



# September 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
<b>CHILDBIRTH AND REPRODUCTIVE HEALTH</b>				
Breastfeeding with Success	Virtual Program	9/4	1:00 pm – 2:30 pm	(619) 641-4194
Breastfeeding with Success	Virtual Program	9/11	1:00 pm- 2:30 pm	(619) 641-4194
Breastfeeding with Success	Virtual Program	9/15	9:00 am – 10:30 am	(619) 641-4194
Breastfeeding with Success	Virtual Program	9/17	1:00 pm – 2:30 pm	(619) 641-4194
Breastfeeding with Success	Virtual Program	9/22	9:00 am – 10:30 am	(619) 641-4194
Breastfeeding with Success	Virtual Program	9/24	1:00 pm – 2:30 pm	(619) 641-4194
Breastfeeding with Success	Virtual Program	8/3	10:00 am –11:30am	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	9/1	10:00 am– 11:00am	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	9/2	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	9/9	2:00 pm – 3:00 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	9/10	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	9/17	10:00 am –11:00am	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	9/17	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	9/23	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	9/25	1:30 pm – 2:30 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	9/28	10:00am- 11:00am	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	9/28	6:00 pm – 7:00 pm	(619) 641-4194
Labor and Delivery Tour Information	Virtual Program	9/30	10:00 am-11:00am	(619) 641-4194
Baby Care Basics	Virtual Program	9/3	5:30 pm – 7:00 pm	619) 641-4194
Baby Care Basics	Virtual Program	9/9	9:30 am – 11:00 am	(619) 641-4194
Baby Care Basics	Virtual Program	9/14	9:30 am- 11:00 am	(619) 641-4194
Baby Care Basics	Virtual Program	9/16	5:30 pm- 7:00 pm	(619) 641-4194
Baby Care Basics	Virtual Program	9/22	5:30 pm – 7:00 pm	(619) 641-4194
Baby Care Basics	Virtual Program	9/25	9:30 am- 11:00 am	(619) 641-4194
Baby Care Basics	Virtual Program	9/29	5:30 pm – 7:00 pm	(619) 641-4194
Virtual Childbirth Preparation (6 weeks: Fee class \$96)	Virtual Program	Begins 9/21	5:30 pm – 7:00 pm	(619) 641-4194
Virtual Childbirth Preparation (6 weeks: Fee class \$96)	Virtual Program	Begins 9/25	9:00 am – 10:30 am	(619) 641-4194
Virtual Childbirth Preparation (6 weeks: Fee class \$96)	Virtual Program	Begins 9/30	1:00 pm – 2:30 pm	(619) 641-4194

<b>DIABETES</b>				
Living Well with Diabetes #1: Achieving Target Blood Sugar	Virtual Program	9/3	6:00 pm – 7:30 pm	(619) 641-4194
Living Well with Diabetes #1: Achieving Target Blood Sugar	Virtual Program	9/15	9:00 am – 10:30 am	(619) 641-4194
Living Well with Diabetes #1: Achieving Target Blood Sugar	Virtual Program	9/15	6:00 pm – 7:30 pm	(619) 641-4194
Living Well with Diabetes #1: Achieving Target Blood Sugar	Virtual Program	9/28	1:30 pm- 3:00 pm	(619) 641-4194
Living Well with Diabetes #2: Eating to Feel Your Best	Virtual Program	9/10	6:00 pm – 7:30 pm	(619) 641-4194

