



# June 2017- Health Education Program 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](http://www.kp.org)

PROGRAM	LOCATION	DATES	TIME	TO REGISTER
<b>BEREAVEMENT</b>				
Bereavement Support Group	Garfield Medical Offices	1 <sup>st</sup> & 3 <sup>rd</sup> Tues	10:00 am – 11:30am	(619) 641-4100
Bereavement Support Group	San Marcos Medical Offices	2 <sup>nd</sup> & 4 <sup>th</sup> Wed	10:00 am – 11:30am	(619) 641-4100
Bereavement Support Group	La Mesa Medical Offices	2 <sup>nd</sup> & 4 <sup>th</sup> Thurs	5:30 pm – 7:00 pm	(619) 641-4100
Bereavement Support Group	Otay Mesa Outpatient Medical Center	1 <sup>st</sup> & 3 <sup>rd</sup> Wed	10:00 am – 11:30 am	(619) 641-4100
<b>CANCER SUPPORT GROUP</b>				
Breast Cancer Support Group	Orcutt Administration Building	2 <sup>nd</sup> & 4 <sup>th</sup> Thurs	5:00 pm – 6:30 pm	(619) 641-4456
Women's Cancer Support Group	Orcutt Administration Building	4 <sup>th</sup> Thursday	5:00 pm – 6:30 pm	(619) 641-4456
Making Today Count: Cancer Support Group	Orcutt Administration Building	1 <sup>st</sup> & 3 <sup>rd</sup> Thurs	5:00 pm – 6:30 pm	(619) 641-4456
Prostate Cancer Support Group	Garfield Medical Offices	2 <sup>nd</sup> & 4 <sup>th</sup> Wed	9:30 am – 11:00 am	(619) 662-5463
San Marcos Cancer Support Group	San Marcos Medical Offices	4 <sup>th</sup> Tuesday	1:30 pm – 3:00 pm	(619) 641-4456
<b>CAREGIVER SUPPORT GROUPS</b>				
Caregiver Support Group	Bostonia Medical Offices	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	2:00 pm – 3:00 pm	(619) 641-4456
Caregiver Support Group	San Diego Mission Road	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays	2:00 pm – 3:00 pm	(619) 641-4456
Caregiver Support Group	Vista Medical Offices	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays	2:30pm – 4:00 pm	(619) 641-4456
<b>TYPE 1 DIABETES SUPPORT GROUP</b>				
Type 1 Diabetes Support Group	Bonita Medical Offices	1 <sup>st</sup> Monday	2:30 pm – 3:30 pm	(619) 641-4564
<b>CHILDBIRTH AND REPRODUCTIVE HEALTH</b>				
Baby Care Basics	San Diego Mission Road	6/1	1:00 pm – 3:30 pm	(619) 641-4194
Baby Care Basics	Otay Mesa Medical Offices	6/6	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics (Saturday Class)	San Marcos Medical Offices	6/10	9:00 am – 11:30 am	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	6/12	1:30 pm – 4:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	6/14	6:00 pm – 8:30 pm	(619) 641-4194
Baby Care Basics (Saturday Class)	San Diego Mission Road	6/17	1:00 pm – 3:30 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	6/21	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	San Diego Mission Road	6/22	1:00 pm – 3:30 pm	(619) 641-4194
Baby Care Basics	San Marcos Medical Offices	6/27	5:30 pm – 8:00 pm	(619) 641-4194
Baby Care Basics	Otay Mesa Medical Offices	6/29	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success	San Diego Mission Road	6/5	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success	Otay Mesa Medical Offices	6/6	1:30 pm – 4:00 pm	(619) 641-4194

