



# health & wellness promotion

CONTINUING  
CARE  
SERVICES

## Community Services

*This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.*

## Kaiser Permanente Services

CPR Classes for American Heart Association Certification..... 619-641-4133

Health Education (Center for Healthy Living) ..... 619-641-4194

Refer to monthly calendars for more information

Fall Prevention

Heart Health classes

Smoking Cessation Programs

Stress Management Programs

Women's Health classes

<http://sandiego.ca.kp.org/sites/health-education>

Healthy Living Store (member library and store at Zion)..... 619-528-5153

Mammograms and Pap Smears..... 800-290-5000

Positive Choice Integrative Wellness Center ..... 858-573-0090

Nutrition/Fitness Forum (ask an expert; free to all; see website for hours)

Exercise Programs

Healthy Lifestyles for families; Healthy Lifestyles for Teens

Fitness Testing

Weight Management Programs

Wellness Coaching by Phone (free lifestyle coach) .....866-862-4295

*(weight management, stop smoking, get active, eat healthy, reduce stress)*

<https://positivechoice.org>

Exercise Videos

<https://positivechoice.org/nutrition-and-fitness/exercise-videos>

Exercise Videos After a Stroke

<https://positivechoice.org/stroke>

Travel Advisory Clinic..... 619-528-3184

<http://continuingcare-sandiego.kp.org>

## Community Services

- 55 Alive (AARP driver refresher class)..... 619-641-7020  
*www.aarp.org/home-garden/transportation/driver\_safety*
- Aging & Independence Services ..... 800-510-2020  
    AIS health promotion schedules for programs and classes ..... 858-495-5998  
    Fall Prevention Task Force  
        *www.SanDiegoFallPrevention.org*  
    Feeling Fit Club  
        See website for Tai Chi and other class schedules  
        *www.HealthierLivingSD.org*
- Challenge Center.....619-667-8644  
*www.challengecenter.org*
- Club Walk – Plaza Bonita Mall-Walking Program ..... 619-470-4346
- Fitness Websites (free)
- Fit2Me (diabetes type 2 lifestyle program)  
        *www.fit2me.com*
- My Fitness Pal (food and exercise diary)  
        *www.myfitnesspal.com*
- MyPlate (U.S. Dept. of Agriculture)  
        *www.choosemyplate.gov*
- SparkPeople (free diet plans)  
        *www.sparkpeople.com*
- Supertracker (U.S. Dept. of Agriculture)  
        *www.supertracker.usda.gov*
- Special Needs Programs
- San Diego Regional Center .....858-576-2996  
        *www.sdrc.org/?page\_id=192*
- Special Olympics San Diego County .....619-283-6100  
        *www.sosc.org/sandiego*
- Sports for Exceptional Athletes ..... 858-565-7432  
        *www.s4ea.org/index.htm*
- Therapeutic Recreation Services (TRS) Program .....619-525-8247  
        *www.sandiego.gov/park-and-recreation/activities/trs*
- Walkabout International (10:00-2:00 M-F) ..... 619-231-7463  
*www.walkabout-int.org*

*For corrections or additions to this handout, please call (619) 641-4456*