

HEALTHY LIVING

classes + resources



A HEALTHY YOU

Diablo Service Area • kp.org/diablo

Para información en español, vea la página 29.

Visit kp.org/healthyliving/nca to find classes, podcasts, and more.



Video visits

Getting the answers and care you need doesn't have to mean rescheduling your day.

Next time you need your doctor, ask if a video visit is right for your symptoms or condition.

kp.org/mydoctor/videovisits



inspire people. inform choices. improve health.

At Kaiser Permanente, we believe good health is everything. That's why we're dedicated to helping you feel and be your best every day. The Healthy Living classes and programs in this catalog can help you become a more active partner in managing, maintaining, and improving your health. We offer on-site workshops and support groups, personalized coaching by phone, as well as online programs, tools, and information—all designed to help you move more, stress less, eat better, and be healthy at every stage of life. Take advantage of these resources and start working toward your personal wellness goals.

If life is what you make it, why not make it healthy?



Directory4

Looking for something in particular? Then start with the table of contents. But feel free to browse the class listings, too, as you might just find something you didn't even know you wanted.



General information7

This is where you'll find the nuts and bolts about our Health Education Centers, locations, and how to register for classes.



Look for this symbol throughout the catalog to indicate online classes and programs. Some classes also offer online registration through kp.org/appointments.



General Information

Registration and Class Fees 7
Health Education Centers 7
Locations of Services 8

Class Listings

Aging and Senior Health

Resources 9
Online Resources 9
Health Store Resources 9
Life Care Planning (Advance Directive) 9
Hospice Program—Bereavement Education and Support Services 9
Additional Kaiser Permanente Services 10

Alcohol and Drugs

Alcohol and Drug Education Series 10

Cancer

American Cancer Society 10
Breast and Ovarian Cancer..... 10
Cancer Support Community..... 10
Look Good, Feel Better Workshop.. 11

Child and Teen Health

Online Resources 11
Health Store Resources 11
Online Newsletters for Parents 11
Controlling Your Child’s Asthma Video 11
1-2-3 Magic: Effective Discipline for Children Ages 2 to 12 11
Healthy Eating, Active Living for Kids and Families: Overview 11

Chronic Conditions

Self-Management

Online Resources 12
Health Store Resources 12
Coping with Fibromyalgia 12
Healthier Living with Ongoing Health Conditions..... 12

Diabetes

Online Resources 12
Health Store Resources 12
Diabetes Basics 12
Diabetes Nutrition and Carbohydrate Counting 12
Living Well with Diabetes 13
Prediabetes 13

Family Planning

Infertility First Steps 13
Vasectomy 13

Gastroenterology (GI)

Functional Bowel Problems 13


Head and Neck

Online Resources 13
Headache Education 13
Tinnitus 13

Heart and Circulatory Health

Online Resources 14
Health Store Resources 14
Take Control: Prediabetes, Cholesterol, and Blood Pressure.. 14
Living Better with Heart Failure 14
Ways to a Healthier Heart..... 14

HIV and AIDS

Online Resources 	14
HIV Support Group.....	14
HIV and STI Testing, Results, and Education	14


Mental Health and Social Well-Being

Online Resources 	19
Health Store Resources	19
Managing Anger Series.....	19
Understanding Anxiety Series	19
Couples Communication Series	19
Managing Depression Series.....	19
Mindfulness Meditation.....	20
Mind-Body Health	20
Pathways to Emotional Wellness.....	20
Improving Your Sleep Series.....	20


Nephrology

Taking Care of Your Kidneys.....	20
----------------------------------	----

Nutrition

Online Resources 	21
Health Store Resources	21
Wellness Coaching by Phone.....	19
Plant-Based Nutrition	21

Ophthalmology

Online Resources 	21
Macular Degeneration.....	21

Orthopedics

Online Resources 	21
Health Store Resources	21
Total Hip Replacement.....	21
Total Knee Replacement	22



Physical Therapy

Health Store Resources	22
Physical Therapy Programs.....	22


Podiatry

Managing Your Heel Pain 	22
---	----


Pregnancy, Childbirth, and Postpartum: Healthy Beginnings

Online Resources 	22
Health Store Resources	22
Your Pregnancy 	23
Anesthesia Options for Labor and Delivery.....	23
Breastfeeding	23
Breastfeeding Support Group	23
Brothers and Sisters: Sibling Preparation.....	23
Come Meet Your Team and Tour.....	23
Early Pregnancy	24
Mid-Pregnancy	24
Newborn Care	24
Next Baby.....	24
Prenatal Hospital Tour	24
Prenatal Hospital Tour with Children Ages 8 to 12	25
Prenatal Testing Counseling.....	25
Preparing for Childbirth.....	25
Preparing for Postpartum	25

Respiratory System

Online Resources 	26
Adult Asthma Kit	26
Understanding Your COPD.....	26


Smoking and Tobacco Cessation

Online Resources 	26
Health Store Resources	26
Wellness Coaching by Phone.....	19
Freedom from Tobacco	26
Quit Tobacco Workshop.....	26


Weight Management

Online Resources 	27
Health Store Resources	27
Wellness Coaching by Phone	19
Healthy Weight Series	27
Healthy Weight Series Webinar 	27
Managing Your Weight	27
Medical Weight Management Program Orientation Session	27
Weight Loss Surgery Introductory Seminar	28

Women's Health

Online Resources 	28
Health Store Resources	28
Bladder Control	28
Savvy Sex	29

Programas en español

Recursos en línea 	29
Recursos en los Centros de Educación Para la Salud	29
Prepárese para su procedimiento	29
Primera etapa del embarazo	29
Etapa media del embarazo	29
Visita guiada del hospital	30
Cuidado del recién nacido	30
Lactancia	30
Niños saludables, futuros saludables	31
Un peso saludable, una vida saludable	31
Asuma el control: Prediabetes, colesterol y alta presión sanguínea	31
Datos básicos sobre la diabetes	31
Cómo vivir bien con diabetes	31

Featured Resources

Blood pressure screening	14
Breastfeeding help and support	22
Choose your doctor	28
Consejos Para la Salud de Usted y su Familia Twitter	30
Email your doctor	26
Farmers market	7
Información sobre la salud en español	31
KP Preventive Care app	15
La Salud Permanente center spread	
Life Care Planning	18
Logre sus metas de salud con un instructor de bienestar	29
Medical Weight Management Program..... center spread	
My KP Meds	9
My Health Manager..... center spread	
Pediatric telephone and video appointments	11
Portable Electronic Medical Record ..	9
Preventive health reminders	21
Twitter feeds	20, 24, 25, 28
Video visits inside front cover	
Wellness coaching by phone	19



Registration and Class Fees

Our classes are open to Kaiser Permanente members, and many are also open to the community. A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend. For more information or class schedules, go to kp.org/classes or call the phone number listed underneath the class description.