Breastfeeding with Success	La Mesa Medical Offices	6/9	9:00 am – 11:30 am	(619) 641-4194
Breastfeeding with Success (Saturday Class)	San Marcos Medical Offices	6/10	1:00 pm – 3:30 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	6/12	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	Vandever Medical Offices	6/16	9:00 am – 11:30 am	(619) 641-4194
Breastfeeding with Success	La Mesa Medical Offices	6/21	5:30 pm – 8:00 pm	(619) 641-4194
Breastfeeding with Success	San Marcos Medical Offices	6/27	1:30 pm – 4:00 pm	(619) 641-4194
Breastfeeding with Success	Vandever Medical Offices	6/27	5:30 pm – 8:00 pm	(619) 641-4194
Have a Healthy Pregnancy (1 <sup>st</sup> Trimester)	San Marcos Medical Offices	6/6	1:30 pm – 4:00 pm	(619) 641-4194
Have a Healthy Pregnancy (1 <sup>st</sup> Trimester)	Otay Mesa Medical Offices	6/19	1:00 pm – 3:30pm	(619) 641-4194
Have a Healthy Pregnancy (1 <sup>st</sup> Trimester)	San Diego Mission Road	6/29	1:30 pm – 4:00 pm	(619) 641-4194
New Mothers Support Group	Point Loma Medical Offices	3 <sup>rd</sup> Thursday	1:00 pm – 2:30 pm	(619) 528-2593
Pregnancy Wellness	Point Loma Medical Offices	Call for dates	Call for times	(619) 528-2593
Vaginal Birth After Cesarean	San Diego Medical Center	Call for dates	Call for times	(619) 528-2593
Maternity Tour	San Diego Medical Center	Call for dates	Call for times	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	Otay Mesa Medical Offices	Begins 6/1	6:00 pm – 8:30 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	San Diego Mission Road	Begins 6/5	5:30 pm – 8:00 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	Garfield Medical Offices	Begins 6/7	6:00 pm – 8:30 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	La Mesa Medical Offices	Begins 6/20	6:00 pm – 8:30 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	Vandever Medical Offices	Begins 6/21	6:00 pm – 8:30 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) ***	San Marcos Medical Offices	Begins 6/22	6:00 pm – 8:30 pm	(619) 641-4194
Prepared Childbirth (4 sessions \$96 fee) ***	Otay Mesa Medical Offices	Begins 6/29	6:00 pm – 8:30 pm	(619) 641-4194
Prepared Childbirth (4 sessions, \$96 fee) Saturday Class ***	San Marcos Medical Offices	Begins 6/17	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth (2 sessions, \$96 fee) Saturday Class ***	Zion Hospital Basement Classroom	Begins 6/3	9:00 am – 5:00 pm	(619) 641-4194
Prepared Childbirth Refresher Class (\$50 fee per couple)	San Diego Mission Road	6/27	5:30 pm – 8:30 pm	(619) 641-4194
Post-Partum Support Group	Carmel Valley Medical Offices	1 <sup>st</sup> and 3 <sup>rd</sup> Fridays	1:30 pm – 3:30 pm	(619) 641-4456
<b>DIABETES</b>				
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	(619) 528-2593
Preventing Diabetes	Otay Mesa Medical Offices	6/1	5:30 pm – 8:30 pm	(619) 641-4194
Preventing Diabetes	La Mesa Medical Offices	6/2	9:00 am – 12:00 pm	(619) 641-4194
Preventing Diabetes	Oceanside Medical Offices	6/5	9:00 am – 12:00 pm	(619) 641-4194
Preventing Diabetes	San Diego Mission Road	6/6	1:00 pm – 4:00 pm	(619) 641-4194
Preventing Diabetes	San Diego Mission Road	6/7	5:30 pm – 8:30 pm	(619) 641-4194
Preventing Diabetes	San Marcos Medical Offices	6/14	12:30 pm – 3:30 pm	(619) 641-4194
Preventing Diabetes	La Mesa Medical Offices	6/19	1:30 pm – 4:30 pm	(619) 641-4194
Preventing Diabetes	Escondido Medical Offices	6/20	5:30 pm – 8:30 pm	(619) 641-4194
Preventing Diabetes	San Diego Mission Road	6/23	9:00 am – 12:00 pm	(619) 641-4194
Preventing Diabetes	San Diego Mission Road	6/26	1:00 pm – 4:00 pm	(619) 641-4194
Preventing Diabetes	Otay Mesa Medical Offices	6/27	1:30 pm – 4:00 pm	(619) 641-4194

