



February 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	1 st and 3 rd Wednesdays	2:00 pm – 3:00 pm	(619) 641-4456
Caregiver Support Group	Vista Medical Offices	2 nd and 4 th Wednesdays	2:30pm – 4:00 pm	(619) 641-4456
TYPE 2 DIABETES SUPPORT GROUP				
Type 2 Diabetes Support Group	Bonita Medical Offices	1 st Monday	8:00 am – 9:00 am	(619) 641-4564
CHILDBIRTH AND REPRODUCTIVE HEALTH				
Baby Care Basics	San Diego Mission Road	2/6	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	2/6	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics (Saturday Class)	San Diego Mission Road	2/10	9:00 am – 11:30 am	(619) 641-4194
Baby Care Basics (Saturday Class)	San Marcos Medical Offices	2/10	9:00 am – 11:30 am	(619) 641-4194
Baby Care Basics	San Diego Mission Road	2/14	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	Otay Mesa Medical Offices	2/20	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Misison Road	2/21	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	2/23	1:00 pm – 3:30 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	2/27	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	Zion Basement Classroom	2/7	9:00 am – 11:30 am	(619) 641-4194
Breastfeeding with Success	Otay Mesa Medical Offices	2/8	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	2/9	1:00 pm – 3:30 pm	(619) 641-4194

Breastfeeding with Success	La Mesa Medical Offices	2/14	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	Vandever Medical Offices	2/22	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	2/26	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	La Mesa Medical Offices	2/28	9:30 am – 12:00 pm	(619) 641-4194
New Mothers Support Group	Point Loma Medical Offices	3 rd Thursday	1:00 pm – 2:30 pm	(619) 221-0350
Pregnancy Wellness	Viewridge Medical Offices	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 Medical Center	Call for dates	Call for times	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	La Mesa Medical Offices	Begins 2/13	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	Otay Mesa Medical Offices	Begins 2/15	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	San Diego Mission Road	Begins 2/19	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	Vandever Medical Offices	Begins 2/21	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	San Marcos Medical Offices	Begins 2/22	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	Zion Basement Classrooms	2/3	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	San Marcos Medical Offices	2/17	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	Zion Basement Classrooms	2/24	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth Refresher Class (\$50 fee per couple)	San Diego Mission Road	2/20	5:30 pm – 8:30 pm	(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	Location varies	Call for dates	Call for times	(619) 641-4194
Beat Diabetes (16-week program)	Location varies	Call for dates	Call for times	(619) 641-4194
Diabetes and Pregnancy	Location varies	Call for dates	Call for times	(858) 266-6900
Preventing Diabetes	Carlsbad Medical Offices	2/1	1:00 pm – 4:00 pm	(619) 641-4194
Preventing Diabetes	La Mesa Medical Offices	2/2	9:00 am – 12:00 pm	(619) 641-4194
Preventing Diabetes	Escondido Medical Offices	2/6	5:30 pm – 8:30 pm	(619) 641-4194
Preventing Diabetes	Zion Basement Offices	2/7	5:30 pm – 8:30 pm	(619) 641-4194
Preventing Diabetes	Otay Mesa Medical Offices	2/8	1:00 pm – 4:00 pm	(619) 641-4194
Preventing Diabetes	Oceanside Medical Offices	2/15	9:00 am – 12:00 pm	(619) 641-4194
Preventing Diabetes (Saturday Class)	San Diego Mission Road	2/17	8:30 am – 11:30 am	(619) 641-4194
Preventing Diabetes (Saturday Class)	San Marcos Medical Offices	2/17	9:00 am – 12:00 pm	(619) 641-4194
Preventing Diabetes	La Mesa Medical Offices	2/19	1:00 pm – 4:00 pm	(619) 641-4194
Preventing Diabetes	San Marcos Medical Offices	2/21	1:00 pm – 4:00 pm	(619) 641-4194
Preventing Diabetes	San Diego Mission Road	2/22	9:00 am – 12:00 pm	(619) 641-4194
Preventing Diabetes	Otay Mesa Medical Offices	2/22	1:00 pm – 4:00 pm	(619) 641-4194
Preventing Diabetes	San Marcos Medical Offices	2/22	1:00 pm – 4:00 pm	(619) 641-4194
Preventing Diabetes	Zion Basement Classroom	2/27	2:00 pm – 5:00 pm	(619) 641-4194
Preventing Diabetes	Carlsbad Medical Offices	2/28	1:00 pm – 4:00 pm	(619) 641-4194