All classes require pre-registration and pre-payment (if applicable).*

In order to receive a refund for a class, you must cancel at least 24 hours before the start of the first class session by calling the Health Education Department at **1-866-248-0721**. Class dates and times are subject to change or cancellation, and those registered will be notified of any schedule changes.

*Class fees are subject to change and vary depending on the class and your health plan benefits. Please refer to your current *Evidence of Coverage* to confirm the services under your plan.

Health Education Centers

Let our Health Education Centers be the first stop on your path to good health. Come in to research health topics and learn self-care techniques or shop at our Health Stores. Browse our health media collection, purchase books and other health-related products, or borrow from our DVD library. You can also speak with a staff

member, sign up for a class, check to see if you are up-to-date on your preventive screenings, browse the kp.org website, and much more.

Look for Health Education Center and online resources noted throughout the class listings in this catalog for more ideas.

FARMERS MARKET

Feast your senses—and boost your health—with fresh produce from our farmers markets.

Antioch Medical Center

Thursdays, 10 a.m. to 2 p.m., May through October, in the Labyrinth area between Deer Valley and Sand Creek Medical Office Buildings

Park Shadelands Medical Offices

Saturdays, 9 a.m. to 1 p.m.

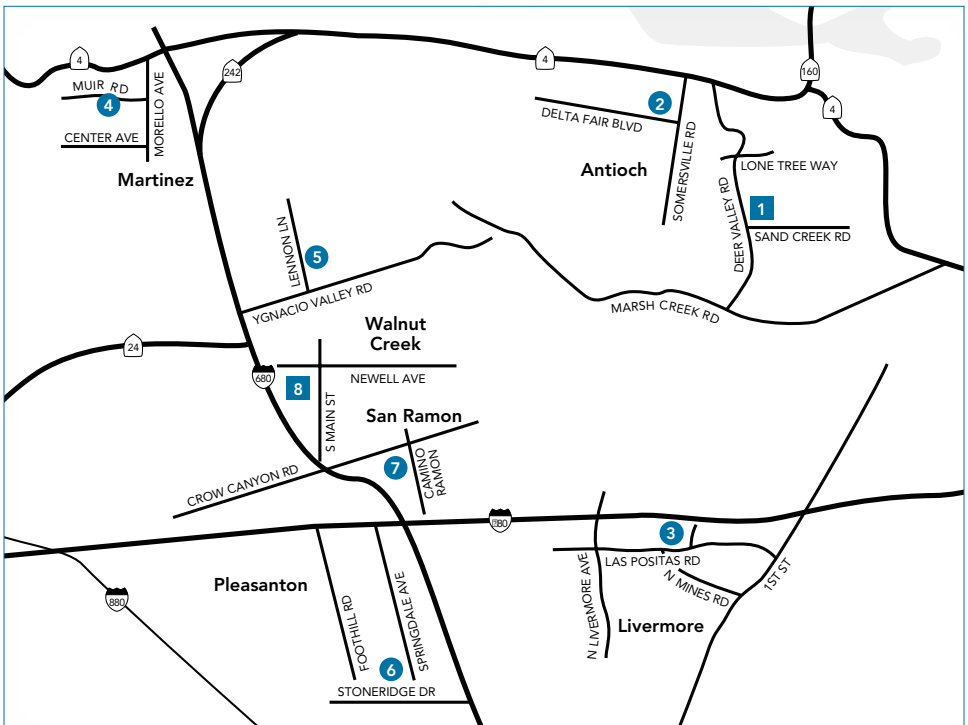
Walnut Creek Medical Center

Tuesdays, 10 a.m. to 2 p.m., in the courtyard.

Locations of Services

Health Education Centers and Healthy Living programs and services are provided at the following locations.

- 1 Antioch Medical Center**
4501 Sand Creek Road
Antioch, CA 94531
925-813-3560
- 2 Delta Fair Medical Offices**
3400 Delta Fair Blvd.
Adobe Building
Antioch, CA 94509
925-779-5147
- 3 Livermore Medical Offices**
3000 Las Positas Road
Livermore, CA 94551
925-243-2920
- 4 Martinez Medical Offices**
200 Muir Road
Ensenada Building, 3rd Floor
Martinez, CA 94553
925-372-1198
- 5 Park Shadelands Medical Offices**
320 Lennon Lane
Yosemite Building
Walnut Creek, CA 94598
925-906-2190
- 6 Pleasanton Medical Offices**
7601 Stoneridge Drive
South Building
Pleasanton, CA 94588
925-847-5172
- 7 San Ramon Medical Offices**
2300 Camino Ramon
San Ramon, CA 94583
925-244-7230
- 8 Walnut Creek Medical Center**
1425 South Main St.
Walnut Creek, CA 94596
925-295-4410



▲ Map not to scale

Aging and Senior Health

Resources

Visit your local Health Education Center and discover a variety of services and resources to help you stay informed and healthy, such as:

- Blood pressure screenings
- Advance Health Care Directive forms
- Help with access to kp.org



Online Resources:

kp.org/healthyaging

kp.org/healthdecisions

kp.org/lifecareplan

kp.org/mydoctor (*Preventing Falls and Skilled Nursing Facility videos*)

kp.org/watch (*Bladder Control for Women video and Fall Prevention video*)

Health Store Resources:

Fitness and movement DVDs, physical therapy products, compression socks, Advance Health Care Directive form

My KP Meds

My KP Meds is a medication reminder app that helps you learn and track a new or complex medication dosing schedule. View your own list of medications from your Kaiser Permanente medical record, set reminders, take helpful photos of your pills and share your medication list with others. Available on Google Play and from the App Store.

App Store is a service mark of Apple, Inc.
Google Play is a trademark of Google, Inc.

Life Care Planning (Advance Directive)

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

Location: Antioch, Livermore, Park Shadelands, Pleasanton, San Ramon and Walnut Creek

Sessions: One

Registration: Call 1-866-248-0721.

