



December 2018- Center for Healthy Living Education Programs Calendar

If you would like to take a class to improve your health or learn more about a health condition, call and register today! Many of the programs are free. To enroll in a health program, please call the telephone number listed by the class. For a detailed description of each program, visit our website at www.kp.org

PROGRAM	LOCATION	DATES	TIME	TO REGISTER
BEREAVEMENT				
Bereavement Support Group	Garfield Medical Offices	1 st & 3 rd Tues	10:00 am – 11:30am	(619) 641-4100
Bereavement Support Group	San Marcos Medical Offices	2 nd & 4 th Wed	10:00 am – 11:30am	(619) 641-4100
Bereavement Support Group	La Mesa Medical Offices	2 nd & 4 th Thurs	5:30 pm – 7:00 pm	(619) 641-4100
Bereavement Support Group	Otay Mesa Outpatient Medical Center	1 st & 3 rd Wed	10:00 am – 11:30 am	(619) 641-4100
CANCER SUPPORT GROUP				
Breast Cancer Support Group	Orcutt Administration Building	2 nd & 4 th Thurs	5:00 pm – 6:30 pm	(619) 641-4456
Women's Cancer Support Group	Orcutt Administration Building	4 th Thursday	5:00 pm – 6:30 pm	(619) 641-4456
Making Today Count: Cancer Support Group	Orcutt Administration Building	1 st & 3 rd Thurs	5:00 pm – 6:30 pm	(619) 641-4456
Prostate Cancer Support Group	Garfield Medical Offices	1 st & 3 rd Wed	9:30 am – 11:00 am	(858) 616-5421
San Marcos Cancer Support Group	San Marcos Medical Offices	4 th Tuesday	1:30 pm – 3:00 pm	(619) 641-4456
CAREGIVER SUPPORT GROUPS				
Caregiver Support Group	Bostonia Medical Offices	2 nd & 4 th Thursdays	2:00 pm – 3:00 pm	(619) 641-4456
Caregiver Support Group	San Diego Medical Center	2 nd and 4 th Wednesday	2:00 pm – 3:00 pm	(619) 641-4456
Caregiver Support Group	Vista Medical Offices	1 st and 3 rd Wednesday	2:30pm – 4:00 pm	(619) 641-4456
CHILDBIRTH AND REPRODUCTIVE HEALTH				
Baby Care Basics	San Marcos Medical Offices	12/4	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics (Saturday Class)	San Diego Mission Road	12/8	1:00 pm – 3:30 pm	(619) 641-4194
Baby Care Basics	Otay Mesa Medical Offices	12/10	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	12/11	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	12/12	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	12/17	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	12/27	1:30 pm – 4:00 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	12/27	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success	La Mesa Medical Offices	12/3	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	San Diego Mission Road	12/10	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	Otay Mesa Medical Offices	12/12	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success	La Mesa Medical Offices	12/18	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	12/20	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success	Vandever Medical Offices	12/27	1:30 pm – 4:00 pm	(619) 641-4194

Pregnancy Wellness Vaginal Birth After Cesarean Maternity Tours Prepared Childbirth (4 sessions, \$96 fee) *** Prepared Childbirth (4 sessions, \$96 fee) *** Prepared Childbirth (4 sessions, \$96 fee) *** Prepared Childbirth (4 sessions, \$96 fee) *** Prepared Childbirth (1 session, \$96 fee) Saturday Class *** Prepared Childbirth (1 session, \$96 fee) Saturday Class *** Prepared Childbirth (1 session, \$96 fee) Saturday Class *** Prepared Childbirth Refresher Class (\$50 fee per couple) ***	San Diego Medical Center San Diego Medical Center San Diego Mission Road La Mesa Medical Offices Otay Mesa Medical Offices San Diego Mission Road San Marcos Medical Offices San Marcos Medical Offices Zion Basement Classrooms Zion Basement Classrooms San Diego Mission Road	Mondays Call for dates Call for dates Begins 12/4 Begins 12/5 Call for dates Call for dates 12/8 12/15 12/29 Call for dates	6:30 pm – 8:00 pm Call for times Call for times 5:30 pm – 8:00 pm 5:30 pm – 8:00 pm Call for times Call for times 9:00 am – 5:00 pm 9:00 am – 5:00 pm 9:00 am – 5:00 pm Call for times	(800) 290-5000 (800) 290-5000 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
Maternal Wellness	5251 Viewridge Court	Tuesdays	10:30 am – 11:30am	(619) 641-4456
Maternal Wellness	San Marcos Medical Offices (2nd Floor)	Wednesdays	9:00 am – 10:00 am	(619) 641-4456