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
HEALTH CARE DECISIONS Life Care Planning Life Care Planning Life Care Planning Life Care Planning	Vandever Medical Offices Zion Basement Classrooms La Mesa Medical Offices San Marcos Medical Offices	2/6 2/19 2/21 2/26	5:30 pm – 7:30 pm 1:30 pm – 3:30 pm 5:30 pm – 7:30 pm 1:30 pm – 3:30 pm	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
HEALTHIER LIVING: MANAGING ONGOING CONDITIONS Headache Management Headache Management Snoring and Sleep Apnea Sleep Well (4 Sessions 2 hours each) Sleep Well (4 Sessions 2 hours each) Sleep Well (4 Sessions 2 hours each)	San Marcos Medical Offices San Diego Mission Road La Mesa Medical Offices San Marcos Medical Offices La Mesa Medical Offices San Diego Mission Road	2/9 2/28 Call for dates Begins 2/2 Begins 2/14 Begins 2/20	1:00 pm – 4:00 pm 5:30 pm – 7:30 pm Call for times 9:30 am – 11:30 am 1:30 pm – 3:30 pm 5:30 pm – 7:30 pm	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
HEART HEALTH 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 Otay Mesa Medical Offices La Mesa Medical Offices La Mesa Medical Offices San Marcos Medical Offices Otay Mesa Medical Offices Vandever Medical Offices Otay Mesa Medical Offices La Mesa Medical Offices San Diego Mission Road Vandever Medical Offices Escondido Medical Offices Vandever Medical Offices La Mesa Medical Offices	2/5 2/12 2/20 2/27 2/28 Call for dates Call for dates 2/1 & 2/8 2/5 & 2/12 2/7 & 2/14 2/16 & 2/23 2/20 & 2/27 2/21 & 2/28 3 rd Thursday	1:00 pm – 3:30 pm 1:30 pm – 4:00 pm 9:30 am – 12:00 pm 9:30 am – 12:00 pm 1:30 pm – 4:00 pm Call for times Call for times 5:30 pm – 8:00 pm 5:30 pm – 8:00 pm 5:30 pm – 8:00 pm 9:30 am – 12:00 pm 5:30 pm – 8:30 pm 9:00 am – 11:30 am 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
HIGH BLOOD PRESSURE African American Hypertension	La Mesa Medical Offices	2/27	1:30 pm – 3:30 pm	(619) 641-4194

MIND – BODY HEALTH				
Stress and Emotional Health	Zion Basement Classrooms	2/12	1:30 pm – 3:30 pm	(619) 641-4194
Stress and Emotional Health	San Marcos Medical Offices	2/19	1:30 pm – 4:00 pm	(619) 641-4194
Stress and Emotional Health	Otay Mesa Medical Offices	2/23	1:00 pm – 3:30 pm	(619) 641-4194
Stress and Emotional Health	La Mesa Medical Offices	2/27	1:30 pm – 4:00 pm	(619) 641-4194
Mind – Body Health (6 sessions)	Orcutt Administration Building	Begins 2/22	5:30 pm – 8:00 pm	(619) 641-4194
PARENTING				
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Marcos Medical Offices	2/2	1:00 pm – 3:30 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Marcos Medical Offices	2/10 (Saturday)	1:00 pm – 3:30 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Misson Road	2/12	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	Otay Mesa Medical Offices	2/15	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Marcos Medical Offices	2/19	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road	2/20	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road	2/28	5:30 pm – 8:00 pm	(619) 641-4194
PRE-OPERATIVE				
Pre-Operative Education	Zion Basement Classrooms	2/22	5:30 pm – 7:00 pm	(619) 641-4194
Total Knee Replacement	Zion Basement Classrooms	2/1, 2/8, 2/14, 2/22	9:00 am – 11:30 am	(619) 641-4194
Total Knee Replacement	San Marcos Medical Offices	2/2, 2/9, 2/23	9:00 am – 11:30 am	(619) 641-4194
Total Hip Replacement	Zion Hospital Basement Classrooms	2/5, 2/12, 2/19, 2/26	9:00 am – 11:30 am	(619) 641-4194
Total Hip Replacement	San Marcos Medical Offices	2/16	9:00 am – 11:30 am	(619) 641-4194

SMOKING / TOBACCO Tobacco Cessation	Varied Locations	Call for dates	Call for times	(619) 641-4194
STERILIZATION If It's Right for You: Vasectomy If It's Right for You: Vasectomy If It's Right for You: Vasectomy If It's Right for You: Vasectomy If It's Right for You: Vasectomy	Zion Basement Classrooms San Marcos Medical Offices Zion Basement Classrooms Otay Mesa Medical Offices Otay Mesa Medical Offices	2/1 2/1 2/6 2/8 2/20	1:00 pm – 2:30 pm 1:30 pm – 3:00 pm 2:00 pm – 3:30 pm 1:30 pm – 3:00 pm 1:30 pm – 3:00 pm	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
WEIGHT MANAGEMENT Adult Weight Management Program* (multi-session) Teen Weight Program *** Nutrition/Fitness Forum Solutions Recovery from Food Addiction *** Bariatric Support Group	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	Call for details Call for details Call for dates Call for dates Call for dates	Call for details 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
WOMEN'S HEALTH Difficult Menopause	Call for Location	Call for dates	Call for times	1-800-290-5000

*** Fee Required