Living Well with Diabetes #2: Eating to Feel Your Best	Virtual Program	9/14	9:00 am – 10:30 am	(619) 641-4194
Living Well with Diabetes #2: Eating to Feel Your Best	Virtual Program	9/22	9:00 am – 10:30 am	(619) 641-4194
Living Well with Diabetes #3: Finding your Balance	Virtual Program	9/17	6:00 pm – 7:30 pm	(619) 641-4194
Living Well with Diabetes #3: Finding your Balance	Virtual Program	9/21	9:00 am – 10:30 am	(619) 641-4194
Living Well with Diabetes #3: Finding your Balance	Virtual Program	9/29	9:00 am – 10:30 am	(619) 641-4194
Living Well with Diabetes #3: Finding your Balance	Virtual Program	9/29	6:00 pm – 7:30 pm	(619) 641-4194
Living Well with Diabetes #4: Taking Care with Medication	Virtual Program	9/24	6:00 pm – 7:30 pm	(619) 641-4194
Living Well with Diabetes #4: Taking Care with Medication	Virtual Program	9/28	9:00 am – 10:30 am	(619) 641-4194
Diabetic Foot Care	Virtual Program	9/31	9:00 am – 10:00 am	(619) 641-4194
<b>Nutrition Classes</b>				
Path to Prevention (Formerly Pre-Diabetes)	Virtual Program	9/2	1:30 pm – 3:00 pm	(619) 641-4194
Path to Prevention (Formerly Pre-Diabetes)	Virtual Program	9/10	10:00am- 11:30am	(619) 641-4194
Path to Prevention (Formerly Pre-Diabetes)	Virtual Program	9/14	6:00 pm – 7:30 pm	(619) 641-4194
Path to Prevention (Formerly Pre-Diabetes)	Virtual Program	9/21	2:30 pm – 4:00 pm	(619) 641-4194
Fatty Liver	Virtual Program	9/21	1:30 pm – 2:30 pm	(619) 641-4194
Fatty Liver	Virtual Program	9/3	6:00 pm – 7:00 pm	(619) 641-4194
Fatty Liver	Virtual Program	9/15	1:30 pm – 2:30 pm	(619) 641-4194
Fatty Liver	Virtual Program	9/30	10:00 am – 11:00am	(619) 641-4194
Irritable Bowel Class	Virtual Program	9/23	9:00 am – 10:00 am	(619) 641-4194
<b>HEALTHIER LIVING: MANAGING ONGOING CONDITIONS</b>				
Sleep Well Live Well – Insomnia Class	Virtual Program	9/3	1:30 pm – 3:00 pm	(619) 641-4194
Sleep Well Live Well – Insomnia Class	Virtual Program	9/15	9:30 am – 11:00 am	(619) 641-4194
Sleep Well Live Well – Insomnia Class	Virtual Program	9/22	1:30 pm – 3:00 pm	(619) 641-4194
Sleep Well Live Well – Insomnia Class	Virtual Program	9/29	9:30 am – 11:00 am	(619) 641-4194
Headache Class	Virtual Program	9/9	10:00 am – 11:00am	(619) 641-4194
Headache Class	Virtual Program	9/24	6:00 pm – 7:00 pm	(619) 641-4194
<b>HEART HEALTH</b>				
Heart Failure: Living Well Each Day	Virtual Program	9/1	1:30 pm – 3:00 pm	(619) 641-4194
Heart Failure: Living Well Each Day	Virtual Program	9/18	9:30 am – 11:00 am	(619) 641-4194
Heart Failure: Living Well Each Day	Virtual Program	9/28	10:00 am – 11:30am	(619) 641-4194
Taking Care of your Heart: Managing Cholesterol	Virtual Program	9/1	6:00 pm – 7:30 pm	(619) 641-4194
Taking Care of your Heart: Managing Cholesterol	Virtual Program	9/14	6:00 pm – 7:30 pm	(619) 641-4194
Taking Care of your Heart: Managing Cholesterol	Virtual Program	9/28	9:30 am – 11:00 am	(619) 641-4194
<b>MIND – BODY HEALTH</b>				
Stress and Emotional Health	Virtual Program	9/3	9:00 am – 10:30 am	(619) 641-4194
Stress and Emotional Health	Virtual Program	9/10	6:00 pm – 7:30 pm	(619) 641-4194
Stress and Emotional Health	Virtual Program	9/17	9:00 am – 10:30 am	(619) 641-4194
Stress and Emotional Health	Virtual Program	9/21	6:00 pm – 7:30 pm	(619) 641-4194

<b>SMOKING / TOBACCO</b> Tobacco Cessation Tobacco Cessation Tobacco Cessation Tobacco Cessation	Virtual Program Virtual Program Virtual Program Virtual Program	9/1 9/9 9/15 9/23	6:00 pm – 7:30 pm 9:00 am – 10:30am 6:00 pm – 7:30 pm 2:00 pm – 3:30 pm	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
<b>ADVANCE DIRECTIVE CLASSES</b> Life Care Planning Life Care Planning	Virtual Program Virtual Program	9/11 9/21	9;30 am – 11:00 am 1:30 pm – 3:00 pm	(619) 641-4194 (619) 641-4194