



# June 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 – 11:30am	(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	Otay Mesa Medical Offices	6/4	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	6/5	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	6/6	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics (Saturday Class)	San Diego Mission Road	6/8	1:00 pm – 3:30 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	6/12	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	6/18	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	Otay Mesa Medical Offices	6/19	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	6/25	1:30 pm – 4:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	6/25	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	6/27	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	La Mesa Medical Offices	6/4	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	6/6	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success	Vandever Medical Offices	6/10	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	La Mesa Medical Offices	6/17	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	6/25	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	Otay Mesa Medical Offices	6/26	5:30 pm – 8:00 pm	(619) 641-4194



<b>HEALTHIER LIVING: MANAGING ONGOING CONDITIONS</b> Headache Management Snoring and Sleep Apnea Sleep Well (4 Sessions 2 hours each) Sleep Well (4 Sessions 2 hours each)	Vandever Medical Offices La Mesa Medical Offices San Diego Mission Road San Marcos Medical Offices	6/24 Call for dates Begins 6/6 Begins 6/28	5:30 pm – 7:30 pm Call for times 5:30 pm – 7:30 pm 9:00 am – 11:00 am	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
<b>HEART HEALTH</b> Heart Failure: Living Well Each Day Heart Failure: Living Well Each Day Heart Failure: Living Well Each Day Heart Failure: Living Well Each Day Heart Failure: Living Well Each Day After Cardiac Surgery After Coronary Intervention Healthy Heart *previously Cholesterol (2 sessions) Healthy Heart *previously Cholesterol (2 sessions) Healthy Heart *previously Cholesterol (2 sessions) Healthy Heart *previously Cholesterol (2 sessions) Healthy Heart *previously Cholesterol (2 sessions) Healthy Heart *previously Cholesterol (2 sessions)  Heart Support Group for Women with/or at Risk for Heart Disease	La Mesa Medical Offices La Mesa Medical Offices San Marcos Medical Offices La Mesa Medical Offices Otay Mesa Medical Offices Varied locations Varied locations La Mesa Medical Offices Otay Mesa Medical Offices Vandever Medical Offices Escondido Medical Offices La Mesa Medical Offices San Diego Mission Road  La Mesa Medical Offices	6/5 6/17 6/17 6/21 6/28 Call for dates Call for dates 6/3 & 6/10 6/3 & 6/10 6/6 & 6/13 6/12 & 6/19 6/18 & 6/25 6/19 & 6/26  3 <sup>rd</sup> Thursday	9:30 am – 11:30 am 9:30 am – 11:30 am 1:30 pm – 3:30 pm 1:30 pm – 3:30 pm 9:30 am – 12:00 pm Call for times Call for times 9:00 am – 11:30 am 5:30 pm – 8:00 pm 5:30 pm – 8:00 pm 5:30 pm – 8:00 pm 5:30 pm – 8:00 pm 9:00 am – 11:30am  5:30 pm – 7:00 pm	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 1-877-236-0333 1-877-236-0333 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194  (619) 528-5814

<b>MIND – BODY HEALTH</b> Stress and Emotional Health Stress and Emotional Health Stress and Emotional Health Mind – Body Health (6 sessions)	Otay Mesa Medical Offices San Diego Mission Road San Marcos Medical Offices Orcutt Administration Building	6/6 6/24 6/28 Call for dates	1:30 pm – 4:00 pm 1:30 pm – 3:30 pm 12:30 pm – 3:00pm Call for times	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
<b>PARENTING</b> A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road San Marcos Medical Offices San Diego Mission Road San Diego Mission Road San Diego Mission Road San Marcos Medical Offices	6/4 6/5 6/6 6/17 6/25 6/27	5:30 pm – 8:00 pm 5:30 pm – 8:00 pm 5:30 pm – 8:00 pm 5:30 pm – 8:00 pm 5:30 pm – 8:00 pm 1:30 pm – 4:00 pm	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194

<b>PRE-OPERATIVE</b> Inpatient Knee/Hip Replacement English	Zion Basement Classrooms	6/3, 6/10, 6/17, 6/25	9:00 am – 11:30 am	(619) 641-4194
Inpatient Knee/Hip Replacement English	San Marcos Medical Offices	6/7, 6/21, 6/28	9:00 am – 11:30 am	(619) 641-4194
Outpatient Knee/Hip Replacement English	Zion Hospital Basement Classrooms	6/6, 6/13, 6/20, 6/27	9:00 am – 11:30 am	(619) 641-4194
Outpatient Knee/Hip Replacement English	San Marcos Medical Offices	6/14	9:00 am – 11:30 am	(619) 641-4194
Inpatient Knee/Hip Replacement Spanish	Vandever Medical Offices	6/3	1:30 pm – 3:30 pm	(619) 641-4194
Outpatient Knee/Hip Replacement Spanish	Vandever Medical Offices	6/20	1:30 pm – 3:30 pm	(619) 641-4194

<b>SMOKING / TOBACCO</b> Tobacco Cessation	San Diego Misison Road	Begins 6/6	6:00 pm- 8:00 pm	(619) 641-4194
Tobacco Cessation	San Diego Mission Road	Begins 6/7	1:00 pm – 3:00 pm	(619) 641-4194
Tobacco Cessation	San Marcos Medical Offices	Begins 6/10	6:00 pm – 8:00 pm	(619) 641-4194
Tobacco Cessation	La Mesa Medical Offices	Begins 6/17	6:00 pm – 8:00 pm	(619) 641-4194
Tobacco Cessation	Otay Mesa Medical Offices	Begins 6/17	6:00 pm – 8:00 pm	(619) 641-4194

<b>WEIGHT MANAGEMENT</b> Healthy Balance Weight Control	Positive Choice, Varied Locations	Call for details	Call for details	(858) 573-0090
Nutrition/Fitness Forum	Positive Choice, Varied Locations	Call for details	Call for times	(858) 573-0090
Solutions Help with Food Addictions ***	Positive Choice, 7035 Convoy Court	Call for details	Call for times	(858) 573-0090
Bariatric Support Group	Positive Choice, Varied Locations	Call for details	Call for times	(858) 573-0090
Bariatric Options Program	Positive Choice, Varied Locations	Call for details	Call for times	(858) 573-0090
Medical Weight Management ***	Postive Choice, Varied Locations	Call for details	Call for times	(858) 573-0090

<b>WOMEN'S HEALTH</b> Difficult Menopause	Call for Location	Call for dates	Call for times	1-800-290-5000
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