



March 2020- 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	1:00 pm – 2:30 pm	(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 Thur	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 Diego Mission Road	3/3	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	3/5	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	Vandever Medical Offices	3/9	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	3/17	1:30 pm – 4:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	3/17	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	Vandever Medical Offices	3/19	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics (Saturday Class)	San Diego Mission Road	3/21	9:00 am – 11:30 am	(619) 641-4194
Baby Care Basics	Vandever Medical Offices	3/24	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	Otay Mesa Medical Offices	3/24	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	3/5	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success	Otay Mesa Medical Offices	3/5	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success (Saturday Class)	San Diego Mission Road	3/7	1:00 pm – 3:30 pm	(619) 641-4194
Breastfeeding with Success	La Mesa Medical Office	3/11	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	San Diego Mission Road	3/12	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	3/17	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	La Mesa Medical Offices	3/31	1:30 pm – 4:00 pm	(619) 641-4194
Pregnancy Wellness	Viewridge Medical Offices	3 rd Tuesday	3:00 pm – 4:30 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 Marcos Medical Offices	Begins 3/5	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	San Diego Mission Road	Begins 3/9	5:30 pm – 8:00 pm	(619) 641-4194

Prepared Childbirth (4 sessions, \$96 fee) ***	La Mesa Medical Offices	Begins 3/10	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	San Diego Mission Road	Begins 3/18	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	San Marcos Medical Offices	3/14	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	San Diego Mission Road	3/14	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	San Diego Mission Road	3/21	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth (1 session, \$96 fee) Saturday Class ***	San Marcos Medical Offices	3/28	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth Refresher Class (\$50 fee per couple) ***	San Diego Mission Road	3/17	5:30 pm – 8:30 pm	(619) 641-4194
Maternal Wellness	5251 Viewridge Court (1st fl. Conf Room)	Tuesday's	10:30 am – 11:30am	(619) 641-4456
Maternal Wellness	San Marcos Medical Offices (2nd Floor Conf Room C)	Wednesday's	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
Diabetic Foot Care	San Diego Mission Road	Call for dates	Call for times	(619) 641-4194
Diabetes and Pregnancy	Locations vary	Call for dates	Call for times	(858) 266-6900
Path to Prevention (formerly Pre-Diabetes)	Locations vary	Call for dates	Call for times	(619) 641-4194
Healthy Balance Program	Locations vary	Call for dates	Call for times	(858) 616-5600
FITNESS AND FLEXIBILITY				
Fitness Forum	Positive Choice, 7035 Convoy Court	Mon – Thurs	5:00 pm – 5:30 pm	(858) 616-5600
Muscle Toning Class ***	Positive Choice, 7035 Convoy Court	Mon & Wed	5:15 pm – 6:15 pm	(858) 616-5600
Yoga ***	Positive Choice, 7035 Convoy Court	Call for dates	Call for times	(858) 616-5600
Personal Training ***	Positive Choice, 7035 Convoy Court	Call for dates	Call for times	(858) 616-5600
Fitness Testing ***	Positive Choice, 7035 Convoy Court	Call for dates	Call for times	(858) 616-5600
HEALTH CARE DECISIONS				
Life Care Planning	San Marcos Medical Offices	3/2	1:30 pm – 3:30 pm	(619) 641-4194
Life Care Planning	La Mesa Medical Offices	3/9	9:00 am – 11:00 am	(619) 641-4194
Life Care Planning	Otay Mesa Medical Offices	3/17	1:30 pm – 3:30 pm	(619) 641-4194
Life Care Planning	Vandever Medical Offices	3/26	5:30 pm- 8:00 pm	(619) 641-4194
HEALTHIER LIVING: MANAGING ONGOING CONDITIONS				
Headache Management	La Mesa Medical Offices	Call for dates	Call for times	(619) 641-4194
Headache Management	Vandever Medical Offices	3/2	5:30 pm – 7:30 pm	(619) 641-4194
Snoring and Sleep Apnea	Varied locations	Call for dates	Call for times	(619) 641-4194
Sleep Well (4 Sessions 2 hours each)	San Diego Mission Road	Begins 3/12	5:30 pm - 7:30 pm	(619) 641-4194
Sleep Well (4 Sessions 2 hours each)	San Marcos Medical Offices	Begins 3/20	9:00 am – 11:00 am	(619) 641-4194
HEART HEALTH				
Heart Failure: Living Well Each Day	La Mesa Medical Offices	3/3	1:30 pm- 3:30 pm	(619) 641-4194
Heart Failure: Living Well Each Day	San Marcos Medical Offices	3/4	1:30 pm – 3:30 pm	(619) 641-4194
Heart Failure: Living Well Each Day	La Mesa Medical Offices	3/19	1:30 pm – 3:30 pm	(619) 641-4194
Heart Failure: Living Well Each Day	La Mesa Medical Offices	3/27	9:30 am – 11:30 am	(619) 641-4194
Heart Failure: Living Well Each Day	Otay Mesa Medical Offices	3/27	9:30 am – 11:30 am	(619) 641-4194

