



# January 2019- 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](http://www.kp.org)

PROGRAM	LOCATION	DATES	TIME	TO REGISTER
<b>BEREAVEMENT</b>				
Bereavement Support Group	Garfield Medical Offices	1 <sup>st</sup> & 3 <sup>rd</sup> Tues	10:00 am – 11:30am	(619) 641-4100
Bereavement Support Group	San Marcos Medical Offices	2 <sup>nd</sup> & 4 <sup>th</sup> Wed	10:00 am – 11:30am	(619) 641-4100
Bereavement Support Group	La Mesa Medical Offices	2 <sup>nd</sup> & 4 <sup>th</sup> Thurs	5:30 pm – 7:00 pm	(619) 641-4100
Bereavement Support Group	Otay Mesa Outpatient Medical Center	1 <sup>st</sup> & 3 <sup>rd</sup> Wed	10:00 am – 11:30 am	(619) 641-4100
<b>CANCER SUPPORT GROUP</b>				
Breast Cancer Support Group	Orcutt Administration Building	2 <sup>nd</sup> & 4 <sup>th</sup> Thurs	5:00 pm – 6:30 pm	(619) 641-4456
Women's Cancer Support Group	Orcutt Administration Building	4 <sup>th</sup> Thursday	5:00 pm – 6:30 pm	(619) 641-4456
Making Today Count: Cancer Support Group	Orcutt Administration Building	1 <sup>st</sup> & 3 <sup>rd</sup> Thurs	5:00 pm – 6:30 pm	(619) 641-4456
Prostate Cancer Support Group	Garfield Medical Offices	1 <sup>st</sup> & 3 <sup>rd</sup> Wed	9:30 am – 11:00 am	(858) 616-5421
San Marcos Cancer Support Group	San Marcos Medical Offices	4 <sup>th</sup> Tuesday	1:30 pm – 3:00 pm	(619) 641-4456
<b>CAREGIVER SUPPORT GROUPS</b>				
Caregiver Support Group	Bostonia Medical Offices	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	2:00 pm – 3:00 pm	(619) 641-4456
Caregiver Support Group	San Diego Medical Center	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday	2:00 pm – 3:00 pm	(619) 641-4456
Caregiver Support Group	Vista Medical Offices	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday	2:30pm – 4:00 pm	(619) 641-4456
<b>CHILDBIRTH AND REPRODUCTIVE HEALTH</b>				
Baby Care Basics	San Marcos Medical Offices	1/3	1:30 pm – 4:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	1/3	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	1/7	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	1/9	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	Otay Mesa Medical Offices	1/14	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	1/15	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	1/22	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	1/24	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics (Saturday Class)	San Diego Misison Road	1/26	9:00 am – 11:30 am	(619) 641-4194
Baby Care Basics	Otay Mesa Medical Offices	1/29	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	Otay Mesa Medical Offices	1/10	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	La Mesa Medical Offices	1/11	1:00 pm – 3:30 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	1/16	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	Vandever Medical Offices	1/17	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	La Mesa Medical Offices	1/21	5:30 pm – 8:00 pm	(619) 641-4194

Breastfeeding with Success	Vandever Medical Offices	1/28	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	Vandever Medical Offices	1/31	1:30 pm – 4:00 pm	(619) 641-4194
Pregnancy Wellness	San Diego Medical Center	Mondays	6:30 pm – 8:00 pm	(800) 290-5000
Vaginal Birth After Cesarean	San Diego Medical Center	Call for dates	Call for times	(800) 290-5000
Maternity Tours	San Diego Mission Road	Call for dates	Call for times	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	Otay Mesa Medical Offices	Begins 1/2	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	San Marcos Medical Offices	Begins 1/3	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	San Diego Mission Road	Begins 1/7	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	La Mesa Medical Offices	Begins 1/8	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	Otay Mesa Medical Offices	Begins 1/30	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	San Marcos Medical Offices	Begins 1/31	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	San Marcos Medical Offices	1/12	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	Zion Basement Classrooms	1/26	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth Refresher Class (\$50 fee per couple) ***	San Diego Mission Road	Call for dates	Call for times	(619) 641-4194
Maternal Wellness	5251 Viewridge Court	Call for dates	Call for times	(619) 641-4456
Maternal Wellness	San Marcos Medical Offices (2nd Floor)	Call for dates	Call for times	(619) 641-4456

