



JANUARY-DECEMBER 2021

EBSA Health Education

Online Class Schedules

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2021 ONLINE CLASS SCHEDULE

BEHAVIORAL HEALTH EDUCATION

Oakland/Alameda 510-752-7868

Richmond 510-307-2210 **Pinole** 510-243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

PATHWAYS TO EMOTIONAL WELLNESS ONLINE - English and Spanish

Your thoughts and emotions can affect your physical well-being. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. Also explore a variety of other resources to help you take your next steps on the path to emotional wellness. Open to the community in *Richmond and Pinole*; members only in *Oakland*. Available in Spanish in Oakland and Richmond.

*For Oakland's schedule, please call Behavioral Health at (510) 752-7868.

Fee: This is a covered benefit for members; no class fee for nonmembers.

Duration: One 3-hour session

Day & Time: 2nd or 3rd Thursdays, 10:00am-1:00pm (closed holidays)

MANAGING ANGER OVERVIEW ONLINE

Managing Anger Overview which is an hour-long introductory session that covers class topics for the eight-week series and the importance and benefits of self-motivation and expected behaviors. Note: This class does not satisfy the court-ordered treatment required for domestic violence. Open to the community.

*For Oakland's schedule, please call Behavioral Health at (510) 752-7868.

Fee: Free

Duration: One 1-hour session

Day & Time: Wednesdays, 6:30-7:30pm (closed holidays)

MANAGING ANGER SERIES ONLINE

When anger causes problems with family, friends, or colleagues, we can help. Learn to identify anger triggers, develop communication skills, and practice new ways to respond. *Note: This series does not satisfy the court-ordered treatment required for domestic violence. Prerequisite: Managing Anger Overview. Open to the community.*

*For Oakland's schedule, please call Behavioral Health at (510) 752-7868.

Fee: Cost varies

Duration: Eight 2-hour session

Day & Time: Wednesdays, 6:30-8:30pm (closed holidays)

UNDERSTANDING ANXIETY SERIES ONLINE

In this series, you will learn to identify what triggers anxiety for you as well as ways to help manage your symptoms. We will help you explore your thoughts and learn to approach instead of avoid what you fear. You will also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness. Open to the community in *Richmond and Pinole*; members only in *Oakland*.

*For Oakland's schedule, please call Behavioral Health at (510) 752-7868.

Fee: This is a covered benefit for members; Call for cost for nonmembers.

Duration: Six 2-hour session

Day & Time: Mondays, 6:00-8:00pm; Wednesdays, 10:00am-12:00pm (closed holidays)

MANAGING DEPRESSION SERIES ONLINE

Depression is common, real, and treatable. In this series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life. You'll also learn techniques to relax and approach your life with mindfulness. Open to the community in *Richmond and Pinole*; members only in *Oakland*. Available in Spanish in Oakland.

*For Oakland's schedule, please call Behavioral Health at (510) 752-7868.

Fee: This is a covered benefit for members; Call for cost for nonmembers.

Duration: Six 2-hour session

Day & Time: Fridays, 10:00am-12:00pm (closed holidays)

Managing Depression is a 6-week rolling series. Participants can start the class any week.

MANAGING YOUR STRESS ONLINE

You'll learn ways to recognize the source of stress in your life and how to manage stress-related symptoms and illnesses. Open to the community.

*For Oakland's schedule, please call Behavioral Health at (510) 752-7868.

Fee: This is a covered benefit for members; Call for cost for nonmembers.

Duration: Six 2-hour session

Day & Time: Tuesdays, 6:00-8:00pm (closed holidays)

MINDFULNESS-BASED STRESS REDUCTION ONLINE

Meditation can be helpful for dealing with stress, chronic pain, hypertension, depression, difficulty sleeping, and other issues. This class provides instruction on mindfulness meditation, meditative movement, and body-awareness exercises. A no cost orientation is offered one week before the class begins, though attendance at the orientation does not guarantee a space in the eight-week program. Open to the community.

*For Oakland's schedule, please call Behavioral Health at (510) 752-7868.

Fee: Call for cost. (price includes all-day session).

Mindfulness-based Stress Reduction - Overview ONLINE

Duration: One 1.5-hour session

Day & Time: Tuesdays, 6:00-7:30pm (closed holidays)

Mindfulness-based Stress Reduction - Series ONLINE

Duration: Eight 2.5-hour session

Day & Time: Tuesdays, 6:00-8:30pm (closed holidays)

IMPROVING YOUR SLEEP ONLINE

Want to fall asleep quicker, sleep more soundly, and awaken feeling more refreshed? Learn how nighttime habits and thinking patterns affect your sleep and how to change them. This class does not address medical conditions that interfere with sleep. Open to the community.

