), can help you ease pain, relieve stress, get healthful sleep, and prepare for successful surgery. All you have to do is settle in, relax, and listen.



Community Resources

Addiction and Recovery

Alcoholics Anonymous (AA)  
Santa Clara: **(408) 374-8511**  
  
Al-Anon  
Santa Clara: **(408) 379-1051**  
Campbell: **(408) 379-1051**  
[ncwsa.org](http://ncwsa.org)  
  
Narcotics Anonymous  
Santa Clara: **(408) 998-4200**  
  
The California Smokers' Helpline  
**1-800-662-8887**

Alzheimer's Disease

Alzheimer's Association  
Los Gatos: **1-800-272-3900**  
Mountain View: **(650) 962-8111**  
San Jose: **1-800-272-3900**  
West Valley/Saratoga:  
**1-800-272-3900**

Arthritis

Arthritis Foundation  
**1-800-464-6240**  
[arthritis.org](http://arthritis.org)

Asthma/Breathing Problems

American Lung Association  
Santa Clara: **(408) 200-1759**  
[lungusa.org](http://lungusa.org)

Breastfeeding

La Leche League of Greater San Jose  
**1-800-LALECHE**  
**(1-800-525-3243)**  
[lli.org](http://lli.org)

Nursing Mother's Counsel  
**(408) 272-1448**  
[nursingmothers.org](http://nursingmothers.org)

Cancer

American Cancer Society  
Silicon Valley/Central Coast  
Regional Office: **(408) 871-1062**  
[cancer.org](http://cancer.org)  
  
Breast Cancer Support Group  
Santa Clara: **(408) 851-4316**  
  
General Cancer Support Group  
Santa Clara: **(408) 851-4316**  
  
Ovarian and Gynecological  
Cancer Support Group  
Santa Clara: **(408) 851-4316**

Caregivers

Caregivers Support Group  
Santa Clara: **(408) 366-4400**

CPR and First Aid

American Red Cross  
**1-800-754-9072**

Depression and Anxiety

Screening for Mental Health  
**(781) 239-0071**  
[mentalhealthscreening.org](http://mentalhealthscreening.org)

Diabetes

American Diabetes Association  
**1-800-342-2383**  
[diabetes.org](http://diabetes.org)  
  
Diabetes Support Group  
Santa Clara: **(408) 851-7054**  
  
Diabetes Society of  
Santa Clara Valley  
[diabetesscv.org](http://diabetesscv.org)

Domestic Violence

Support Network for  
Battered Women  
**1-800-572-2782** (English/  
Spanish  
[snbw.org](http://snbw.org)

Fibromyalgia

The Fibromyalgia Network  
**1-800-853-2929**

Food Allergies

The Food Allergy Network  
**1-800-929-4040**

Grief and Loss

Bereavement Group  
**(408) 342-6643**  
  
Hospice of the Valley  
**(408) 559-5600**  
[hospicevalley.org](http://hospicevalley.org)

Health and Fitness

Campbell Community Center  
**(408) 866-2105**  
  
International Swim Center  
Santa Clara: **(408) 243-7727**  
  
Milpitas Sports Center  
**(408) 586-3225**  
**(408) 942-3289** (TTY for the  
hearing/speech impaired)  
  
Mountain View Recreation  
Center  
**(650) 903-6331**  
  
San Jose Parks and Recreation  
**(408) 535-3570**  
  
Santa Clara Parks and  
Recreation Center  
**(408) 615-2260**  
  
Sunnyvale Community Center  
**(408) 730-7350**

Sunnyvale-Cupertino Adult and  
Community Education  
**(408) 522-2700**

Betty Wright Swim Center  
(C.A.R.)  
Palo Alto: **(650) 494-1480**

YMCA East Valley  
Mountain View: **(650) 969-9622**  
Central San Jose: **(408) 298-1717**  
San Jose: **(408) 715-6500**  
Palo Alto: **(650) 856-9622**  
Saratoga: **(408) 370-1877**

Hearing

American Tinnitus Association  
**1-800-634-8978**  
[ata.org](http://ata.org)

Heart and Circulatory Health

American Heart Association  
San Jose: **(408) 977-4950**  
[americanheart.org](http://americanheart.org)  
  
National Heart, Lung, and  
Blood Institute  
[nhlbi.nih.gov](http://nhlbi.nih.gov)  
  
National Stroke Association  
**1-800-787-6537**

HIV/AIDS

The Living Center  
San Jose: **(408) 971-0852**  
[thelivingcenter.org](http://thelivingcenter.org)  
  
CDC Information  
**1-800-232-4636**  
(24 hours a day)