Preventing Diabetes	La Mesa Medical Offices	6/28	5:00 pm – 8:00 pm	(619) 641-4194
Preventing Diabetes	Escondido Medical Offices	6/29	1:00 pm – 4:00 pm	(619) 641-4194
<b>FITNESS AND FLEXIBILITY</b>				
Fitness Forum	Positive Choice, 7035 Convoy Court	Mon – Thurs	5:00 pm – 5:30 pm	(858) 573-0090
Muscle Toning Class ***	Positive Choice, 7035 Convoy Court	Mon & Wed	5:15 pm – 6:15 pm	(858) 573-0090
Yoga ***	Positive Choice, 7035 Convoy Court	Call for dates	Call for times	(858) 573-0090
Personal Training ***	Positive Choice, 7035 Convoy Court	Call for dates	Call for times	(858) 573-0090
Fitness Testing ***	Positive Choice, 7035 Convoy Court	Call for dates	Call for times	(858) 573-0090
<b>HEALTH CARE DECISIONS</b>				
Life Care Planning	San Diego Medical Center	6/6	2:00 pm – 4:00 pm	(619) 641-4194
<b>HEALTHIER LIVING: MANAGING ONGOING CONDITIONS</b>				
Fall Prevention	San Diego Mission Road	6/7	1:00 pm – 3:00 pm	(619) 641-4194
Headache Management	La Mesa Medical Offices	6/9	1:30 pm – 3:30 pm	(619) 641-4194
Headache Management	Vandever Medical Offices	6/12	2:00 pm – 4:00 pm	(619) 641-4194
Headache Management	San Marcos Medical Offices	6/21	1:00 pm – 3:00 pm	(619) 641-4194
Headache Management	Otay Mesa Medical Offices	6/29	1:30 pm – 3:30 pm	(619) 641-4194
Snoring and Sleep Apnea	La Mesa Medical Offices	Call for dates	1:30 pm – 3:30 pm	(619) 641-4194
Sleep Well (4 Sessions 2 hours each)	San Diego Mission Road	Begins 6/6	5:30 pm – 7:30 pm	(619) 641-4194
Sleep Well (4 Sessions 2 hours each)	La Mesa Medical Offices	Begins 6/23	1:30 pm – 3:30 pm	(619) 641-4194
<b>HEART HEALTH</b>				
Heart Failure: Living Well Each Day	Otay Mesa Medical Offices	6/2	9:30 am – 12:00 pm	(619) 641-4194
Heart Failure: Living Well Each Day	La Mesa Medical Offices	6/7	1:30 pm – 4:00 pm	(619) 641-4194
Heart Failure: Living Well Each Day	La Mesa Medical Offices	6/14	9:00 am – 11:30 am	(619) 641-4194
Heart Failure: Living Well Each Day	San Marcos Medical Offices	6/19	1:30 pm – 4:00 pm	(619) 641-4194
Heart Failure: Living Well Each Day	La Mesa Medical Offices	6/30	9:00 am – 11:30 am	(619) 641-4194
After Cardiac Surgery	Otay Mesa Medical Offices	Call for dates	Call for times	1-877-236-0333
After Coronary Intervention	Vandever Medical Offices	Call for dates	Call for times	1-877-236-0333
Healthy Heart *previously Cholesterol (2 sessions)	Vandever Medical Offices	6/1 & 6/8	5:30 pm – 8:00 pm	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	Otay Mesa Medical Offices	6/6 & 6/13	5:30 pm – 8:00 pm	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	La Mesa Medical Offices	6/7 & 6/14	9:00 am – 11:30 am	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	Escondido Medical Offices	6/8 & 6/15	5:30 pm – 8:00 pm	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	San Diego Mission Road (Saturday Class)	6/17 & 6/24	9:00 am – 11:30 am	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	La Mesa Medical Offices	6/19 & 6/26	5:30 pm – 8:00 pm	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	San Diego Mission Road	6/20 & 6/27	1:30 pm – 4:00 pm	(619) 641-4194
Healthy Heart *previously Cholesterol (2 sessions)	San Marcos Medical Offices	6/23 & 6/30	9:30 am – 12:00 pm	(619) 641-4194
Heart Support Group for Women with/or at Risk for Heart Disease		3 <sup>rd</sup> Thursday	5:30 pm – 7:00 pm	(619) 528-5814
<b>HIGH BLOOD PRESSURE</b>				
African American Hypertension	La Mesa Medical Offices	6/14	1:30 pm – 3:30 pm	(619) 641-4194
African American Hypertension	Vandever Medical Offices	6/30	9:30 am – 11:30 am	(619) 641-4194