Portable Electronic Medical Record

Download a summary of your medical record to your computer, tablet, or smartphone. Or contact a Kaiser Permanente Release of Information office to get a copy of your summary on a flash drive for \$5. Each time you download your summary, it will reflect your most recent summary medical record. To learn more, visit kp.org/mydoctor/pemr.

Hospice Program—Bereavement Education and Support Services

When you are struggling to cope with the loss of a loved one, you can get support, information, and referral services through our hospice program. Bereavement groups and educational sessions are available at various Kaiser Permanente facilities throughout the year. *Open to the community.*

Information: Call 925-229-7817.

Additional Kaiser Permanente Services:

- Hospice Program:
Call **925-229-7800**.
- Clinical social workers are available by referral to discuss aging issues such as dementia, in-home care, and counseling, and to provide information on a variety of community resources.
- Registered dietitians are available for consultation by referral.
- Volunteering opportunities: for Antioch, Delta Fair, Livermore, and Martinez, call **925-813-6362**; for Park Shadelands, Pleasanton, San Ramon, and Walnut Creek, call **925-295-4486**.

RELATED CLASSES:

- Bladder Control, page 28
- Physical Therapy Programs, page 22
- Macular Degeneration, page 21
- Healthier Living with Ongoing Health Conditions, page 12

Alcohol and Drugs

Alcohol and Drug Education Series

Are you worried about how alcohol or drug use may be impacting your family or relationships? Please attend our no cost program. Through presentations, discussions, and videos, you will learn about addiction, codependency, and recovery. You do not need to start at week one, and can attend all of the sessions or only the sessions that are of particular interest to you. *Members only.*

Location: Walnut Creek

Registration: Call **925-295-4145**.

Cancer

American Cancer Society

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service.

Obtain location information, resources, support, and printed materials by calling the 24/7 information line at **1-800-ACS-2345 (1-800-227-2345)** or online at **cancer.org**.

Breast and Ovarian Cancer

Learn about how genetics and other factors can affect your risk of breast and/or ovarian cancer. You can schedule an appointment for individual genetic counseling and personalized risk assessment. *Members only.*

Information: Visit **genetics.kp.org**.

Cancer Support Community

The Cancer Support Community provides no cost, weekly support groups for people with all types of cancer and their loved ones. In addition, networking groups offer the opportunity for people to come together and share issues common to a particular type of cancer. Educational workshops, exercise classes, and stress management programs are also offered. *Open to the community.*

Information: Call **925-933-0107** or visit **cancersupportcommunity.net**.

Look Good, Feel Better Workshop

Through this service, women undergoing active cancer treatment learn techniques to restore their self-image and cope with appearance-related side effects. Licensed beauty professionals provide tips on makeup, skin care, nail care, and head coverings. This program is a partnership between the American Cancer Society, the Personal Care Products Council, and the national Cosmetology Association, and includes a complimentary cosmetic packet. *Open to the community.*

Location: Antioch, Livermore, Martinez, and Walnut Creek

Registration: Call the American Cancer Society at **1-800-227-2345**.

Child and Teen Health



Online Resources:

kp.org/children
kp.org/amazingfooddetective
kp.org/kidwisdom
kpdoc.org/youngadulthealth

Health Store Resources:

1-2-3 Magic book/DVD,
Surviving Your Adolescents book/DVD



Online Newsletters for Parents

New parent? Already raising a family? Get trusted information from Kaiser Permanente doctors delivered right to your inbox. Sign up for one or more of our newsletters, customized to your child's age and stage at kpdoc.org/parentnewsletters.



Controlling Your Child's Asthma Video

Learn skills to manage your child's asthma and help prevent flare-ups at home. Find this video at kp.org/watch.

1-2-3 Magic: Effective Discipline for Children Ages 2 to 12

Developed by Thomas W. Phelan of ParentMagic, Inc., this program offers a humorous look at parenting with a serious look at discipline. The techniques you'll learn include disciplining without arguing, yelling, or spanking, and the five tactics for encouraging good behavior. Adults only. *Open to the community.*

Location: Delta Fair and Martinez

Sessions: Three

Registration: Call **1-866-248-0721**.

Healthy Eating, Active Living for Kids and Families: Overview

Healthy habits begin at home. We'll cover basic nutrition principles and suggest ways to increase energy and fitness with activities the whole family can enjoy. Parents and their school-age children can learn together how to create a healthy lifestyle. *Open to the community. Available in Spanish.*

Location: Antioch, Delta Fair, Park Shadelands, and Pleasanton

Sessions: One

Registration: Call **1-866-248-0721**.

Pediatric telephone and video appointments

Next time your child needs care, ask if a phone or video appointment is an option for their symptoms or condition. Visit kp.org/mydoctor/videovisits to learn more.

Chronic Conditions Self-Management



Online Resources:

kp.org/careforpain
kp.org/pain
kp.org/fitness

Health Store Resources:

Asthma kit, fitness and movement DVDs, *Living a Healthy Life with Chronic Conditions* book, *Relaxation for Mind & Body: Pathways to Healing* CD, *Stress Management for Medical Conditions* CD

Coping with Fibromyalgia

This group helps people with fibromyalgia learn ways to manage their health and wellness. Sessions include lectures by a physician, physical therapist, or behavioral medicine specialist on topics including pain management, cognitive behavioral strategies, sleep issues, mind-body approaches, physical activity, lifestyle changes, and self-care. *Members only.*

Location: Walnut Creek

Sessions: Seven

Registration: Call 925-295-7280.

Healthier Living with Ongoing Health Conditions

Living with an ongoing health condition like diabetes, heart disease, or arthritis can be challenging. But don't let symptoms keep you from doing the things you need and want to do. No matter what your condition, you can learn from others' proven skills to manage physical and emotional symptoms to live a richer, fuller life. *Open to the community.*

Location: Delta Fair, Martinez, Park Shadelands, and Pleasanton

Sessions: Six

Registration: Call 1-866-248-0721.

Diabetes



Online Resources:

kp.org/diabetes
kpdoc.org/prediabetes
kp.org/healthylifestyles
kp.org/watch (diabetes videos)

Health Store Resources:

A variety of cookbooks, fitness and movement DVDs

Diabetes Basics

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

Location: All locations

Sessions: One

Registration: Call 1-866-248-0721

Online registration is available for this class at kp.org/appointments.

Diabetes Nutrition and Carbohydrate Counting

In this class, you'll learn to read food labels using easy carbohydrate-counting tools. With a hands-on approach, you can use your new skills to plan balanced, nutritious meals. *Members only.*

Location: Call for locations

Sessions: One

Registration: Call 925-779-4371.