Infertility

Fertility Education and Support  
Group Santa Clara:  
**(408) 851-9400**

Resolve: The National  
Infertility Association  
**1-866-888-7452** (toll free)  
[resolve.org](http://resolve.org)

Learning Disabilities

National Center for Learning  
Disabilities  
**1-888-575-7373** (toll free)  
[ncld.org](http://ncld.org)

Living Assistance

California Association of  
Health Facilities  
[cahf.org](http://cahf.org)  
  
Department of Housing and  
Urban Affairs  
[hud.gov](http://hud.gov)  
  
National Center for Assisted Living  
[ncal.org](http://ncal.org)

Mental Health

National Alliance for the  
Mentally Ill  
**1-800-950-NAMI**  
[nami.org](http://nami.org)  
  
CHADD – Children and  
Adults with ADHD  
[chadd.org](http://chadd.org)

Multiple Sclerosis

Multiple Sclerosis Support Group  
Silicon Valley Chapter:  
**1-800-344-4867**  
[nationalmssociety.org](http://nationalmssociety.org)

Nutrition

American Dietetic Association  
(ADA)  
[eatright.org](http://eatright.org)  
  
Overeaters Anonymous  
**(408) 268-7243**  
[oa.org](http://oa.org)

Take Off Pounds Sensibly (TOPS)  
[tops.org](http://tops.org)

Parenting

CHADD – Children and Adults  
with ADHD  
[chadd.org](http://chadd.org)  
  
First 5 California  
Call **1-800-543-7025** for your  
free new-parent kit  
  
New Mothers Support  
Las Madres  
**1-877-LASMADRES**  
**(1-877-527-6237)** (toll free)  
[lasmadres.org](http://lasmadres.org)  
  
Parents Helping Parents  
**(408) 727-5775**  
[php.com](http://php.com)  
  
YWCA of Silicon Valley offers  
parenting skills classes  
**(408) 295-4011**  
[ywca-sv.org](http://ywca-sv.org)

Parkinson's Disease

National Parkinson's Foundation  
**1-800-327-4545**  
[parkinson.org](http://parkinson.org)

Senior Health

Campbell Senior Center  
**(408) 866-2146**  
  
Milpitas Senior Center  
**(408) 586-2775**  
  
Mountain View Senior Center  
**(650) 903-6330**  
  
Santa Clara Senior Center  
**(408) 615-3170**  
  
Sunnyvale Senior Center  
**(408) 730-7360**

CALL US FOR MEMBER SERVICES

Want to find out if your benefits cover acupuncture or chiropractic care? For answers to all of your benefits questions, call our Member Service Call Center at **1-800-464-4000**, weekdays from 7 a.m. to 7 p.m. and weekends from 7 a.m. to 3 p.m. For TTY service for the deaf, hard of hearing, or speech impaired call **1-800-777-1370**.







## PODCASTS

**Don’t have time to take a health class?** Check out our *Healthy Living To Go* podcasts. Listen to nutrition tips while you’re making dinner or learn about reducing stress while you’re out for a walk.

To start listening, find your physician’s home page at **kp.org/mydoctor** and click on “Podcasts.” Once there, you can:

- Click on a topic from our podcast library and listen from your computer, or
- Download a topic to listen to later or to take with you on your portable audio player

Topics include *Exercise Smart, Healthier Living for Teens, Stress Management, Walking for Health, Quitting Smoking, Second Hand Smoke, and Healthy Pleasures.* Check out our podcasts today and get your good health to go.

And for additional podcasts recorded by our local practitioners, visit **kphealthcast.com**.

# Health Education Staff

**We’re here to make lives better.**

## Campbell

**Shan Y. Zhu, MD**  
*Chief of Patient Education*

**Amy L. Holland**  
*Manager, Health Education*

## Milpitas

**Hogan Shy, MD**  
*Chief of Patient Education*

**Devora Lomas, MPH**  
*Manager, Health Education*

## Mountain View

**Sonali Gotmare, MD**  
*Chief of Patient Education*

**Rochelle Jimenez-Barabad**  
*Administrative Services Supervisor*

## Santa Clara

**Todd Dray, MD**  
*Assistant Physician-in-Chief for Health Promotion, Santa Clara*

**MaryAlice Ambrose, MD**  
*Chief of Patient Education*

**Lisa Morgan, MPH**  
*Director, Health Education*

**Suchitra B. Vaidya, MA, MPH**  
*Manager, Health Education*

**MiMi Belser, MEd**  
*Manager, Behavioral Health Education*

*Mind-Body Wellness Center*

**Peggy Aaron, MPH**  
*Manager, Women’s Health Education*

**Coralyn Vidal, MPH, RD, CDE**  
*Manager, Clinical Services*

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