

Center for Healthy Living* and Nutrition Services

*Formerly Health Education

KAISER PERMANENTE • San Diego Service AREA • Center for Healthy Living and Nutrition Services

Programs Offered

Diabetes Programs

- *Pre-Diabetes - English/Spanish*
In this one-session, 3-hour program you will learn how exercise and healthy eating can help prevent or delay diabetes.
- *Gestational Diabetes - English*
In this one-session, 2.5-hour program you will understand the importance of controlling blood sugar.
- *Living Well with Diabetes - English/Spanish*
In this four-session, 2-hour program you will learn how to manage your diabetes with healthy habits including nutrition, exercise, medications and stress management.
- *Insulin Start - English/Spanish*
In this one-session, 2.5-hour program you will learn how to use insulin for improved blood sugar control.
- *Advanced Insulin Adjusting - English/Spanish*
In this one-session, 2-hour program you will learn to manage blood sugar and insulin patterns and titrations.
- *BEAT Diabetes - English/Spanish*
In this multisession, 2-hour program you will learn techniques to manage diabetes in supportive group sessions.

Tobacco Cessation Program

- *Freedom from Tobacco - English*
In this multisession, 1.5-hour program you will learn strategies to quit tobacco in a supportive group environment.

Heart Health Programs

- *Taking Care of your Heart - English/Spanish*
In this two-session, 2.5-hour program you will discuss risk factors for heart disease and hypertension, and how to lower these risks with lifestyle intervention.
- *Congestive Heart Failure - English*
In this one-session, 2.5-hour class you will get a basic overview of heart failure and how to manage it.
- *African American Hypertension - English*
In this one-session, 2-hour class you will discuss hypertension and lifestyle changes to manage it.
- *INR - English*
In this one-session, 2-hour class you will learn how to use a Cuaguchek Meter and demonstrate competent use of meter.

Life Care Planning

- In this one-session, 2-hour class you will learn how to plan for future health care needs and write a health care directive.

Center for Healthy Living (619) 641-4194

The Center for Healthy Living embodies expertise of health educators, registered dietitians, nurse educators, and lifestyle educators, along with physician partners and support staff, to ensure clinical integration.

Nutrition Services (619) 641-2000

Our expert team of Registered Dietitian Nutritionists provides individual nutrition counseling for medical nutrition therapy and prevention of disease. 1 on 1 guidance is based on the latest research to help members make healthy lifestyle changes.

Members with heart disease or diabetes are encouraged to take advantage of free classes through the Center of Healthy Living and supplement their dietary knowledge and cater recommendations to their needs after taking the class.

Patients need a referral for appointments with Nutrition Services



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The Center for Healthy Living and Nutrition Services strive to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease, and promoting health.

Maternal Child Health Programs

- *Have a Healthy Pregnancy - English/Spanish*
In this one-session, 2.5-hour program you will become familiar with fetal growth patterns and appropriate weight gain during pregnancy.
- *Infant Care - English*
In this one-session, 2.5-hour program you will understand basic care and needs for a newborn.
- *Breastfeeding with Success - English*
In this one-session, 2.5-hour program you will learn to develop good breastfeeding skills.
- *Childbirth Preparation - English* **FFS: \$96/couple**
In this four-session, 2.5-hour or two sessions, 6.5-hour program you will understand the discomforts and body dynamics of the 3rd trimester.
- *Childbirth Preparation Refresher - English* **FFS: \$50/couple**
In this one-session, 3-hour program you will review labor and delivery basics, pain management, and cesarean birth.
- *Infant CPR for Family and Friends - English* **FFS: \$15 for first person/ \$10 for each additional guest**
In this one-session, 2.5-hour program you will become familiar with CPR techniques, poison information, and car seat safety.
- *Maternity Tour - English*
In this one-session, 1.5-hour program you will become familiar with the hospital, understand where to park, check-in locations, and phone numbers to call.

Nutrition Programs

- *Teen and Child Nutrition - English/Spanish*
In this two-session, 2-hour program you will understand nutritional needs, healthy food choices, and meal planning.

Pre-Operative Programs

- *Pre-Op - English*
In this one-session, 1.5-hour program you will become familiar with pre-operative appointments, medications, and procedures.
- *Total Hip and Total Knee Replacement - English/Spanish*
In this one-session, 2.5-hour program you will discuss pre-op appointments, labs, EKG, and MRSA. You will learn important tips for before and after surgery.
- *Tubal Ligation - English*
In this one-session, 2-hour program you will review pros and cons of sterilization.
- *Vasectomy - English*
In this one-session, 1.5-hour program you will learn about the operative procedure and steps for fast healing.

Self-Management Programs

- *Headache - English*
In this one-session, 2-hour program you will learn about types of headaches and how to prevent them.
- *Incontinence - English*
In this one-session, 2-hour program you will understand the different types of urinary incontinence.
- *Snoring and Sleep Apnea - English/Spanish*
In this one session, 1.5-hour program you will understand the difference between snoring and sleep apnea.
- *Preventing Falls - English*
In this one-session, 2-hour program you will identify risks of falling and problems with balance.
- *Vertigo - English*
In this one-session, 1-hour program you will learn the cause, common triggers, and symptoms of vertigo.
- *Stress and Emotional Health - English*
In this one-session, 2.5-hour program you will learn an overview of stress, anxiety, and depression management techniques.
- *Mind Body Health - English*
In this six-session, 2-hour program you will have time to practice and review the techniques of stress, anxiety and depression management techniques.
- *Sleep Well, Live Well - English/Spanish*
In this four-session, 2-hour program you will understand behaviors that can support or interfere with sleep.