Living Well with Diabetes

Take your diabetes self-management to the next level. Come learn new skills for making smart food and exercise choices to help keep your blood sugar levels within range, while also learning to handle the stress and emotions related to diabetes. *Members only. Available in Spanish.*

Location: All locations

Sessions: Four

Registration: Call 1-866-248-0721.



Prediabetes

Join an instructor-led class right from your own computer. This interactive program will give you information and tools to create your own personal plan to prevent diabetes. To participate, you will need a computer, internet access, and a phone (landline or cell phone). *Members only.*

Registration: Call 1-866-248-0721.

Online registration is available for this class at kp.org/appointments.

RELATED CLASS:

- Take Control: Prediabetes, Cholesterol, and Blood Pressure, page 14

Family Planning



Infertility First Steps

Learn about various aspects of the causes of and treatments for infertility by visiting kp.org/mydoctor and watching the Understanding Infertility video. You can also visit kpivf.com for more information on our IVF program. *Members only.*

Vasectomy

If you are considering a vasectomy, call to book a one-on-one telephone consultation with a urologist. During your consultation, you can talk about what to expect before and after a vasectomy, as well as possible side effects, recovery, and permanency. *Members only.*

Registration: Call 925-295-4060.

Gastroenterology (GI)

Functional Bowel Problems

This class covers various functional gastrointestinal (GI) problems including common bowel symptoms, warning signs, treatment options, nutrition, medications, dietary supplements, and stress management. *Members only.*

Registration: By referral only.

Head and Neck



Online Resources:

kpdoc.org/headachesprogram
(Managing Your Headaches program)

Headache Education

This class is taught by a neurology nurse practitioner, with an emphasis on migraine and tension headache self-management techniques. *Members only.*

Location: Antioch and Walnut Creek

Registration: Call 925-295-6953.

Tinnitus

A head and neck surgeon provides information about potential causes, explains what to expect over time, and gives advice about this condition. *Members only.*

Registration: By referral only.

Heart and Circulatory Health



Online Resources:

kp.org/heart

kp.org/highbloodpressure

kp.org/listen (Healthy Heart podcast)

kp.org/watch (*High Blood Pressure: Your Guide to Healthy Living* video)

Health Store Resources:

American Heart Association cookbook, *Prevent and Reverse Heart Disease* book, fitness and movement DVDs, compression socks

Take Control: Prediabetes, Cholesterol, and Blood Pressure

Take control and learn to manage your prediabetes, high cholesterol, or high blood pressure. We'll discuss choosing healthier food options, adding more physical activity into your routine, taking heart-protective medications, using a blood pressure monitor, and more. *Members only. Available in Spanish.*

Location: All locations

Sessions: One

Registration: Call 1-866-248-0721.

Living Better with Heart Failure

Heart failure can be managed. Join us and discover how you can feel better each day through self-management, exercise, and healthy eating. *Members only.*

Location: Antioch, Pleasanton, and Walnut Creek

Sessions: One

Registration: Call 1-866-248-0721.

Ways to a Healthier Heart

Recovering from a heart attack or heart surgery? Making lifestyle changes now will help you live a healthy and active life. Learn how you can eat right, exercise, and manage your stress to promote a healthy heart. *Members only.*

Location: Antioch, Pleasanton, and Walnut Creek

Sessions: Two

Registration: Call 1-866-248-0721.

Blood pressure screening

Drop by one of our Health Education Centers to use our no cost self-check blood pressure machine. For more information, call 1-866-248-0721.

HIV and AIDS



Online Resources:

kp.org/hiv

HIV Support Group

For information on HIV community support groups, call 925-372-1287.

HIV and STI Testing, Results, and Education

Because HIV and STIs (sexually transmitted infections) can affect anyone, prevention and testing are critical steps to protect yourself and others. Take responsibility for your health and well-being by knowing your HIV and STI status. In addition to lab work, our services include counseling before the test and when you receive your test results. Our testing services for HIV and most STIs are available by appointment only. *Members only.* Lab fee may apply.

Location: All locations

Registration: Call 1-866-248-0721 for an appointment.



Some things are easier to remember than others.

Let us help you remember things like immunizations and appointments.



KP Preventive Care App

- Health reminders
- Video visits
- Email your doctor



Download the app on your smartphone.



Certain features of the app apply only to care you receive at Kaiser Permanente facilities. App Store is a service mark of Apple, Inc. Google Play is a trademark of Google, Inc.

Register for My Health Manager



With My Health Manager on kp.org, you can take charge of your health securely online – 24 hours a day, 7 days a week. Registering is one of the most important things you can do as a member.

It's as easy as 1-2-3

In five minutes you'll get 24/7 access to our online tools for managing your health.

- 1 Have your medical record number handy.
- 2 From your computer, go to kp.org/registernow.
- 3 Enter some basic information and answer a few security questions.

For questions or help with registering, call **1-800-556-7677**.

Manage your health anytime, anywhere

Once you're registered, you can start using My Health Manager to stay on top of the care you receive at any of our facilities in the region. You can also use My Health Manager to act on behalf of a family member.



Download the
KP app.



Visit kp.org
from your
computer.

Salud en español

for you and your family



Text SALUD to 45356
or visit
kp.org/mydoctor/español



Life Care Planning

Who would speak for you if you were ever unable to communicate for yourself?

Choose your health care agent now and share with him or her what matters most to you when it comes to your health care.

Start planning for your future now by going to kp.org/lifecareplan or signing up for a Life Care Planning class at your local medical center.

Mental Health and Social Well-Being



Online Resources:

kp.org/depression

kp.org/mindbody

kp.org/relax

kp.org/sleep

kphealthcast.org/psychiatry

Information on stress and anger management is available through your doctor's home page at kp.org/mydoctor.

Health Store Resources:

Cultivating Health® kit: Improving Your Sleep; Healthy Body Handbook; Stress Management for Medical Conditions CD; Relaxation for Mind & Body; Pathways to Healing CD

Managing Anger Series

When anger causes problems with family, friends, or colleagues, we can help. Learn to identify anger triggers, develop communication skills, and practice new ways to respond. Note: *This series does not satisfy the court-ordered treatment required for domestic violence. Open to the community.*

Location: Delta Fair, Park Shadelands, Pleasanton, and Walnut Creek

Sessions: Eight

Registration: Call 1-866-248-0721.