*For Oakland's schedule, please call Behavioral Health at (510) 752-7868.

Fee: This is a covered benefit for members; Call for cost for nonmembers.

Duration: Five 2-hour session

Day & Time: Mondays, 10:00am-12:00pm (closed holidays)



2021 ONLINE CLASS SCHEDULE

CANCER SURVIVORSHIP

Oakland/Alameda 510-752-7868

Richmond 510-307-2210

Pinole 510-243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

LIFE AFTER TREATMENT ONLINE

The conclusion of cancer treatment can be a challenging time. With the rigors of treatment behind you, this class examines potential challenges, as well as issues related to identity that might arise as you move forward in survivorship. This class is offered to patients at the conclusion of radiation and/or chemotherapy, intended to form a bridge between treatment and life as a Cancer Survivor. Patients will explore issues related to identity as a "survivor," learn coping strategies related to the unique stressor of survivorship and learn about Kaiser Permanente and community resources to assist them on their journey. Members only.

Fee: No class fee.

Duration: One 1.5-hour session

Day & Time: 2nd Tuesdays, 5:00-6:30pm (closed holidays)

NUTRITION FOR CANCER-RELATED SIDE EFFECTS ONLINE

This class provides nutritional information and guidelines for cancer and cancer-related side effects.

Topics covered include: nutrition basics, what to eat, what to avoid, supplements, food safety, as well as special nutritional considerations. Caretakers welcome. Open to the community.

Fee: No class fee.

Duration: One 1.5-hour session

Day & Time: 1st Wednesdays, 3:00-4:30pm; 3rd Wednesdays, 10:00-11:30am (closed holidays)

NUTRITION AND CANCER

This class provides educational opportunities for you to make simple choices every day for better health, cancer risk reduction and long-term survivorship. A Dietitian specializing in oncology nutrition will empower you to:

- Understand the importance of nutrition for health and well being
- Learn about cancer fighters in food
- Set and implement nutrition goals
- Achieve healthy lifestyle modification

For more information or to register, please call the Radiation Oncology Department at (510) 752-4000.

Fee: No Class Fee. Open to the community.

Locations: Oakland

Duration: One 2-hour session

NUTRITION AND BREAST CANCER

A Dietitian specializing in oncology nutrition will provide members with ways to reduce the risk of breast cancer, its progression or recurrence. Topics discussed will include:

- Importance of maintaining a healthy weight
- The benefits of physical activity
- The role of a plant-based diet

For more information or to register, please call the Radiation Oncology Department at (510) 752-4000.

Fee: No Class Fee. Open to the community.

Locations: Oakland

Duration: One 2-hour session



2021 ONLINE CLASS SCHEDULE

DIABETES & PREDIABETES

Oakland/Alameda 510-752-7868

Richmond 510-307-2210

Pinole 510-243-4020

REGISTRATION REQUIRED for all classes. *Schedule subject to change without notice.*

Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class.

**Online Registration for some Health Classes available through your kp.org account under Appointments.*

PREDIABETES AND YOU ONLINE*

Do you or your child have prediabetes? Learn how to prevent or delay type 2 diabetes in this class. (Ages 16+ to attend, ages 16-17 must be accompanied by an adult) *Members only, available in Spanish.*

Fee: No class fee.

Duration: One 2-hour session

DIABETES BASICS ONLINE*

You can feel better and be active and healthy by learning the basics of managing your type 2 diabetes. Explore the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing stress. **Please have your blood glucose meter for online class.** This class is step 1 for type 2 diabetes care. *Available in Spanish and Cantonese. Members only.*

Fee: No class fee.

Duration: One 2-hour session

Day & Time: 1st Tuesdays & 4th Saturdays, 10:00am-12:00pm; 2nd Thursdays & 3rd Wednesdays, 5:30-7:30pm (closed holidays)

DIABETES BASICS ONLINE - Cantonese

You can feel better and be active and healthy by learning the basics of managing your type 2 diabetes. Explore the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing stress. **Please have your blood glucose meter for online class.** This class is step 1 for type 2 diabetes care. *Members only.*

Fee: No class fee.

