



October/November/December 2020

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 |
|---|-----------------|-------|--------------------|----------------|
| CHILDBIRTH AND REPRODUCTIVE HEALTH | | | | |
| Breastfeeding with Success | Virtual Program | 10/1 | 1:00 pm – 2:30 pm | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 10/6 | 9:00 am – 10:30 am | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 10/8 | 1:00 pm – 2:30 pm | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 10/13 | 9:00 am – 10:30 am | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 10/15 | 1:00 pm – 2:30 pm | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 10/20 | 9:00 am – 10:30 am | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 10/22 | 1:00 pm – 2:30 pm | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 10/27 | 9:00 am – 10:30 am | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 10/29 | 1:00 pm – 2:30 pm | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 11/3 | 9:00 am -10:30 am | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 11/5 | 1:00 pm – 2:30 pm | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 11/10 | 9:00 am – 10:30 am | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 11/12 | 1:00 pm – 2:30 pm | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 11/17 | 9:00 am – 10:30 am | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 11/19 | 1:00 pm – 2:30 pm | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 12/1 | 9:00 am – 10:30 am | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 12/3 | 1:00 pm – 2:30 pm | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 12/8 | 9:00 am – 10:30 am | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 12/10 | 1:00 pm – 2:30 pm | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 12/15 | 9:00 am – 10:30 am | (619) 641-4194 |
| Breastfeeding with Success | Virtual Program | 12/17 | 1:00 pm – 2:30 pm | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 10/1 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 10/8 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 10/12 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 10/21 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 10/27 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 11/2 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 11/10 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 11/19 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 11/25 | 9:30 am – 10:30 am | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 11/30 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 12/1 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 12/7 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Labor and Delivery Tour Information | Virtual Program | 12/14 | 6:00 pm – 7:00 pm | (619) 641-4194 |

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| Labor and Delivery Tour Information | Virtual Program | 12/30 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 10/5 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 10/14 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 10/22 | 5:30 pm - 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 10/28 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 11/3 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 11/9 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 11/18 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 11/23 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 12/3 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 12/9 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 12/15 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 12/21 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Baby Care Basics | Virtual Program | 12/30 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Virtual Childbirth Preparation (6 weeks: Fee class \$96) | Virtual Program | Begins 11/2 | 5:30 pm – 7:00 pm | (619) 641-4194 |
| Virtual Childbirth Preparation (6 weeks: Fee class \$96) | Virtual Program | Begins 11/11 | 1:00 pm – 2:30 pm | (619) 641-4194 |
| Virtual Childbirth Preparation (6 weeks: Fee class \$96) | Virtual Program | Begins 11/13 | 9:00 am – 10:30am | (619) 641-4194 |

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| DIABETES | | | | |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 10/1 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 10/5 | 9:00 am – 10:00 am | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 10/13 | 9:00 am – 10 :00am | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 10/13 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 10/26 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 10/29 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 11/2 | 9:00 am – 10:30 am | (619) 641-4194 |
| Living Well with Diabetes Series 4-week program) | Virtual Program | Begins 11/10 | 9:00 am – 10:00 am | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 11/10 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 11/23 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 11/30 | 9:00 am – 10:00 am | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 12/2 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 12/8 | 9:00 am – 10:00 am | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 12/8 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 12/21 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Living Well with Diabetes Series (4-week program) | Virtual Program | Begins 12/28 | 9:00 am – 10:00 am | (619) 641-4194 |
| Nutrition Classes | | | | |
| Path to Prevention (Formerly Pre-Diabetes) | Virtual Program | 10/1 | 9:30 am – 10:30 am | (619) 641-4194 |
| Path to Prevention (Formerly Pre-Diabetes) | Virtual Program | 10/13 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Path to Prevention (Formerly Pre-Diabetes) | Virtual Program | 10/29 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Path to Prevention (Formerly Pre-Diabetes) | Virtual Program | 11/4 | 6:00 pm – 7:00 pm | (619) 641-4194 |

