



September 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

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 – 11:30am	(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 Thursday	2:00 pm – 3:00 pm	(619) 641-4456
Caregiver Support Group	Vista Medical Offices	1 st and 3 rd Wed	2:30pm – 4:00 pm	(619) 641-4456
CHILDBIRTH AND REPRODUCTIVE HEALTH				
Baby Care Basics	San Marcos Medical Offices	9/3	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	Otay Mesa Medical Offices	9/3	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	9/4	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission+ Road	9/11	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	Otay Mesa Medical Offices	9/16	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	9/17	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	9/18	1:30 pm – 4:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	9/19	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	9/25	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	San Diego Mission Road	9/3	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	9/5	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success	La Mesa Medical Offices	9/9	9:30 am – 12:00 pm	(619) 641-4194
Breastfeeding with Success	Zion Basement Classrooms	9/9	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	La Mesa Medical Offices	9/13	9:30 am – 12:00 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	9/17	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	San Diego Mission Road	9/18	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	9/20	9:30 am – 12:00 pm	(619) 641-4194
Breastfeeding with Success	Otay Mesa Medical Offices	9/24	5:30 pm – 8:00 pm	(619) 641-4194

Breastfeeding with Success	La Mesa Medical Offices	9/25	5:30 pm – 8:00 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) ***	San Diego Mission Road	Begins 9/9	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	La Mesa Medical Offices	Begins 9/10	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	San Marcos Medical Offices	Begins 9/12	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	Garfield Medical Offices	Begins 9/18	6:00 pm – 8:30 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	Zion Basement Classrooms	9/7	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	Zion Basement Classroom	9/14	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	San Marcos Medical Offices	9/21	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	San Diego Mission Road	9/28	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth Refresher Class (\$50 fee per couple) ***	San Diego Mission Road	9/10	5:30 pm – 8:00 pm	(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

DIABETES				
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	Call for dates	Call for times	(619) 641-4194
Diabetes and Pregnancy	Location varies	Call for dates	Call for times	(858) 266-6900
Path to Prevention (formerly Pre-Diabetes)	Bonita Medical Offices	9/3	5:30 pm – 7:30 pm	(619) 641-4194
Path to Prevention (formerly Pre-Diabetes)	La Mesa Medical Offices	9/11	1:30 pm – 3:30 pm	(619) 641-4194
Path to Prevention (formerly Pre-Diabetes)	Vandever Medical Offices	9/13	9:30 am – 11:30 am	(619) 641-4194
Path to Prevention (formerly Pre-Diabetes)	San Marcos Medical Offices	9/13	1:00 pm -3:00 pm	(619) 641-4194
Path to Prevention (formerly Pre-Diabetes)	San Marcos Medical Offices	9/19	1:30 pm – 3:30 pm	(619) 641-4194
Path to Prevention (formerly Pre-Diabetes)	Otay Mesa Medical Offices	9/20	1:00 pm – 3:00 pm	(619) 641-4194
Path to Prevention (formerly Pre-Diabetes)	Garfield Medical Offices	9/25	1:00 pm – 3:00 pm	(619) 641-4194

FITNESS AND FLEXIBILITY				
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

HEALTH CARE DECISIONS				
Life Care Planning	Otay Mesa Medical Offices	9/4	1:30 pm – 3:30 pm	(619) 641-4194
Life Care Planning (Saturday Class)	La Mesa Medical Offices	9/7	1:00 pm – 3:00 pm	(619) 641-4194
Life Care Planning (Saturday Class)	San Marcos Medical Offices	9/7	1:00 pm – 3:00 pm	(619) 641-4194
Life Care Planning	La Mesa Medical Offices	9/9	1:30 pm – 3:30 pm	(619) 641-4194
Life Care Planning (Saturday Class)	La Mesa Medical Offices	9/14	1:00 pm – 3:00 pm	(619) 641-4194
Life Care Planning	Viewridge Medical Offices	9/20	1:30 pm – 3:30 pm	(619) 641-4194
Life Care Planning	San Marcos Medical Offices	9/27	1:00 pm – 3:00 pm	(619) 641-4194

A Lifestyle Skill: Infant CPR (Birth to 12 months) *** Fee class	San Diego Mission Road	9/24	5:30 pm – 8:00 pm	(619) 641-4194
PRE-OPERATIVE				
Inpatient Knee/Hip Replacement English	Viewridge Medical Offices Zion Basement Classrooms	9/3 9/23, 9/30	9:00 am – 11:30 am	(619) 641-4194
Inpatient Knee/Hip Replacement English	San Marcos Medical Offices	9/6, 9/13, 9/27	9:00 am – 11:30 am	(619) 641-4194
Outpatient Knee/Hip Replacement English	Zion Basement Classrooms	9/5, 9/12, 9/26	9:00 am – 11:30 am	(619) 641-4194
Outpatient Knee/Hip Replacement English	San Marcos Medical Offices	9/20	9:00 am – 11:30 am	(619) 641-4194
Inpatient Knee/Hip Replacement Spanish	Zion Basement Classrooms	9/11	9:00 am – 11:00 am	(619) 641-4194
Outpatient Knee/Hip Replacement Spanish	Zion Basement Classrooms	9/27	9:00 am – 11:00 am	(619) 641-4194

SMOKING / TOBACCO				
Tobacco Cessation	San Diego Misison Road	Begins 9/5	6:00 pm – 8:00 pm	(619) 641-4194
Tobacco Cessation	San Marcos Medical Offices	Begins 9/9	6:00 pm – 8:00 pm	(619) 641-4194
Tobacco Cessation	La Mesa Medical Offices	Begins 9/16	6:00 pm – 8:00 pm	(619) 641-4194
Tobacco Cessation	Otay Mesa Medical Offices	Begins 9/30	6:00 pm – 8:00 pm	(619) 641-4194

WEIGHT MANAGEMENT				
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 ***	Positive Choice, Varied Locations	Call for details	Call for times	(858) 573-0090

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

*** Fee Required