Duration: One 3-hour session

Day & Time: please call San Leandro Health Education

DIABETES HEALTHY EATING ONLINE*

Feel better and eat better with diabetes. In this class, you'll get tips on planning meals, counting carbs, and reading food labels. Learn new ways to prepare your favorite foods and how to enjoy eating out healthfully. With smart planning and balanced choices, eating well can still taste great. *Members only, available in Spanish.*

Fee: No class fee.

Duration: One 2-hour session

Day & Time: 1st Mondays, 5:30-7:30pm; 2nd Mondays, 5:00-7:00pm; 3rd Wednesdays, 11:00am-1:00pm; 4th Wednesdays, 10:00am-12:00pm (closed holidays)

GROUP APPOINTMENT FOR GESTATIONAL DIABETES ONLINE

Do you have diabetes and wish to become pregnant, or have you developed diabetes during pregnancy? This program provides information specially developed by the Ob/Gyn Department to help you make informed decisions and better manage your health. Women who have been diagnosed with gestational diabetes will be referred by their provider.

Fee: No class fee.

Duration: One 2-hour session

Day & Time: Fridays, 9:00-11:00am; 2nd & 4th-5th Mondays, 3:30-5:30pm (closed holidays)

GROUP METER TEACH APPOINTMENT ONLINE

In this workshop, you will learn how to properly test your blood sugar, how to access the stored data, and how to send the data to your diabetes provider. For **ONE TOUCH Verio Flex** meters. **Please have your meter and accessories for online class.** *Members only, available in Spanish.*

Fee: No class fee.

Duration: One 1-hour session

Day & Time: 1st Tuesdays, 10:00-11:00am; 2nd Wednesdays, 5:30-6:30pm; 4th Saturdays, 12:00-1:00pm (closed holidays)

ADVANCED DIABETES NUTRITION ONLINE

In this advanced class, get tips on planning meals, counting carbs and reading food labels. Completion of "Diabetes Basics" and "Healthy Eating with Diabetes" classes are highly recommended to be taken prior to attending this class. *Members only.*

Fee: No class fee.

Duration: One 2-hour session

Day & Time: 3rd Tuesday, 10:00am-12:00pm (closed holidays)

CARBOHYDRATE COUNTING WITH MEALTIME INSULIN

Learn how to estimate carbohydrate grams, determine your pre-meal insulin dose and match insulin injection time to digestion. Class includes label reading, using websites and apps, eating out and weighing/measuring real food. *Members only.*

Fee: No class fee.

Duration: One 2-hour session

Day & Time: 2nd Wednesday, 9:00am - 11:00am, and 3rd Wednesday, 4:30am-6:30pm (closed holidays)



2021 ONLINE CLASS SCHEDULE
LIFE CARE PLANNING

Oakland/Alameda 510-752-7868

Richmond 510-307-2210

Pinole 510-243-4020

REGISTRATION REQUIRED for all classes. ***Schedule subject to change without notice.***

Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class.

****Online Registration for some Health Classes available through your [kp.org](https://www.kp.org) account under Appointments.***

LIFE CARE PLANNING ONLINE*

Life care planning begins with choosing someone to speak on your behalf if you were ever unable to communicate for yourself. This class can assist you with selecting your health care agent and exploring your values and goals for care. You will also have the opportunity to complete an Advance Health Care Directive. If you have already selected a health care agent, bring him or her with you to the class. To get started now, visit [kp.org/lifecareplan](https://www.kp.org/lifecareplan). Open to the community.

Fee: No class fee.

Duration: One 1.5-hour session

Day & Time: 3rd Thursdays, 10:00-11:30am; 1st Saturdays, 2:00-3:30pm (closed holidays)



2021 ONLINE CLASS SCHEDULE

NUTRITION AND WEIGHT MANAGEMENT

Oakland/Alameda 510-752-7868

Richmond 510-307-2210

Pinole 510-243-4020

REGISTRATION REQUIRED for all classes. *Schedule subject to change without notice. Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class.*

****Online Registration for some Health Classes available through your [kp.org](https://www.kp.org) account under Appointments.***

FOOD AND NUTRITION WORKSHOP ONLINE

Curious about nutrients, food, and healthy eating? This dietitian-led workshop explores basic nutrition, portions, eating on the run, recipe modification, and food label reading as well as current nutrition topics. Members only.

Fee: No class fee.