Understanding Anxiety Series

In this series, you'll learn to identify what triggers anxiety for you as well as ways to manage your symptoms. We'll help you explore your thoughts and learn to approach instead of avoid what you fear. You'll also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness. *Open to the community.*

Location: Park Shadelands, Pleasanton and Walnut Creek

Sessions: Six

Registration: Call 1-866-248-0721.

Couples Communication Series

The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. This series is specifically designed for couples in committed relationships. *Open to the community.*

Location: Antioch, Pleasanton, and Walnut Creek

Sessions: Six

Registration: Call 1-866-248-0721.

Managing Depression Series

Depression is common, real, and treatable. In this series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life. You'll also learn techniques to relax and approach your life with mindfulness. *Open to the community.*

Location: Delta Fair, Pleasanton, and Walnut Creek

Sessions: Six

Registration: Call 1-866-248-0721.

Wellness coaching by phone

Whether you're trying to get more active, manage your weight, quit tobacco, or handle stress, a personal wellness coach can help you build motivation and take action to achieve your goals. Schedule your appointment online at kp.org/mydoctor/wellnesscoaching or by calling 1-866-251-4514. Available in Spanish.

Mindfulness Meditation

This class teaches mindfulness meditation techniques and gentle yoga to increase mind-body awareness and improve your ability to cope with stress, pain, and illness. This course is modeled after the Stress Reduction Clinic developed by Jon Kabat-Zinn, PhD. *Open to the community.*

Location: Martinez, Pleasanton, San Ramon and Walnut Creek

Sessions: Eight (seven regular sessions plus one Saturday retreat)

Registration: Call 1-866-248-0721.

Being Active and Eating Well Twitter feed

Follow tweets by Kaiser Permanente family medicine doctor and wellness champion Dr. Najeh "Jay" Ahmad for tips on how to keep moving and feed your body right every day.

 Follow @KPBewellDoc



Mind-Body Health

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. Learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself. *Open to the community.*

Location: Antioch, Livermore, Martinez, Park Shadelands, Pleasanton, and San Ramon

Sessions: Six

Registration: Call 1-866-248-0721.

Pathways to Emotional Wellness

Daily life can bring many stressors and affect your wellness. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and the symptoms of depression. We'll also provide an overview of available resources. *Open to the community.*

Location: Antioch, Martinez, Pleasanton, and Walnut Creek

Sessions: One

Registration: Call 1-866-248-0721.

Improving Your Sleep Series

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

Location: Walnut Creek

Sessions: Five

Registration: Call 1-866-248-0721.

Nephrology

Taking Care of Your Kidneys

Have you been diagnosed with kidney disease? This class covers basic kidney function, the causes of kidney disease, treatment options, and nutrition therapy. *Members only.*

Registration: By referral only.

Nutrition



Online Resources:

kp.org/mydoctor (podcasts)
kp.org/video (*Shopping, Cooking, and Snacking for Busy Families* video)
kp.org/nutrition
kp.org/healthyweight

Health Store Resources:

A variety of cookbooks, fitness and movement DVDs

Wellness Coaching by Phone

See page 19.

Plant-Based Nutrition

A well-planned plant-based diet can improve health and reduce the incidence of many common diseases. Learn how a plant-based diet can help you lose weight, fight chronic disease, and turn your health around. This class will cover the benefits of being plant-based, how to meet your nutritional needs, and how to restock your kitchen and cook with a focus on plant-based foods. This four-session class includes two lectures and two cooking demonstrations. *Open to the community.*

Location: Pleasanton

Sessions: Four

Registration: Call 1-866-248-0721.

Stay on track with preventive health reminders

Are you due for a mammogram, pap test, colorectal screening, or flu shot? You'll find out what you're due for and how to schedule an appointment with your personalized, online Preventive Health Reminders summary. Look for this feature on your doctor's home page at kp.org/mydoctor.

Ophthalmology



Online Resources:

kp.org/mydoctor
(*Cataract Surgery* video)

Macular Degeneration

In this group appointment, we will discuss the different types of macular degeneration and their treatment options, risk factors, and benefits. We'll also discuss nutrition and low vision problems. *Members only.*

Location: Park Shadelands

Registration: Call 925-906-4844.

Orthopedics



Online Resources:

kp.org/surgery
kp.org/mydoctor
(search for hip or knee replacement surgery)
kpdoc.org/backpainprogram
(Managing Your Back Pain)
kpdoc.org/kneepainprogram
(Managing Your Knee Pain)
kpdoc.org/shoulderpainprogram
(Managing Your Shoulder Pain)

Health Store Resources:

Hip/Knee kits, compression socks

Total Hip Replacement

Are you facing total hip replacement surgery? Come learn what to expect and get information to help you recuperate as quickly as possible. You can also visit kp.org/mydoctor and search for the Total Hip Replacement videos. *Members only.*

Registration: By referral only.

Total Knee Replacement

In this program, we'll discuss what you can expect before and after total knee replacement surgery. This overview helps support a quick recovery. You can also visit kp.org/mydoctor and search for the Total Knee Replacement videos. *Members only.*

Registration: By referral only.

Physical Therapy

Health Store Resources:

A wide range of physical therapy products are available.

Physical Therapy Programs

A variety of physical therapy programs are available for a range of conditions including back, neck, and shoulder issues; TMJ (temporomandibular joint disorder); fall prevention; knee arthritis; sprains, strains, and patello femoral syndrome; lymphedema; and chronic venous insufficiency.

Members only.

Registration: By referral only.

Podiatry



Managing Your Heel Pain

This interactive online tool helps explain what causes heel pain, ways to ease pain, and how to keep pain from returning. Find this program at kpdoc.org/heelpain.

Pregnancy, Childbirth, and Postpartum: Healthy Beginnings

Early registration is recommended for all prenatal classes. Space is limited and not guaranteed.



Online Resources:

kp.org/mydoctor/pregnancy

kp.org/mydoctor/breastfeeding

kp.org/diablo/breastfeeding

kp.org/mydoctor

(*Childbirth and Pain Relief for Childbirth* Emmi programs)

kpdoc.org/prenataltesting

Health Store Resources:

Breastfeeding and Childbirth DVDs, *Prenatal Yoga DVD*, *Prepared Childbirth: The Family Way* book

Breastfeeding help and support

You will find a variety of newborn and breastfeeding resources at our Newborn Care Centers:

- Antioch, Deer Valley Building, 2nd Floor
- Pleasanton, North Building, 2nd Floor
- Walnut Creek, Medical Office Building, 4th Floor

Breastfeeding support and advice is available by calling **1-866-454-8855**. Our advice nurses can answer your questions and make you an appointment, if needed. *Members only.*

Online support can be found at kp.org/diablo/breastfeeding and kp.org/mydoctor/breastfeeding.