<b>DIABETES</b>				
Living well with Diabetes 1-4: Taking Care of Yourself	Location varies	Call for dates	Call for times	(619) 641-4194
Diabetic Foot Care	San Diego Mission Road	1/15	5:30 pm – 7:30 pm	(619) 641-4194
Diabetes and Pregnancy	Location varies	Call for dates	Call for times	(858) 266-6900
Path to Prevention (formerly Pre-Diabetes)	La Mesa Medical Offices	1/4	1:00 pm – 3:00 pm	(619) 641-4194
Path to Prevention (formerly Pre-Diabetes)	San Diego Mission Road	1/11	1:00 pm – 3:00 pm	(619) 641-4194
Path to Prevention (formerly Pre-Diabetes)	Otay Mesa Medical Offices	1/16	1:00 pm – 3:00 pm	(619) 641-4194
Path to Prevention (formerly Pre-Diabetes)	La Mesa Medical Offices	1/17	5:30 pm – 7:30 pm	(619) 641-4194
Path to Prevention (formerly Pre-Diabetes)	San Marcos Medical Offices	1/18	1:00 pm – 3:00 pm	(619) 641-4194
Path to Prevention (formerly Pre-Diabetes)	San Diego Mission Road	1/21	5:30 pm – 7:30 pm	(619) 641-4194
Path to Prevention (formerly Pre-Diabetes)	San Marcos Medical Offices	1/29	5:30 pm – 7:30 pm	(619) 641-4194
<b>FITNESS AND FLEXIBILITY</b>				
Fitness Forum	Positive Choice, 7035 Convoy Court	Mon – Thurs	5:00 pm – 5:30 pm	(858) 573-0090
Muscle Toning Class ***	Positive Choice, 7035 Convoy Court	Mon & Wed	5:15 pm – 6:15 pm	(858) 573-0090
Yoga ***	Positive Choice, 7035 Convoy Court	Call for dates	Call for times	(858) 573-0090
Personal Training ***	Positive Choice, 7035 Convoy Court	Call for dates	Call for times	(858) 573-0090
Fitness Testing ***	Positive Choice, 7035 Convoy Court	Call for dates	Call for times	(858) 573-0090
<b>HEALTH CARE DECISIONS</b>				
Life Care Planning	Zion Basement Classrooms	1/3	1:00 pm – 3:00 pm	(619) 641-4194
Life Care Planning	Otay Mesa Medical Offices	1/14	1:30 pm – 3:30 pm	(619) 641-4194
Life Care Planning	San Marcos Medical Offices	1/16	1:30 pm – 3:30 pm	(619) 641-4194