Duration: One 1.5-hour session

Day & Time: 2nd Tuesdays, 5:30-7:00pm; 4th Tuesdays, 11:00am-12:30pm (closed holidays)

PLANT-STRONG NUTRITION: STARTING A PLANT BASED DIET ONLINE

Learn how plant-based diets help reduce cholesterol levels, improve diabetes, lower blood pressure, and help manage heart disease and weight loss. This class will teach you how to make the dietary changes for plant-based nutrition, for a new healthier you. Members only.

Fee: No class fee.

Duration: One 1.5-hour session

Day & Time: 2nd Wednesdays, 10:00-11:30am; 4th Wednesdays, 5:30-7:00pm (closed holidays)

HEALTHY WEIGHT SERIES 1 ONLINE*

Lose weight, develop healthy habits, and gain confidence. This 6-session, in-person program covers the latest weight loss research, plus ways to maintain a healthy weight. (Ages 18 and older) *Open to the community.*

Fee: This is a covered benefit for members; \$130 nonmembers.

Duration: Six weekly 2-hour sessions

Day & Time: Tuesdays, 5:30-7:30pm; Thursdays, 10:00am-12:00pm (closed holidays)

MEDICAL WEIGHT MANAGEMENT ORIENTATION ONLINE

If you have at least 40 pounds to lose, this program can help you make positive, lasting changes to improve your health, increase your energy, and help you live life to the fullest. The 82-week program features low-calorie meal replacements, monitoring by a team of Kaiser Permanente medical professionals, and weekly health classes/support sessions. Join us for a no cost, one-hour information session to find out more. *Open to the community.*

Fee: No class fee for orientation; program fees are explained at the orientation.

Duration: One 1-hour session offered twice per month

Day & Time: 1st & 3rd Thursdays, 6:00-7:00pm

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under Health Plan. If you are a Kaiser Permanente member, please check your *Evidence of Coverage*.



2021 ONLINE CLASS SCHEDULE

PARENTING & CHILDREN'S HEALTH

Oakland/Alameda 510-752-7868

Richmond 510-307-2210

Pinole 510-243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class.

*Online Registration for some Health Classes available through your kp.org account under **Appointments**.

BABY & ME SUPPORT GROUP ONLINE

Come with your baby to meet other new parents and discuss feeding, sleeping, and more in this ongoing, drop-in support group for parents and caregivers with babies up to a year old. Members only.

Fee: No class fee.

Duration: ongoing 2-hour drop-in sessions

Day & Time: Weekly on Mondays & Wednesdays, 10:00am-12:00pm

FEEDING YOUR BABY: STARTING SOLID FOOD ONLINE

Help your baby begin a lifetime of healthy eating. For babies getting ready for solid food, and for older babies getting ready for finger food. This is a covered benefit for members. Members only.

Fee: No class fee.

Sessions: One 1.5-hour session

Day & Time: 1st Thursdays, 10:00-11:30am; 3rd Mondays, 2:00-3:30pm (closed holidays)

YOUR CHILD'S TEMPERAMENT: PARENTING YOUR SPIRITED CHILD

Does your child have problems sleeping or eating? Does he or she throw tantrums often? Is your child having difficulties in preschool or playgroups? If your child is between 9 months and 5 years old and is experiencing any of these challenges, join this class and learn more about how your child's natural temperament can affect his or her mood and behavior. Open to Kaiser Permanente members and the community.

To register, call Bananas, Inc. at (510) 658-7353 or visit www.bananasinc.org.

Fee: No class fee.

Location: Bananas, Inc., 5232 Claremont Ave, Oakland

Sessions: Six weekly sessions



2021 ONLINE CLASS SCHEDULE

PRENATAL HEALTH

Oakland/Alameda 510-752-7868

Richmond 510-307-2210

Pinole 510-243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

We recommend taking prenatal classes between weeks 28-37 of your pregnancy

PREPARING FOR CHILDBIRTH ONLINE (1-session)

Few events are more exciting than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery and understand your options for managing labor and the role of a support person. Early registration is recommended. *Take this class during the last six weeks of pregnancy. Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Sessions: One 2.5-hour session

Day & Time: 1st Wednesdays, 2:00-4:30pm, 2nd-5th Wednesdays, 5:00-7:30pm; 4th Thursdays, 5:00-7:30pm; 2nd Saturdays, 10:00am-12:30pm (closed holidays)

PREPARING FOR CHILDBIRTH ONLINE (2-session)

