HEALTHY LIFESTYLE KAISER PERMANENTE HEALTH EDUCATION | GROUP CLASSES | SANTA ROSA EMOTIONAL WELLNESS 2024

CLASSES OFFERED: MARCH - JUNE 2024							
CLASS	FORMAT	DAY	DATE	TIME	TO REGISTER	FEE	
COUPLES COMMUNICATION The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. This series is specifically designed for couples in committed relationships. 4 sessions	ONLINE	Thu	6/6/24	6:00p-8:00p	ONLINE class: Visit kpdoc.org/classes or call (707) 393-4167 Additional times and dates are available Available in Spanish	NO FEE for Kaiser Members	
EMOTIONAL WELLNESS	IN PERSON	Thu	3/14/24	6:00p-8:30p	IN PERSON class:	NO FEE	
Your thoughts and emotions can affect your physical well-being. In this class, we'll help	IN PERSON	Thu	4/18/24	6:00p-8:30p	Call (707) 393-4167	for Kaiser Members	
you identify your sources of stress and	IN PERSON	Thu	5/9/24	6:00p-8:30p		members	
learn simple techniques to help you relax,	IN PERSON	Thu	6/13/24	6:00p-8:30p			
deal with anxiety, and lessen depression.	ONLINE	Wed	3/6/24	1:00p-3:30p	ONLINE class:		
We will also explore a variety of other resources to help you feel better and	ONLINE	Thu	3/21/24	6:00p-8:30p	Visit kpdoc.org/classes		
thrive.	ONLINE	Mon	4/1/24	1:00p-3:30p	or call (707) 393-4167		
1 session	ONLINE	Wed	5/1/24	1:00p-3:30p	Additional times and dates are available		
	ONLINE	Wed	5/15/24	6:00p-8:30p			
	ONLINE	Mon	6/3/24	1:00p-3:30p	Available in Spanish		
IMPROVING SLEEP	ONLINE	Thu	3/28/24	10:30a-12:30p		NO FEE	
Want to fall asleep quicker, sleep sounder, and awaken feeling more refreshed?	ONLINE	Thu	5/16/24	6:00p-8:00p	Visit kpdoc.org/classes or call (707) 393-4167	for Kaiser Members	
Improve the quantity and the quality of							
your sleep. Learn how nighttime habits and thinking patterns affect your sleep, and					Additional times and dates are available		
how to change both. This online class does							
not address medical conditions that					Available in Spanish		
interfere with sleep.							
4 sessions							



MANAGING ANGER 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. This series is educational in nature and does not satisfy court- ordered treatment requirements. 6 sessions	ONLINE	Mon	6/3/24	6:00p-8:00p	ONLINE class: Call (707) 393-4167	FEE \$70 for Kaiser Members
MANAGING DEPRESSION	IN PERSON	Thu	5/9/24	10:30a-12:30p	IN PERSON class:	NO FEE
Depression is common, real, and treatable. At the conclusion of this class you will					Call (707) 393-4167	for Kaiser Members
understand the "cycle of depression": the	ONLINE	Thu	3/14/24	6:00p-8:00p	ONLINE class:	members
interrelationship of thoughts, feelings, and behaviors. Learn about skills for managing					Call (707) 393-4167	
moods, including exercise, sleep, regular relaxation practice, cognitive skills, and					Additional times and dates are available	
activity planning. You will also develop a plan for preventing relapse into depression					Available in Spanish	
in the future. 5 sessions						
MANAGING STRESS	IN PERSON	Wed	6/12/24	10:30a-12:30p	IN PERSON class:	NO FEE
Emotions, thoughts, and behaviors can affect your health. In this series you'll learn					Call (707) 393-4167	for Kaiser Members
to recognize the sources of stress in your	ONLINE			1:00p-3:00p	ONLINE class:	
life and how to manage stress-related symptoms and illnesses. You'll also learn	ONLINE			6:00p-8:00p	Visit kpdoc.org/classes or call (707) 393-4167	
ways to relax and develop healthy lifestyle	ONLINE	Wed	5/8/24	6:00p-8:00p	or can (707) 333-4107	
habits to take better care of yourself and enjoy life more.					Additional times and dates are available	
5 sessions					Available in Spanish	
MINDFULNESS BASED STRESS REDUCTION A healthy mind and spirit are powerful	IN PERSON	Tue	4/2/24	6:00p-8:30p	IN PERSON class: Call (707) 393-4167	FEE \$35 for Kaiser
healing tools for the body. Come learn					Call (707) 333-4107	Members
practices in mindfulness meditation and	ONLINE	Tue	6/25/24	6:00p-8:30p	ONLINE class:	
gentle movement that can help you manage stress, chronic pain, illness,					Call (707) 393-4167	FEE \$100 for Non-
anxiety, and depression. This series includes						Members
a half-day Saturday retreat. 6 sessions + retreat						



MINDFULNESS MEDITATION DROP-IN Mindfulness meditation can be helpful for dealing with stress, anxiety, chronic pain, hypertension, depression, difficulty sleeping, and other health issues. This drop- in session is designed to support those who have attended the Mindfulness-Based Stress Reduction (MBSR) series and is also appropriate for beginners. Each session begins with an introduction followed by 30 minutes of seated or reclining guided meditation, ending with sharing reflections and experiences. 1 session	ONLINE ONLINE ONLINE	Thu Thu Thu	3/7/24 4/4/24 5/2/24 6/6/24	7:00p-8:00p 7:00p-8:00p 7:00p-8:00p 7:00p-8:00p	ONLINE class: CALL (707) 393-4167	NO FEE for Kaiser Members
TAI CHI Enhance your overall health and well-being with the gentle yet powerful ancient Chinese health care practices of adapted Tai Chi and Qigong (pronounced "chee- goong"). You will learn a series of soft graceful movements that, when practiced regularly, can reduce stress or pain, promote circulation and flexibility, and improve your strength and balance, which can help prevent falls. Self-massage, self- acupressure, breathing, focused attention, visualization, and meditation practices are also included in this class. 4 sessions	ONLINE ONLINE ONLINE	Thu Tue Thu	3/7/24 4/2/24 5/7/24 6/6/24	9:00a-10:00a 4:00p-5:00p 9:00a-10:00a	ONLINE class: CALL (707) 393-4167	NO FEE for Kaiser Members
UNDERSTANDING ANXIETY Learn to identify what triggers your anxiety, as well as ways to manage your symptoms. We'll help you explore your thoughts and learn to approach instead of avoid what you fear. You'll also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness. 4 sessions	ONLINE ONLINE ONLINE	Tue Wed Tue	6/4/24	6:00p-8:00p 6:00p-8:00p 6:00p-8:00p	ONLINE class: CALL (707) 393-4167 Additional times and dates are available Available in Spanish	NO FEE for Kaiser Members
This series focuses on identifying and changing unhealthy eating patterns. Learn techniques to manage stress, change the thought patterns that often lead to overeating, and develop a strong support system. 4 sessions	IN PERSON IN PERSON		3/5/24 5/7/24	4:30p-6:30p 4:30p-6:30p	Call (707) 393-4167	for Kaiser Members

