



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
<p>COUPLES COMMUNICATION</p> <p>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.</p> <p>4 sessions</p>	ONLINE	Thu	6/6/24	6:00p-8:00p	<p>ONLINE class: Visit kpdoc.org/classes or call (707) 393-4167</p> <p><i>Additional times and dates are available</i></p> <p><i>Available in Spanish</i></p>	NO FEE for Kaiser Members
<p>EMOTIONAL WELLNESS</p> <p>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. We will also explore a variety of other resources to help you feel better and thrive.</p> <p>1 session</p>	IN PERSON	Thu	3/14/24	6:00p-8:30p	<p>IN PERSON class: Call (707) 393-4167</p>	NO FEE for Kaiser Members
	IN PERSON	Thu	4/18/24	6:00p-8:30p		
	IN PERSON	Thu	5/9/24	6:00p-8:30p		
	IN PERSON	Thu	6/13/24	6:00p-8:30p		
	ONLINE	Wed	3/6/24	1:00p-3:30p	<p>ONLINE class: Visit kpdoc.org/classes or call (707) 393-4167</p> <p><i>Additional times and dates are available</i></p> <p><i>Available in Spanish</i></p>	
	ONLINE	Thu	3/21/24	6:00p-8:30p		
	ONLINE	Mon	4/1/24	1:00p-3:30p		
	ONLINE	Wed	5/1/24	1:00p-3:30p		
ONLINE	Wed	5/15/24	6:00p-8:30p			
ONLINE	Mon	6/3/24	1:00p-3:30p			
<p>IMPROVING SLEEP</p> <p>Want to fall asleep quicker, sleep sounder, and awaken feeling more refreshed? Improve the quantity and the quality of your sleep. Learn how nighttime habits and thinking patterns affect your sleep, and how to change both. This online class does not address medical conditions that interfere with sleep.</p> <p>4 sessions</p>	ONLINE	Thu	3/28/24	10:30a-12:30p	<p>ONLINE class: Visit kpdoc.org/classes or call (707) 393-4167</p> <p><i>Additional times and dates are available</i></p> <p><i>Available in Spanish</i></p>	NO FEE for Kaiser Members
	ONLINE	Thu	5/16/24	6:00p-8:00p		

<p>MINDFULNESS MEDITATION DROP-IN</p> <p>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.</p> <p>1 session</p>	<p>ONLINE</p> <p>ONLINE</p> <p>ONLINE</p> <p>ONLINE</p>	<p>Thu 3/7/24</p> <p>Thu 4/4/24</p> <p>Thu 5/2/24</p> <p>Thu 6/6/24</p>	<p>7:00p-8:00p</p> <p>7:00p-8:00p</p> <p>7:00p-8:00p</p> <p>7:00p-8:00p</p>	<p>ONLINE class: CALL (707) 393-4167</p>	<p>NO FEE for Kaiser Members</p>
<p>TAI CHI</p> <p>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.</p> <p>4 sessions</p>	<p>ONLINE</p> <p>ONLINE</p> <p>ONLINE</p> <p>ONLINE</p>	<p>Thu 3/7/24</p> <p>Tue 4/2/24</p> <p>Tue 5/7/24</p> <p>Thu 6/6/24</p>	<p>9:00a-10:00a</p> <p>4:00p-5:00p</p> <p>4:00p-5:00p</p> <p>9:00a-10:00a</p>	<p>ONLINE class: CALL (707) 393-4167</p>	<p>NO FEE for Kaiser Members</p>
<p>UNDERSTANDING ANXIETY</p> <p>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.</p> <p>4 sessions</p>	<p>ONLINE</p> <p>ONLINE</p> <p>ONLINE</p>	<p>Tue 4/2/24</p> <p>Wed 5/8/24</p> <p>Tue 6/4/24</p>	<p>6:00p-8:00p</p> <p>6:00p-8:00p</p> <p>6:00p-8:00p</p>	<p>ONLINE class: CALL (707) 393-4167</p> <p><i>Additional times and dates are available</i></p> <p><i>Available in Spanish</i></p>	<p>NO FEE for Kaiser Members</p>
<p>UNDERSTANDING EMOTIONAL EATING</p> <p>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.</p> <p>4 sessions</p>	<p>IN PERSON</p> <p>IN PERSON</p>	<p>Tue 3/5/24</p> <p>Tue 5/7/24</p>	<p>4:30p-6:30p</p> <p>4:30p-6:30p</p>	<p>IN PERSON class: Call (707) 393-4167</p>	<p>NO FEE for Kaiser Members</p>