Our 2-session class offers all the same information as our single-session, but allows for more time to practice techniques during and in between classes. If you prefer to receive information more slowly and have time to digest and process information between classes, this is the class for you. Early registration is recommended. *Take this class during the last six weeks of pregnancy. Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Sessions: Two 2.5-hour sessions

Day & Time: 1st & 2nd consecutive Mondays, 5:30-8:00pm (closed holidays)

CÓMO PREPARARSE PARA EL PARTO - CLASE EN LÍNEA (Preparing for Childbirth in Spanish)

¡Felicitaciones! Ustedes están a punto de convertirse en padres. En esta clase ustedes aprenderán acerca de las etapas del parto, técnicas de relajación, las posiciones para el parto, y opciones para el manejo del dolor. *Solo miembros. Usted y su pareja son bienvenidos.*

Costo: Clase sin costo alguno.

Cuando: Segundo jueves del mes, 1 sesión, 2 horas y media (Cerrado los días feriados)

Cómo inscribirse: Comuníquese con el Departamento de Educación de la Salud, 510-752-6150 o 510-307-2210.

Las instrucciones serán mandadas por correo electrónico 24 horas antes de la clase.

MEET THE LABOR AND DELIVERY TEAM ONLINE

Learn about managing your labor and hospital stay, as well as pain management options from a panel of providers who are part of our labor and delivery team, including an ob-gyn, midwife, anesthesiologist, lactation consultant, and pediatrician. *Members only. Partners are welcome.*

Fee: No class fee.

Duration: One 1-hour session

Day & Time: 2nd Fridays, 9:45-10:45am (closed holidays)

BREASTFEEDING ONLINE

Breastfeeding offers many health benefits for you and your baby. Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges. *Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Duration: One 2-hour session

Day & Time: Thursdays, 2:30-4:30pm; 2nd & 4th Tuesdays, 5:00-7:00pm; 1st Saturdays, 9:00-11:00am (closed holidays)

NEWBORN CARE ONLINE

Wouldn't it be nice if babies came with instruction manuals? In this class, we'll teach you the information and skills you need to feel more confident about caring for your newborn during the first weeks of life. We'll cover essential topics such as feeding, bathing, diapering, and when to call your baby's physician. *Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Duration: One 2-hour session

Day & Time: Thursdays, 5:00-7:00pm; 1st Tuesdays, 5:00-7:00pm; 3rd Saturdays, 10:00am-12:00pm; 4th Saturdays, 9:00-11:00am (closed holidays)

PREPARING FOR POSTPARTUM ONLINE

This class teaches you how to take care of yourself and nurture a new family after you have your baby. You will learn about self-care including, nutrition, exercise, sleep, time management, supportive relationships and more. *Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Sessions: One 2-hour session

Day & Time: 1st Tuesdays, 2:00-4:00pm; 2nd-5th Tuesday, 5:30-7:30pm; 1st Wednesdays, 6:00-8:00pm; 3rd Mondays, 6:00-8:00pm (closed holidays)



2021 ONLINE CLASS SCHEDULE

SENIOR HEALTH

Oakland/Alameda 510-752-7868

Richmond 510-307-2210

Pinole 510-243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class.

*Online Registration for some Health Classes available through your [kp.org](https://www.kp.org) account under Appointments.

FALL PREVENTION ONLINE

Have you fallen recently? Do you feel off balance when you walk or climb stairs? Do you have a fear of falling? In this class we talk about reasons why people tend to fall more as they age, review common home and environmental hazards, provide tips on how to make homes safer, and discuss the importance of exercises to build your balance, flexibility, and strength so you can prevent falls. *Members only.*

Fee: No class fee.

Sessions: One 1.5-hour session

Day & Time: 2nd Tuesdays, 2:00-3:30pm; Fridays, 10:00-11:30am (closed holidays)

MEMORY CARE ONLINE

In partnership with the Alzheimer's Association, we are offering three online classes to help caregivers and people facing Alzheimer's Disease & Dementia.

Our offerings include:

- **Understanding Alzheimer's & Dementia Online Class (single session)**

In this class we discuss causes of dementia. This include strokes, tumors, and Alzheimer's disease. We discuss memory loss, forgetfulness, and how dementia is diagnosed. We also look at treatment options.

- **Effective Communication Strategies Online Class (single session)**

This class is for caregivers of individuals with Alzheimer's disease and dementia. We will explain changes in the ability to communicate during each stage of the illness. We will also discuss ways to connect and respond that will make life easier for both of you.