Life Care Planning	La Mesa Medical Offices	1/30	1:30 pm – 3:30 pm	(619) 641-4194
<b>HEALTHIER LIVING: MANAGING ONGOING CONDITIONS</b>				
Headache Management	Otay Mesa Medical Offices	1/10	2:00 pm – 4:00 pm	(619) 641-4194
Headache Management	Vandever Medical Offices	1/21	5:30 pm – 7:30 pm	(619) 641-4194
Snoring and Sleep Apnea	La Mesa Medical Offices	Call for dates	Call for times	(619) 641-4194
Sleep Well (4 Sessions 2 hours each)	San Diego Mission Road	Begins 1/17	5:30 pm – 7:30 pm	(619) 641-4194
Sleep Well (4 Sessions 2 hours each)	San Marcos Medical Offices	Begins 1/25	9:00 am – 11:00 am	(619) 641-4194
<b>HEART HEALTH</b>				
Heart Failure: Living Well Each Day	La Mesa Medical Offices	1/14	9:30 am – 12:00 pm	(619) 641-4194
Heart Failure: Living Well Each Day	Otay Mesa Medical Offices	1/16	9:00 am – 11:30 am	(619) 641-4194
Heart Failure: Living Well Each Day	San Marcos Medical Offices	1/21	9:00 am – 11:30 am	(619) 641-4194
Heart Failure: Living Well Each Day	La Mesa Medical Offices	1/21	1:30 pm – 4:00 pm	(619) 641-4194
Heart Failure: Living Well Each Day	La Mesa Medical Offices	1/30	9:30 am – 12:00 pm	(619) 641-4194
After Cardiac Surgery	Varied locations	Call for dates	Call for times	1-877-236-0333
After Coronary Intervention	Varied locations	Call for dates	Call for times	1-877-236-0333
Healthy Heart *previously Cholesterol (2 sessions)	Otay Mesa Medical Offices	1/3 & 1/10	1:00 pm – 3:00 pm	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	Vandever Medical Offices	1/7 & 1/14	1:30 pm – 3:30 pm	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	La Mesa Medical Offices	1/9 & 1/16	9:00 am – 11:00 am	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	San Marcos Medical Offices	1/10 & 1/17	5:30 pm – 7:30 pm	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	La Mesa Medical Offices	1/22 & 1/29	5:30 pm – 7:30 pm	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	Vandever Medical Offices	1/24 & 1/31	5:30 pm – 7:30 pm	(619) 641-4194
Heart Support Group for Women with/or at Risk for Heart Disease	La Mesa Medical Offices	3 <sup>rd</sup> Thursday	5:30 pm – 7:00 pm	(619) 528-5814

<b>MIND – BODY HEALTH</b>				
Stress and Emotional Health	San Diego Mission Road	1/28	1:30 pm – 4:00 pm	(619) 641-4194
Stress and Emotional Health	Otay Mesa Medical Offices	1/29	1:30 pm – 3:30 pm	(619) 641-4194
Mind – Body Health (6 sessions)	Orcutt Administration Building	1/31	5:30 pm – 7:30 pm	(619) 641-4194
<b>PARENTING</b>				
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Marcos Medical Offices	1/4	1:00 pm – 3:30 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road	1/9	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	Otay Mesa Medical Offices	1/10	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road	1/14	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road	1/22	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Marcos Medical Offices	1/23	5:30 pm – 8:00 pm	(619) 641-4194
<b>PRE-OPERATIVE</b>				
Total Knee Replacement	Zion Basement Classrooms	1/3, 1/10, 1/17, 1/24, 1/31	9:00 am – 11:30 am	(619) 641-4194
Total Knee Replacement	San Marcos Medical Offices	1/4, 1/11, 1/25	9:00 am – 11:30 am	(619) 641-4194
Total Hip Replacement	Zion Hospital Basement Classrooms	1/14, 1/21, 1/28	9:00 am – 11:30 am	(619) 641-4194
Total Hip Replacement	San Marcos Medical Offices	1/18	9:00 am – 11:30 am	(619) 641-4194

<b>SMOKING / TOBACCO</b> Tobacco Cessation Tobacco Cessation Tobacco Cessation Tobacco Cessation	La Mesa Medical Offices San Marcos Medical Offices San Diego Mission Road Otay Mesa Medical Offices	Begins 1/7 Begins 1/7 Begins 1/10 Begins 1/14	6:00 pm – 8:00 pm 6:00 pm – 8:00 pm 6:00 pm – 8:00 pm 6:00 pm – 8:00 pm	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
<b>WEIGHT MANAGEMENT</b> 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 Postive 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
<b>WOMEN'S HEALTH</b> Difficult Menopause	Call for Location	Call for dates	Call for times	1-800-290-5000

\*\*\* Fee Required