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| Path to Prevention (Formerly Pre-Diabetes) | Virtual Program | 11/11 | 9:30 am – 10:30 am | (619) 641-4194 |
| Path to Prevention (Formerly Pre-Diabetes) | Virtual Program | 11/16 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Path to Prevention (Formerly Pre-Diabetes) | Virtual Program | 11/24 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Path to Prevention (Formerly Pre-Diabetes) | Virtual Program | 12/1 | 6:00 pm – 7:30 pm | (619) 641-4194 |
| Path to Prevention (Formerly Pre-Diabetes) | Virtual Program | 12/4 | 9:30 am – 10:30 am | (619) 641-4194 |
| Path to Prevention (Formerly Pre-Diabetes) | Virtual Program | 12/8 | 6:00 pm - 7:00 pm | (619) 641-4194 |
| Path to Prevention (Formerly Pre-Diabetes) | Virtual Program | 12/17 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Path to Prevention (Formerly Pre-Diabetes) | Virtual Program | 12/22 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Fatty Liver | Virtual Program | 10/7 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Fatty Liver | Virtual Program | 10/16 | 10:00 am –11:00am | (619) 641-4194 |
| Fatty Liver | Virtual Program | 10/28 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Fatty Liver | Virtual Program | 11/3 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Fatty Liver | Virtual Program | 11/17 | 9:30 am – 10:30 am | (619) 641-4194 |
| Fatty Liver | Virtual Program | 11/30 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Fatty Liver | Virtual Program | 12/8 | 6:00 pm- 7:00 pm | (619) 641-4194 |
| Fatty Liver | Virtual Program | 12/23 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Irritable Bowel Syndrome | Virtual Program | 10/28 | 9:00 am – 10:00 am | (619) 641-4194 |
| Irritable Bowel Syndrome | Virtual Program | 11/25 | 9:00 am – 10:00 am | (619) 641-4194 |
| Irritable Bowel Syndrome | Virtual Program | 12/18 | 1:30 pm- 2:30 pm | (619) 641-4194 |
| HEALTHIER LIVING: MANAGING ONGOING CONDITIONS | | | | |
| Sleep Well Live Well – Insomnia Class | Virtual Program | 10/5 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Sleep Well Live Well – Insomnia Class | Virtual Program | 10/14 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Sleep Well Live Well – Insomnia Class | Virtual Program | 10/27 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Sleep Well Live Well – Insomnia Class | Virtual Program | 11/5 | 9:30 am – 10:30 am | (619) 641-4194 |
| Sleep Well Live Well – Insomnia Class | Virtual Program | 11/11 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Sleep Well Live Well – Insomnia Class | Virtual Program | 11/19 | 9:30 am- 10:30 am | (619) 641-4194 |
| Sleep Well Live Well – Insomnia Class | Virtual Program | 12/1 | 1:30 pm -2:30 pm | (619) 641-4194 |
| Sleep Well Live Well – Insomnia Class | Virtual Program | 12/9 | 9:30 am – 10:30 am | (619) 641-4194 |
| Sleep Well Live Well – Insomnia Class | Virtual Program | 12/15 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Sleep Well Live Well – Insomnia Class | Virtual Program | 12/23 | 9:30 am – 10:30 am | (619) 641-4194 |
| Headache Class | Virtual Program | 10/15 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Headache Class | Virtual Program | 10/27 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Headache Class | Virtual Program | 11/12 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Headache Class | Virtual Program | 11/24 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Headache Class | Virtual Program | 12/3 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Headache Class | Virtual Program | 12/22 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| HEART HEALTH | | | | |
| Heart Failure: Living Well Each Day | Virtual Program | 10/22 | 9:30 am – 10:30 am | (619) 641-4194 |
| Heart Failure: Living Well Each Day | Virtual Program | 11/20 | 9:30 am – 10:30 am | (619) 641-4194 |
| Heart Failure: Living Well Each Day | Virtual Program | 12/18 | 9:30 am – 10:30 am | (619) 641-4194 |
| Taking Care of your Heart: Managing Cholesterol | Virtual Program | 10/6 | 1:30 pm – 2:30 pm | (619) 641-4194 |

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| Taking Care of your Heart: Managing Cholesterol | Virtual Program | 10/19 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Taking Care of your Heart: Managing Cholesterol | Virtual Program | 11/13 | 1:30 pm -2:30 pm | (619) 641-4194 |
| Taking Care of your Heart: Managing Cholesterol | Virtual Program | 11/30 | 6:00 pm – 7:30 pm | (619) 641-4194 |
| Taking Care of your Heart: Managing Cholesterol | Virtual Program | 12/11 | 9:30 am – 10:30 am | (619) 641-4194 |
| Taking Care of your Heart: Managing Cholesterol | Virtual Program | 12/21 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| MIND – BODY HEALTH | | | | |
| Stress and Emotional Health | Virtual Program | 10/7 | 9:30 am – 10:30 am | (619) 641-4194 |
| Stress and Emotional Health | Virtual Program | 10/26 | 6:00 pm – 7:30 pm | (619) 641-4194 |
| Stress and Emotional Health | Virtual Program | 11/12 | 9:30 am – 10:30 am | (619) 641-4194 |
| Stress and Emotional Health | Virtual Program | 11/23 | 6:00 pm – 7:30 pm | (619) 641-4194 |
| Stress and Emotional Health | Virtual Program | 12/8 | 9:30 am – 10:30 am | (619) 641-4194 |
| Stress and Emotional Health | Virtual Program | 12/29 | 6:00 pm – 7:30 pm | (619) 641-4194 |
| SMOKING / TOBACCO | | | | |
| Tobacco Cessation | Virtual Program | 10/6 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Tobacco Cessation | Virtual Program | 10/12 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Tobacco Cessation | Virtual Program | 10/20 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Tobacco Cessation | Virtual Program | 10/23 | 9:30 am – 10:30 am | (619) 641-4194 |
| Tobacco Cessation | Virtual Program | 11/5 | 6:00 pm -7:00 pm | (619) 641-4194 |
| Tobacco Cessation | Virtual Program | 11/12 | 9:30 am – 10:30 am | (619) 641-4194 |
| Tobacco Cessation | Virtual Program | 11/17 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Tobacco Cessation | Virtual Program | 12/3 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Tobacco Cessation | Virtual Program | 12/9 | 2:00 pm – 3:00 pm | (619) 641-4194 |
| Tobacco Cessation | Virtual Program | 12/14 | 6:00 pm – 7:00 pm | (619) 641-4194 |
| Tobacco Cessation | Virtual Program | 12/23 | 10:00 am –11:00am | (619) 641-4194 |
| ADVANCE DIRECTIVE CLASSES | | | | |
| Life Care Planning | Virtual Program | 10/16 | 9:30 am – 10:30 am | (619) 641-4194 |
| Life Care Planning | Virtual Program | 10/26 | 1:30 pm – 3:00 pm | (619) 641-4194 |
| Life Care Planning | Virtual Program | 11/11 | 6:00 pm -7:30 pm | (619) 641-4194 |
| Life Care Planning | Virtual Program | 11/24 | 9:30 am – 10:30 am | (619) 641-4194 |
| Life Care Planning | Virtual Program | 12/7 | 1:30 pm – 2:30 pm | (619) 641-4194 |
| Life Care Planning | Virtual Program | 12/28 | 1:30 pm -2:30 pm | (619) 641-4194 |