- **Understanding and Responding to Dementia-Related Behaviors Online Class (single session)**

People with dementia often develop new behaviors. They may wander, do things repeatedly, or insist on unusual routines or activities. In this class you will learn more about what underlies these behaviors. We will discuss supportive ways to change the person's environment and set up daily routines to make these behaviors less of a problem.

Fee: No class fee; Open to the community.

Sessions: One 1.5-hour session

Day & Time: Fridays, 10:00-11:30am (closed holidays)

SENIOR HEALTH SEMINAR ONLINE

Stay current on senior health issues by attending educational workshops about safety, nutrition, kp.org technology, memory loss and much more. This is a covered benefit for members. Offered quarterly. Open to the community.

Fee: No class fee.

Sessions: One 1-hour session

Day & Time: Quarterly offerings, 2:00-3:00pm (closed holidays)



2021 ONLINE CLASS SCHEDULE

Clases en Español

Oakland/Alameda 510-752-7868

Richmond 510-307-2210

Pinole 510-243-4020

Registración Obligatoria para todas las clases. Las fechas y horarios están sujetos a cambios sin previo aviso.

Cómo inscribirse: Comuníquese con el Departamento de Educación de la Salud. Las instrucciones serán enviadas por correo electrónico 24 horas antes de la clase.

*La registración por la internet para alguna de las clases, están disponibles a través de su cuenta personal de kp.org bajo citas.

DIABETES

Datos básicos sobre la diabetes

(Diabetes Basics)

Usted podrá sentirse mejor, al aplicar lo básico del manejo de la diabetes tipo 2. En esta clase, nosotros le daremos un análisis general de las 5 áreas del manejo de la diabetes tipo 2: alimentación saludable, ejercicio, monitoreo de sus niveles de azúcar en la sangre, uso adecuado de los medicamentos y manejo de su estrés.

Costo: Gratis, abierta solo a los miembros de Kaiser Permanente

Sesiones: Una sola clase de 2 horas

Cuando: Segundo Sábados del mes, 9:30-11:30am (Cerrado los días feriados)

Cita en grupo para enseñanza de medidor

(Group Meter Teach Appointment)

En este taller, usted aprenderá como usar correctamente su medidor de glucosa, como analizar sus resultados de glucosa y como compartir sus resultados electrónicamente con su médico.

Entrenamiento de medidores solo para **ONE TOUCH Verio Flex**.

Costo: Gratis, abierta solo a los miembros de Kaiser Permanente

Sesiones: Una sola clase de 1 hora

Cuando: Segundo Sábados del mes, 11:30am-12:30pm (Cerrado los días feriados)

Coma bien con diabetes*

(Diabetes Healthy Eating)

En esta clase, usted recibirá consejos para planificar sus comidas, contar carbohidratos y leer las etiquetas de los alimentos. Aprenda nuevas maneras de preparar sus comidas favoritas y a disfrutar saludablemente lo que come fuera de casa.

Costo: Gratis, abierta solo a los miembros de Kaiser Permanente

Sesiones: Una sola clase de 2 horas

Cuando: Primeros Sábados del mes, 9:30-11:30am (Cerrado los días feriados)

PRENATAL

Cómo prepararse para el parto - clase en línea

(Spanish Childbirth Prep)

¡Felicitaciones! Ustedes están a punto de convertirse en padres. En esta clase ustedes aprenderán acerca de las etapas del parto, técnicas de relajación, las posiciones para el parto, y opciones para el manejo del dolor. *Solo miembros*. Usted y su pareja son bienvenidos.

Costo: Clase sin costo alguno.

Sesiones: 1 sesión, 2 horas y media

Cuando: Segundo Jueves del mes, 5:00-7:30pm (Cerrado los días feriados)

SALUD MENTAL Y AFECTIVA

Caminos hacia una buena salud emocional

(Spanish Pathways)

La vida diaria le puede estresar y afectar su bienestar. En esta clase le ayudaremos a identificar sus fuentes

de estrés y aprender técnicas simples para que se sienta más relajado, enfrente mejor la ansiedad y reduzca los síntomas de depresión. También le daremos un resumen de los recursos disponibles.

Este es un beneficio cubierto para los miembros. *Abierta a la comunidad.*

Costo: Gratis

Sesiones: Una sola clase de 3 horas

Cuando: Segundo Jueves del mes, 5:00 -8:00pm (Cerrado los días feriados)