



January 2021

## Center for Healthy Living Virtual Education Classes

If you would like to take a class to improve your health or learn more about a health condition, call and register today!

PROGRAM	LOCATION	DATES	TIME	TO REGISTER
<b>CHILDBIRTH AND REPRODUCTIVE HEALTH</b>				
Breastfeeding with Success	Virtual Program	1/14	9:00 am – 10:30 am	(619) 641-4194
Breastfeeding with Success	Virtual Program	1/15	1:00 pm – 2:30 pm	(619) 641-4194
Breastfeeding with Success	Virtual Program	1/20	9:00 am – 10:30 am	(619) 641-4194
Breastfeeding with Success	Virtual Program	1/21	1:00 pm – 2:30 pm	(619) 641-4194
Breastfeeding with Success (Saturday Class)	Virtual Program	1/23	9:30 am – 11:00 am	(619) 641-4194
Breastfeeding with Success (Saturday Class)	Virtual Program	1/23	1:00 pm – 2:30 pm	(619) 641-4194
Breastfeeding with Success	Virtual Program	1/26	9:00 am – 10:30 am	(619) 641-4194
Breastfeeding with Success	Virtual Program	1/28	1:00 pm – 2:30 pm	(619) 641-4194
Breastfeeding with Success (Saturday Class)	Virtual Program	1/30	1:00 pm – 2:30 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	1/6	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	1/7	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information (Saturday Class)	Virtual Program	1/9	1:30 pm – 2:30 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	1/11	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	1/12	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	1/14	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information (Saturday Class)	Virtual Program	1/16	9:00 am – 10:00 am	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	1/20	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	1/27	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	1/28	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information (Saturday Class)	Virtual Program	1/30	6:00 pm – 7:00 pm	(619) 641-4194
Baby Care Basics	Virtual Program	1/5	6:00 pm – 7:30 pm	(619) 641-4194
Baby Care Basics	Virtual Program	1/13	6:00 pm – 7:30 pm	(619) 641-4194
Baby Care Basics	Virtual Program	1/18	6:00 pm – 7:30 pm	(619) 641-4194
Baby Care Basics (Saturday Class)	Virtual Program	1/23	1:00 pm – 2:30 pm	(619) 641-4194
Baby Care Basics	Virtual Program	1/26	6:00 pm – 7:30 pm	(619) 641-4194
Baby Care Basics (Saturday Class)	Virtual Program	1/30	9:30 am – 11:00 am	(619) 641-4194
Virtual Childbirth Preparation (6 weeks: Fee class \$96)	Virtual Program	Begins 1/15	9:00 am – 10:30 am	(619) 641-4194
Virtual Childbirth Preparation (6 weeks: Fee class \$96)	Virtual Program	Begins 1/20	1:00 pm – 2:30 pm	(619) 641-4194

<b>DIABETES</b>				
Living Well with Diabetes Series (5-week program)	Virtual Program	Begins 1/5	9:00 am – 10:00 am	(619) 641-4194
Living Well with Diabetes Series (5-week program)	Virtual Program	Begins 1/5	6:00 pm – 7:00 pm	(619) 641-4194
Living Well with Diabetes Series (5-week program)	Virtual Program	Begins 1/6	6:00 pm – 7:00 pm	(619) 641-4194

Living Well with Diabetes Series (5-week program) Saturday Living Well with Diabetes Series (5-week program)	Virtual Program Virtual Program	Begins 1/9 Begins 1/25	9:30 am – 10:30 am 1:30 pm – 2:30 pm	(619) 641-4194 (619) 641-4194
<b>Fatty Liver</b> Fatty Liver Fatty Liver	Virtual Program Virtual Program	1/4 1/26	9:30 am – 10:30 am 6:00 pm – 7:00 pm	(619) 641-4194 (619) 641-4194
<b>HEALTHIER LIVING: MANAGING ONGOING CONDITIONS</b> Sleep Well Live Well – Insomnia Class Sleep Well Live Well – Insomnia Class Headache Class Headache Class	Virtual Program Virtual Program Virtual Program Virtual Program	1/11 1/28 1/5 1/18	6:00 pm – 7:00 pm 9:30 am – 10:30 am 6:00 pm – 7:00 pm 6:00 pm – 7:00 pm	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
<b>HEART HEALTH</b> Heart Failure: Living Well Each Day Taking Care of your Heart: Managing Cholesterol Taking Care of your Heart: Managing Cholesterol (Saturday) Taking Care of your Heart: Managing Cholesterol	Virtual Program Virtual Program Virtual Program Virtual Program	1/15 1/14 1/16 1/28	9:30 am – 10:30 am 6:00 pm – 7:00 pm 1:00 pm – 2:00 pm 6:00 pm – 7:30 pm	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
<b>MIND – BODY HEALTH</b> Stress and Emotional Health Stress and Emotional Health	Virtual Program Virtual Program	1/13 1/19	9:30 am – 10:30 am 6:00 pm – 7:30 pm	(619) 641-4194 (619) 641-4194
<b>SMOKING / TOBACCO</b> Tobacco Cessation	Virtual Program	1/14	6:00 pm – 7:00 pm	(619) 641-4194
<b>ADVANCE DIRECTIVE CLASSES</b> Life Care Planning Life Care Planning	Virtual Program Virtual Program	1/7 1/21	6:00 pm – 7:00 pm 9:30 am – 10:30 am	(619) 641-4194 (619) 641-4194