<b>MIND – BODY HEALTH</b> Stress and Emotional Health Stress and Emotional Health Stress and Emotional Health Stress and Emotional Health Mind – Body Health (6 sessions)	Otay Mesa Medical Offices San Diego Mission Road La Mesa Medical Offices San Marcos Medical Offices Orcutt Administration Building	6/2 6/5 6/21 6/28 Begins 6/15	1:30 pm – 4:00 pm 5:30 pm – 8:00 pm 1:30 pm – 4:00 pm 9:30 am – 12:00 pm 5:30 pm – 8:00 pm	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
<b>PARENTING</b> A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class A Lifestyle Skill: Infant CPR (Birth to 12 months) ***Fee class	San Diego Mission Road San Marcos Medical Offices San Diego Mission Road (Saturday) San Diego Mission Road San Marcos Medical Offices San Diego Mission Road Otay Mesa Medical Offices	6/1 6/6 6/17 6/20 6/28 6/28 6/29	5:30 pm – 8:00 pm 5:30 pm – 8:00 pm 9:00 am – 11:30 am 6:00 pm – 8:30 pm 1:00 pm – 3:30 pm 5:30 pm – 8:00 pm 5:30 pm – 8:00 pm	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
<b>PRE-OPERATIVE</b> Pre-Operative Education Pre Operative Education Total Knee Replacement Total Knee Replacement Total Hip Replacement Total Hip Replacement	Vandever Medical Offices San Diego Mission Road Zion Hospital Basement Classrooms San Marcos Medical Offices Zion Hospital Basement Classrooms San Marcos Medical Offices	6/5 6/22 6/1, 6/8, 6/15, 6/22 & 6/29 6/9 & 6/16 6/5, 6/12, 6/19, 6/26 6/2, 6/23	6:00 pm – 7:30 pm 1:30 pm – 3:00 pm 9:00 am – 11:30 am 9:00 am – 11:30 am 9:00 am – 11:30 am 9:00 am – 11:30 am	(619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194 (619) 641-4194
<b>SMOKING / TOBACCO</b> Tobacco Cessation (7 sessions)	Varied locations	Open Enrollment	Call for times ☺	(619) 641-4194
<b>STERILIZATION</b> If It's Right for You: Tubal Ligation (*See Women's Health)				

If It's Right for You: Vasectomy (Saturday Class)	San Marcos Medical Offices	6/3	9:30 am – 12:00 pm	(619) 641-4194
If It's Right for You: Vasectomy	San Diego Mission Road	6/6	5:30 pm – 7:00 pm	(619) 641-4194
If It's Right for You: Vasectomy	Otay Mesa Medical Offices	6/9	1:30 pm – 4:00 pm	(619) 641-4194
If It's Right for You: Vasectomy	Zion Basement Classrooms	6/15	5:30 pm – 8:00 pm	(619) 641-4194
If It's Right for You: Vasectomy	San Diego Mission Road	6/21	3:00 pm – 4:30 pm	(619) 641-4194
If It's Right for You: Vasectomy	Escondido Medical Offices	6/28	5:30 pm – 7:00 pm	(619) 641-4194
It It's Right for You: Vasectomy	Zion Basement Classrooms	6/28	5:30 pm – 7:00 pm	(619) 641-4194
<b>WEIGHT MANAGEMENT</b>				
Adult Weight Management Program* (multi-session)	Positive Choice, 7035 Convoy Court	Call for details	Call for details	(858) 573-0090
Teen Weight Program ***	Positive Choice, 7035 Convoy Court	Call for details	Call for times	(858) 573-0090
Nutrition/Fitness Forum	Positive Choice, 7035 Convoy Court	Call for dates	Call for times	(858) 573-0090
Solutions Recovery from Food Addiction ***	Positive Choice, 7035 Convoy Court	Call for dates	Call for times	(858) 573-0090
Bariatric Support Group	Positive Choice, 7035 Convoy Court	Call for dates	Call for times	(858) 573-0090
<b>WOMEN'S HEALTH</b>				
Difficult Menopause	Call for Location	Call for dates	Call for times	1-800-290-5000
If It's Right for You: Tubal Ligation	San Marcos Medical Offices	6/16	1:00 pm – 3:00 pm	(619) 641-4194
If It's Right for You: Tubal Ligation	San Diego Mission Road	6/21	6:00 pm – 7:30 pm	(619) 641-4194
Successful Bladder Control	San Diego Mission Road	6/16	9:30 am – 11:30 am	(619) 641-4194

\*\*\* Fee Required