Your Pregnancy

We're with you every step of the way. Get weekly e-mail updates on what to expect during your pregnancy and at each prenatal visit, take online tours of Labor and Delivery centers, find pregnancy classes, and get trusted information about your developing baby and changing body. Subscribe at kp.org/mydoctor/pregnancy.

Anesthesia Options for Labor and Delivery

An informative class that reviews anesthetic pain options for labor and delivery. Facilitated by an anesthesia provider who can answer all your questions in a friendly, stress-free environment. Partners encouraged to join. Prior to attending, we strongly recommend that you view the Emmi program *Pain Relief for Childbirth* available through your Ob-Gyn's home page at kp.org/mydoctor. *Members only.*

Location: Walnut Creek

Registration: Call **925-295-4580**.

Breastfeeding

Breastfeeding offers many health benefits for you and your baby. Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges. *Open to the community. Available in Spanish.*

Location: All locations

Sessions: One

Registration: Call **1-866-248-0721**.

Breastfeeding Support Group

Find support and make new friends at this weekly support group, which is facilitated by a lactation specialist. Bring your baby! *Members only.*

Location:

Antioch, Sand Creek Building, Conference Rooms 1A/B;
Livermore, Conference Rooms 1–3;
Pleasanton, North Building, Conference Room A–C;
Walnut Creek, Medical Office Building, 3rd Floor, Conference Room Oak 3

Sessions: Ongoing; Wednesdays, 10 a.m.–noon

Brothers and Sisters: Sibling Preparation

This class helps children ages 3 to 7 prepare for a baby's arrival. Through age-appropriate activities and a brief hospital tour, your child will learn what to expect when the new baby arrives and find out what's fun about being a big brother or sister. Two adults per family may attend. *Members only.*

Location: Walnut Creek

Sessions: One

Registration: Call **1-866-248-0721**.

Come Meet Your Team and Tour

Having a baby at Antioch Medical Center? This is your chance to meet and get acquainted with your delivery team and take a tour of the Labor and Delivery Unit. Get answers to your questions and learn how to prepare for your and your baby's big day.

Location: Antioch

Sessions: One

Registration: Inquire at your prenatal appointment or call **1-866-454-8855**.

Early Pregnancy

This class can help you understand and prepare for the physical and emotional changes you can expect in the first three months of your pregnancy. We'll discuss common discomforts and remedies, prenatal screening tests, and fetal development. We'll also offer tips for eating well, staying active, and keeping you and your baby healthy. Take this class in your first trimester or before 16 weeks of pregnancy. *Members only. Available in Spanish.*

Location: Antioch, Pleasanton, and Walnut Creek

Sessions: One

Registration: Inquire at your prenatal appointment or call **1-866-454-8855**.

Mid-Pregnancy

During the middle stage of pregnancy, expect even more dramatic changes to your body. In this class, we'll help you understand these changes and discuss ways you can relieve the common discomforts of pregnancy. Also, learn how to help keep your energy level high by eating well and exercising. Take this class when you are 18 to 22 weeks pregnant. *Members only. Available in Spanish.*

Location: Antioch, Pleasanton, and Walnut Creek

Sessions: One

Registration: Inquire at your prenatal appointment or call **1-866-454-8855**.

Newborn Care

Wouldn't it be nice if babies came with instruction manuals? In this class, we'll teach you the information and skills you need to feel confident about caring for your newborn. We'll cover essential topics such as feeding, bathing, diapering, and when to call your physician. *Open to the community. Available in Spanish.*

Location: All locations

Sessions: One

Registration: Call **1-866-248-0721**.

Prenatal Hospital Tour

Take a tour of our Labor and Delivery and Mother/Baby units. See where your baby will be born and learn about all the resources available to you. Take this tour at any stage in your pregnancy. Partners welcome. *Open to the community. Available in Spanish.*

Location: Antioch and Walnut Creek

Sessions: One

Registration: Call **1-866-248-0721**.

Pregnant?

Are you pregnant, or planning to become pregnant? Follow Kaiser Permanente Ob/Gyn physician, Dr. Mor Tzadik, for tips on staying healthy during your pregnancy, delivered with a dose of encouragement.

 Follow @KPPregnancydoc



Prenatal Hospital Tour with Children Ages 8 to 12

This tour will give your kids the opportunity to see our Labor and Delivery and Mother/Baby units and learn what to expect when mom is ready to have the baby. Take this tour when you are 27 to 34 weeks pregnant. *Members only.*

Location: Walnut Creek

Sessions: One

Registration: Call 1-866-248-0721.

Prenatal Testing Counseling

Are you pregnant and considering prenatal testing such as amniocentesis or chorionic villus sampling (CVS)? In this class, a genetic testing counselor explains the risks, benefits, and limitations of genetic testing procedures, as well as how to interpret test results, cope with these results, and follow up. Partners are welcome. *Members only.*

Location: Oakland Medical Offices

Sessions: One

Registration: Call 510-752-6298.

New baby?

Follow us for health information you can trust, including advice on taking care of your newest family member.

Tweets by Kaiser Permanente pediatrician and mom Dr. Kate Land.

 Follow @KPkiddoc



Preparing for Childbirth

Few events are more exciting than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery and understand your options for managing labor and using a birthing coach for support. Take this class during the last three months of pregnancy. Bring pillows or a mat as some of the exercises are performed on the floor. Early registration is recommended. *Open to the community.*

Location: All locations

Sessions: Multiple; call for details

Registration: Call 1-866-248-0721.

Preparing for Postpartum

The time for your baby's arrival is drawing near. We'll help you and your partner get ready for the physical and emotional changes you can experience during the first six weeks after your baby is born. Explore strategies for managing this transition as the responsibilities of being new parents unfold. Prepare for the changes in your relationship as baby becomes a part of the family. Take this class when you are 28 to 38 weeks pregnant. *Members only.*

Location: Antioch, Pleasanton, and Walnut Creek

Sessions: One

Registration: Inquire at your prenatal appointment or call 1-866-454-8855.