DIABETES Living well with Diabetes 1-4: Taking Care of Yourself Beat Diabetes (16-week program) Diabetes and Pregnancy Path to Prevention (formerly Pre-Diabetes) Path to Prevention (formerly Pre-Diabetes) Path to Prevention (formerly Pre-Diabetes) Path to Prevention (formerly Pre-Diabetes) Path to Prevention (formerly Pre-Diabetes) Saturday Class Path to Prevention (formerly Pre-Diabetes) Path to Prevention (formerly Pre-Diabetes)	Location varies Location varies Location varies San Diego Mission Road San Marcos Medical Offices La Mesa Medical Offices San Diego Mission Road La Mesa Medical Offices San Marcos Medical Offices San Diego Mission Road	Call for dates Call for dates Call for dates 12/4 12/5 12/7 12/14 12/15 12/21 12/27	Call for times Call for times Call for times 5:30 pm – 7:30 pm 1:30 pm – 3:30 pm 1:30 pm – 3:30 pm 9:30 am – 11:30 am 9:30 am – 11:30 am 1:00 pm – 3:00 pm 1:30 pm – 3:30 pm	(619) 641-4194 (619) 641-4194 (858) 266-6900 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
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FITNESS AND FLEXIBILITY Fitness Forum Muscle Toning Class *** Yoga *** Personal Training *** Fitness Testing ***	Positive Choice, 7035 Convoy Court Positive Choice, 7035 Convoy Court Positive Choice, 7035 Convoy Court Positive Choice, 7035 Convoy Court Positive Choice, 7035 Convoy Court	Mon – Thurs Mon & Wed Call for dates Call for dates Call for dates	5:00 pm – 5:30 pm 5:15 pm – 6:15 pm Call for times Call for times Call for times	(858) 573-0090 (858) 573-0090 (858) 573-0090 (858) 573-0090 (858) 573-0090
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HEALTH CARE DECISIONS Life Care Planning Life Care Planning Life Care Planning Life Care Planning	La Mesa Medical Offices Vandever Medical Offices San Marcos Medical Offices Vandever Medical Offices	12/3 12/4 12/7 12/17	1:30 pm – 3:30 pm 1:30 pm – 3:30 pm 1:00 pm – 3:00 pm 1:30 pm – 3:30 pm	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
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MIND – BODY HEALTH Stress and Emotional Health Mind – Body Health (6 sessions)	San Marcos Medical Offices Orcutt Administration Building	12/4 Call for dates	1:30 pm – 4:00 pm Call for times	(619) 641-4194 (619) 641-4194
PARENTING				
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road	12/4	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road	12/11	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	Otay Mesa Medical Offices	12/14	1:30 pm – 4:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Marcos Medical Offices	12/20	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road	12/27	5:30 pm – 8:00 pm	(619) 641-4194
PRE-OPERATIVE				
Total Knee Replacement	San Diego Mission Road Zion Basement Classrooms	12/5 12/20, 12/27	9:00 am – 11:30 am 9:00 am – 11:30 am	(619) 641-4194 (619) 641-4194
Total Knee Replacement	San Marcos Medical Offices	12/14, 12/21	9:00 am – 11:30 am	(619) 641-4194
Total Hip Replacement	Zion Hospital Basement Classrooms	12/10, 12/17, 12/31	9:00 am – 11:30 am	(619) 641-4194
Total Hip Replacement	San Marcos Medical Offices	12/7, 12/28	9:00 am – 11:30 am	(619) 641-4194

SMOKING / TOBACCO Tobacco Cessation Tobacco Cessation	San Diego Mission Road San Diego Mission Road	Begins 12/6 Begins 12/28	6:00 pm – 8:00 pm 1:30 pm – 3:30 pm	(619) 641-4194 (619) 641-4194
WEIGHT MANAGEMENT Healthy Balance Weight Control Teen Weight Program *** Nutrition/Fitness Forum Solutions Recovery from Food Addiction *** Bariatric Support Group Bariatric Options Program Medical Weight Management ***	Positive Choice, Varied Locations Positive Choice, 7035 Convoy Court Positive Choice, Varied Locations Positive Choice, 7035 Convoy Court Positive Choice, Varied Locations Positive Choice, Varied Locations Positive Choice, Varied Locations	Call for details Call for details Call for details Call for details Call for details Call for details Call for details	Call for details Call for times Call for times Call for times Call for times Call for times Call for times	(858) 573-0090 (858) 573-0090 (858) 573-0090 (858) 573-0090 (858) 573-0090 (858) 573-0090 (858) 573-0090
WOMEN'S HEALTH Difficult Menopause	Call for Location	Call for dates	Call for times	1-800-290-5000

*** Fee Required