After Cardiac Surgery	Varied locations	Call for dates	Call for times	1-877-236-0333
After Coronary Intervention	Varied locations	Call for dates	Call for times	1-877-236-0333
Healthy Heart *previously Cholesterol (2 sessions)	Vandever Medical Offices	3/5 & 3/12	5:30 pm – 8:00 pm	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	San Marcos Medical Offices	3/12 & 3/19	1:30 pm – 3:30 pm	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	Otay Mesa Medical Offices	3/17 & 3/24	5:30 pm – 8:00 pm	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	La Mesa Medical Offices	3/18 & 3/25	5:30 pm – 8:00 pm	(619) 641-4194
Heart Support Group for Women with/or at Risk for Heart Disease	La Mesa Medical Offices	3 rd Thursday	5:30 pm – 7:00 pm	(619) 528-5814

MIND – BODY HEALTH				
Stress and Emotional Health	San Marcos Medical Offices	3/16	5:30 pm – 8:00 pm	(619) 641-4194
Stress and Emotional Health	San Diego Mission Road	3/19	5:30 pm- 8:00 pm	(619) 641-4194
Mind – Body Health (6 sessions)	La Mesa Medical Offices	Begins 3/5	5:30 pm – 7:30 pm	(619) 641-4194
PARENTING				
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	Otay Mesa Medical Offices	3/3	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road	3/4	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road	3/10	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Marcos Medical Offices	3/13	1:30 pm – 4:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Marcos Medical Offices	3/25	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road	3/25	5:30 pm – 8:00 pm	(619) 641-4194
A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road	3/31	5:30 pm – 8:00 pm	(619) 641-4194
PRE-OPERATIVE				
Inpatient Knee/Hip Replacement English	Zion Basement Classrooms	3/2, 3/9, 3/16, 3/23, 3/30	9:00 am – 11:30 am	(619) 641-4194
Inpatient Knee/Hip Replacement English	San Marcos Medical Offices	3/6, 3/20, 3/27	9:00 am – 11:30 am	(619) 641-4194
Outpatient Knee/Hip Replacement English	Zion Basement Classrooms	3/5, 3/12, 3/19, 3/26	9:00 am – 11:30 am	(619) 641-4194
Outpatient Knee/Hip Replacement English	San Marcos Medical Offices Garfield Medical Offices	3/13 3/20	9:00 am – 11:30 am 9:00 am – 11:30 am	(619) 641-4194 (619) 641-4194

PRE-OPERATIVE SPANISH				
Inpatient Knee/Hip Replacement Spanish	Zion Basement Classrooms	3/13	1:00 pm- 3:00 pm	(619) 641-4194
Outpatient Knee/Hip Replacement Spanish	Zion Basement Classrooms	3/23	1:00 pm – 3:00 pm	(619) 641-4194
SMOKING / TOBACCO				
Tobacco Cessation	La Mesa Medical Offices	Begins 3/2	6:00 pm – 8:00 pm	(619) 641-4194
Tobacco Cessation	Otay Mesa Medical Offices	Begins 3/9	6:00 pm – 8:00 pm	(619) 641-4194
Tobacco Cessation	San Diego Mission Road	Begins 3/13	1:00 pm – 3:00 pm	(619) 641-4194
Tobacco Cessation	San Marcos Medical Offices	Begins 3/23	6:00 pm – 8:00 pm	(619) 641-4194
Tobacco Cessation	San Diego Mission Road	Begins 3/26	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) 616-5600
Nutrition/Fitness Forum	Positive Choice, Varied Locations	Call for details	Call for times	(858) 616-5600
Solutions Help with Food Addictions ***	Positive Choice, 7035 Convoy Court	Call for details	Call for times	(858) 616-5600
Bariatric Support Group	Positive Choice, Varied Locations	Call for details	Call for times	(858) 616-5600
Bariatric Options Program	Positive Choice, Varied Locations	Call for details	Call for times	(858) 616-5600
Medical Weight Management ***	Positive Choice, Varied Locations	Call for details	Call for times	(858) 616-5600
WOMEN'S HEALTH				
Difficult Menopause	Call for Location	Call for dates	Call for times	1-800-290-5000

*** Fee Required