Respiratory System



Online Resources:

kp.org/asthma

kp.org/watch (Asthma and COPD videos)

Adult Asthma Kit

Stop by one of our Health Education Centers to pick up your no cost asthma kit to learn how to control your asthma and live an active and healthy life. This kit will help you learn how to identify triggers, manage flare-ups, and use your medication correctly. *Members only.*

Location: All locations

Information: Call 1-866-248-0721.

Email your doctor

Go to kp.org/mydoctor to email your doctor with routine medical questions. It's secure and convenient. If you don't have a kp.org account yet, register at kp.org/register.

Understanding Your COPD

Discover effective ways to manage chronic obstructive pulmonary disease (COPD) with breathing techniques, medication, peak flow meters, and spacers. We'll also cover exercise, nutrition, and stress management. If you have a spacer and peak flow meter, please bring them to class. *Members only.*

Location: Martinez

Sessions: One

Registration: Call 925-372-1106.

Smoking and Tobacco Cessation



Online Resources:

kpdoc.org/quittingtobacco

kp.org/breathe

kp.org/listen (*Stop Smoking podcast*)

kp.org/quitsmoking

Health Store Resources:

Fitness and movement DVDs

Wellness Coaching by Phone

See page 19.

Freedom from Tobacco

Declare your freedom and join our tobacco-cessation program. Learn about overcoming nicotine addiction, developing a personal quit plan, coping with withdrawal, and how optional medications can increase your success at quitting. *Open to the community.*

Location: Antioch and Walnut Creek

Sessions: Six

Registration: Call 1-866-248-0721.

Online registration is available for this class at kp.org/appointments.

Quit Tobacco Workshop

Get a better understanding of nicotine addiction and learn about the resources available to help you quit. This workshop will also help you find tools to develop your own plan to quit using tobacco. *Open to the community.*

Location: Antioch, Martinez, Pleasanton, and Walnut Creek

Sessions: One

Registration: Call 1-866-248-0721.

Weight Management



Online Resources:

kp.org/healthyweight

kp.org/choosehealthy (fitness club preferred rates and more)

choosemyplate.gov

Health Store Resources:

A variety of cookbooks, fitness and movement DVDs

Wellness Coaching by Phone

See page 19.

Healthy Weight Series

Discover the confidence and skills you need to reach and maintain a healthy weight. Topics include healthy eating for weight loss, making physical activity a part of your daily life, building a strong support network, and coping with stress. *Open to the community.*

Location: Antioch, Delta Fair, Livermore, Park Shadelands, Pleasanton, San Ramon, and Walnut Creek

Sessions: Six

Registration: Call 1-866-248-0721.

Online registration is available for this class at kp.org/appointments.



Healthy Weight Series Webinar

Learn how to achieve a healthy weight with this online version of our Healthy Weight Series. Join this interactive class from the comfort of home. You will need a phone and a computer with Internet access to participate. *Members only.*

Sessions: Six

Registration: Call 1-866-248-0721.

Managing Your Weight

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

Location: Delta Fair, Livermore, and Martinez

Sessions: One

Registration: Call 1-866-248-0721.

Online registration is available for this class at kp.org/appointments.

Medical Weight Management Program Orientation Session

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

Location: Antioch, Martinez, and Pleasanton

Sessions: 82 weeks

Information: Call 1-866-454-3480 or visit kphealthyweight.com/weightorientations.

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

Weight Loss Surgery Introductory Seminar

For anyone interested in a referral for weight loss surgery, this class introduces the surgery process and emphasizes the changes you must make before and after your procedure. It will help you determine if you are ready to make a major lifestyle change. *Members only.*

Location: Antioch, Delta Fair, Livermore, Martinez, Park Shadelands, Pleasanton, and Walnut Creek

Sessions: One

Registration: Call 1-866-248-0721.

Women's Health



Online Resources:

kp.org/womenshealth

kp.org/watch (*Bladder Control: Tips for Women* video)

kpdoc.org/menopause

womenshealth.gov/menopause

www.menopause.org

Health Store Resources:

Midlife and Menopause Guidebook, personal lubricants

Choose your doctor

Have you selected a personal physician? If not, visit kp.org/mydoctor to choose a primary care physician or nurse practitioner who's right for you and your family. You can also change your doctor online anytime.

Bladder Control

Learn about common causes of urinary incontinence and pelvic organ prolapse as well as exercises, body mechanics, self-care, products, medications, and treatment options. *Members only.*

Location: Delta Fair, Martinez, San Ramon, and Walnut Creek

Sessions: One

Registration: Call 925-295-6173.

KP physicians on twitter

Follow our physicians experts on Twitter for helpful tips and inspiration to help keep you and your family healthy at all stages of life. Visit kp.org/mydoctor/twitter to learn more.

Savvy Sex

Everyone deserves a healthy and satisfying sex life! Despite the fascination with and popularity of sex in the media, sexual challenges are common and can negatively affect quality of life, self-esteem, and relationships. This workshop for women explores the complexity of female sexuality. Participants learn how to communicate their individual sexual needs and develop strategies to enhance sexual desire, arousal, and orgasm. *Members only.*

Location: Park Shadelands

Session: One

Registration: Call 925-906-2114.

Programas en Español



Recursos en línea:

kp.org/asma
kp.org/corazon
kp.org/embarazo
kp.org/enciclopedia
kp.org/espanol
kp.org/infancia
kp.org/mydoctor/espanol
kp.org/mujer
kp.org/mydoctor (podcasts y videos)
kp.org/nutricion
kp.org/peso
kpdoc.org/prenataltestingsepanol
kp.org/vidasana

Recursos en los Centros de Educación Para la Salud

Hay más información en español en los "Centros de Educación Para la Salud" (Health Education Centers), sobre muchos temas médicos y de salud en general.

Ubicación: Todas las ubicaciones

Información: Llame al **925-813-3566**.

Logre sus metas de salud con un instructor de bienestar

Un instructor personal de salud puede ayudarlo a preparar un plan para lograr sus metas, y a adherirse a él. Ya sea que quiera ser más activo, controlar su peso, dejar de usar tabaco o manejar el estrés, nosotros lo podemos ayudar. Usted y su instructor hablan personalmente por teléfono, cuando es conveniente para usted. Programe su cita en línea en kp.org/mydoctor/wellnesscoaching o llame al **1-866-251-4514**.

Prepárese para su procedimiento

Si está programado para tener una cirugía o está embarazada, puede informarse sobre qué esperar y cómo prepararse desde la comodidad de su hogar con nuestra función Prepare for Your Procedure (Prepárese para su procedimiento) en línea. En cada programa se describe detalladamente qué puede esperar que pase antes, durante y después de su procedimiento. Busque esta función en el portal de su médico en el sitio kp.org/mydoctor.

Primera etapa del embarazo

Este curso la ayudará a entender y prepararse para los cambios físicos y emocionales que puede esperar durante los tres primeros meses de su embarazo. Trataremos las molestias más comunes y los remedios para ellas, las pruebas de detección prenatales y el desarrollo del feto. Le ofrecemos consejos para comer bien, permanecer activa, y mantener su salud y la de su bebé. *Tome este curso en los primeros días del primer trimestre. Sólo miembros.*

Sesiones: Una sesión

Ubicación: Antioch y Delta Fair

Inscripción: Llame al **925-813-3566**.

Etapa media del embarazo

Durante la etapa media de embarazo, debe esperar que ocurran más cambios drásticos 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 y analizar la manera de aliviar las molestias comunes del embarazo. *Le aconsejamos que asista a este curso entre las semanas 18 y 22 del embarazo. Sólo miembros.*

Sesiones: Una sesión

Ubicación: Antioch y Delta Fair

Inscripción: Llame al **925-813-3566**.

Visita guiada del hospital

Haga una visita guiada de nuestras unidades de Trabajo de Parto y Parto, y Madre/Bebé. Vea dónde va a nacer su bebé e infórmese sobre todos los recursos a su disposición. Haga la visita en cualquier etapa en su embarazo. Invitamos las parejas que deseen participar. *Sólo miembros.*

Sesiones: Una sesión

Ubicación: Antioch y Walnut Creek

Inscripción: Llame al **925-813-3566**.

Cuidado del recién nacido

¿No sería genial si los bebés vinieran con un manual de instrucciones? En este curso le ayudaremos a conocer la información y las habilidades que necesita para sentirse segura sobre el cuidado de su recién nacido.

Trataremos temas importantes cómo alimentar a su bebé, cómo bañarlo o cómo cambiarle los pañales y cuándo llamar al médico. *Abierta a la comunidad.*

Sesiones: Una sesión

Ubicación: Antioch

Inscripción: Llame al **925-813-3566**.

Lactancia

Los estudios demuestran que la lactancia materna ofrece muchos beneficios de salud para usted y para su bebé. Aprenda cómo colocar a su bebé para lactarlo adecuadamente, cómo saber si su bebé está recibiendo suficiente leche y maneras para evitar y superar las molestias y los desafíos de la lactancia materna. *Abierta a la comunidad.*

Sesiones: Una sesión

Ubicación: Antioch

Inscripción: Llame al **925-813-3566**.

Consejos Para la Salud de Usted y su Familia

Síganos en Twitter para obtener consejos que lo mantendrán a usted y a su familia saludables. Tweets bilingües del Dr. Jesús Rodríguez, un médico de atención primaria que habla su idioma.

 Follow @KPbuenasalud



Niños saludables, futuros saludables

Ayude a sus niños, entre las edades de 7 a 12 años, a tener un estilo de vida sano. En esta clase de una sesión, usted y sus niños aprenderán qué son los grupos alimenticios de la pirámide, cómo medir las porciones de comida y la importancia de la actividad física en nuestras vidas. Los padres deberán asistir con los niños. *Abierta a la comunidad.*

Sesiones: Una sesión

Ubicación: Antioch

Inscripción: Llame al **925-813-3168**.

Un peso saludable, una vida saludable

En esta clase aprenderá cómo hacer cambios en la dieta y a hacer ejercicio para alcanzar a un peso saludable. *Abierta a la comunidad.*

Sesiones: Seis sesiones

Ubicación: Antioch

Inscripción: Llame al **925-813-3168**.

Asuma el control: Prediabetes, colesterol y alta presión sanguínea

Hágase cargo y aprenda cómo controlar su prediabetes, alto nivel de colesterol y alta presión sanguínea. Hablaremos sobre cómo seleccionar opciones de alimentos más sanos, agregar más actividades físicas a su rutina, tomar medicamentos para proteger el corazón, usar un monitor de presión sanguínea y otros temas. *Sólo miembros.*

Sesiones: Una sesión

Ubicación: Antioch

Inscripción: Llame al **925-813-3168**.

Datos básicos sobre la diabetes

Siéntase mejor y manténgase activo y saludable obteniendo información básica sobre el control de la diabetes de tipo 2. Explore las cinco áreas clave para el control de la diabetes de tipo 2: alimentarse bien, hacer ejercicio, llevar el control de los niveles de azúcar en la sangre, usar correctamente los medicamentos y controlar el estrés. Traiga su monitor de glucosa a la clase. *Sólo miembros.*

Sesiones: Una sesión

Ubicación: Antioch y Delta Fair

Inscripción: Llame al **925-813-3168**.

Cómo vivir bien con diabetes

Mejore aún más sus conocimientos del control de la diabetes. Venga a aprender nuevas destrezas y cómo tomar buenas decisiones de alimentos y de ejercicio que pueden ayudarle a mantener normalizados los niveles de azúcar en la sangre y a controlar el estrés y las emociones relacionadas con la diabetes. *Sólo miembros.*

Sesiones: Tres sesiones

Ubicación: Antioch y Delta Fair

Inscripción: Llame al **925-813-3168**.

Información sobre la salud en español

En el sitio kp.org/espanol encontrará información y consejos sobre la salud, todo en español.



Aprenda cómo alcanzar sus metas de salud CON UN CONSEJERO DE BIENESTAR

Usted sabe cómo se siente al estar saludable. Uno camina con más determinación. Sonríe más. Pero para lograr estar saludable y mantenerse así, es posible que a veces necesite algo de ayuda.

Obtenga la motivación y la guía que necesita para tomar el control de su salud con nuestros asesores de bienestar. Si su objetivo es hacer más actividad física, comer mejor, controlar su peso, dejar el tabaco o manejar el estrés, su asesor personal puede ayudarlo a crear, y seguir, un plan para lograrlo. Y lo mejor de todo, no hace falta que salga de su hogar para dar el primer paso hacia una buena salud. Usted y su asesor pueden hablar por teléfono en un horario que le resulte conveniente.

Dé el primer paso llamando al **1-866-251-4514** (sin costo), disponible los siete días de la semana de 6 a. m. a media-noche, para hacer una cita de asesoramiento. Las sesiones de asesoramiento son gratuitas para los miembros de Kaiser Permanente, y están disponibles de lunes a viernes, de 8:30 a. m. a 7 p.m.