



HEALTHY LIFESTYLE

KAISER PERMANENTE HEALTH EDUCATION | GROUP CLASSES | SANTA ROSA

HEALTHY LIVING 2024

CLASSES OFFERED: MARCH - JUNE 2024

CLASS	FORMAT	DAY	DATE	TIME	TO REGISTER	FEE
CHRONIC CONDITIONS						
DIABETES BASICS You can feel better and be active and healthy when you apply the basics of managing your Type 2 diabetes. In this class, we give you an overview of the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing your stress. 1 session	IN PERSON	Tue	3/5/24	5:00p-7:00p	IN PERSON class: Call (707) 393-4167	NO FEE for Kaiser Members
	IN PERSON	Thu	4/25/24	9:30a-11:30a		
	IN PERSON	Thu	6/13/24	5:00p-7:00p		
	ONLINE	CALL OR GO TO WEBSITE FOR DETAILS			ONLINE class: Visit kpdoc.org/classes or call (707) 393-4167 <i>Additional times and dates are available</i> <i>Available in Spanish</i>	
DIABETES BASICS - SPANISH LO BÁSICO DE DIABETES Usted podrá sentirse mejor, además de más activo y saludable, 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. 1 sesión	EN PERSONA	Sab	3/2/24	1:00p-3:00p	CLASES EN PERSONA: Llame al (707) 393-4167	NO COSTO para miembros de Kaiser
	EN PERSONA	Sab	5/11/24	1:00p-3:00p		
	EN PERSONA	Sab	6/29/24	1:00p-3:00p		
	EN LINEA	LLAME O VISITE NUESTRO SITIO WEB PARA DETALLES			Clases EN LINEA: Visite kpdoc.org/classes o llame (707) 393-4167 <i>Horarios y fechas adicionales estan disponibles</i>	

<p>DIABETES HEALTHY EATING</p> <p>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.</p> <p>1 session</p>	<p>IN PERSON</p> <p>IN PERSON</p> <p>IN PERSON</p> <p>IN PERSON</p> <p>IN PERSON</p> <p>IN PERSON</p> <p>IN PERSON</p> <p>ONLINE</p>	<p>Tue</p> <p>Mon</p> <p>Thu</p> <p>Tue</p> <p>Mon</p> <p>Mon</p> <p>Tue</p> <p>CALL OR GO TO WEBSITE FOR DETAILS</p>	<p>3/12/24</p> <p>4/8/24</p> <p>4/18/24</p> <p>5/7/24</p> <p>5/22/24</p> <p>6/10/24</p> <p>6/25/24</p>	<p>5:00p-7:00p</p> <p>5:00p-7:00p</p> <p>5:00p-7:00p</p> <p>5:00p-7:00p</p> <p>9:30a-11:30a</p> <p>5:00p-7:00p</p> <p>5:00p-7:00p</p> <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>	<p>NO FEE for Kaiser Members</p>
<p>DIAB. HEALTHY EATING - SPANISH COMA BIEN CON DIABETES</p> <p>Siéntase y aliméntese mejor con diabetes. En esta clase, usted recibirá consejos para planificar sus comidas, contar los 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. Con una planificación adecuada y opciones balanceadas, comer bien también puede resultar una delicia para el paladar.</p> <p>1 sesión</p>	<p>EN PERSONA</p> <p>EN PERSONA</p> <p>EN PERSONA</p> <p>EN PERSONA</p> <p>EN PERSONA</p> <p>EN LINEA</p>	<p>Sab</p> <p>Sab</p> <p>Sab</p> <p>Sab</p> <p>Sab</p> <p>LLAME O VISITE NUESTRO SITIO WEB PARA DETALLES</p>	<p>3/2/24</p> <p>4/6/24</p> <p>5/11/24</p> <p>6/1/24</p> <p>6/29/24</p>	<p>10:00a-12:00p</p> <p>10:00a-12:00p</p> <p>10:00a-12:00p</p> <p>10:00a-12:00p</p> <p>10:00a-12:00p</p> <p>CLASES EN PERSONA: Llame al (707) 393-4167</p> <p>Clases EN LINEA: Visite kpdoc.org/classes o llame (707) 393-4167</p> <p><i>Horarios y fechas adicionales estan disponibles</i></p>	<p>NO COSTO para miembros de Kaiser</p>
<p>TAKING CARE OF YOUR KIDNEYS</p> <p>Find out how the kidneys work and how you can take better care of them. Learn about proper nutrition to help preserve your kidney function and how to continue enjoying living a good life with kidney disease.</p> <p>1 session</p>	<p>ONLINE</p> <p>ONLINE</p> <p>ONLINE</p> <p>ONLINE</p>	<p>Thu</p> <p>Thu</p> <p>Thu</p> <p>Thu</p>	<p>3/28/24</p> <p>4/25/24</p> <p>5/23/24</p> <p>6/27/24</p>	<p>9:30a-11:30a</p> <p>9:30a-11:30a</p> <p>9:30a-11:30a</p> <p>9:30a-11:30a</p> <p>ONLINE class: Call (707) 393-4167</p>	

WAYS TO A HEALTHIER HEART Recovering from a heart attack or heart surgery? Making lifestyle changes now will help you live a healthy and active life. Learn how you can eat right, exercise, and manage your stress to promote a healthy heart. 1 session	ONLINE	Thu	3/14/24	9:30a-11:30a	ONLINE class: Call (707) 393-4167	NO FEE for Kaiser Members
	ONLINE	Thu	4/11/24	9:30a-11:30a		
	ONLINE	Thu	5/9/24	9:30a-11:30a		
	ONLINE	Thu	6/13/24	9:30a-11:30a		

LIFE CARE PLANNING

LIFE CARE PLANNING Completing an Advance Health Care Directive is the best way to ensure that your health care wishes and values are honored if, for any reason, you are unable to speak for yourself. This class covers how to complete the document and what to consider in making health decisions and delegating someone to speak on your behalf (this person is called a health care agent). Co-sponsored by Janice Sternfeld, Attorney at Law, and Seniors At Home, a division of Jewish Family and Children’s Services. 1 session	IN PERSON	Tue	3/19/24	3:00p-5:00p	IN PERSON class: Call (707) 393-4167	NO FEE for Kaiser Members
	IN PERSON	Tue	5/14/24	10:00a-12:00p		
	ONLINE	CALL OR GO TO WEBSITE FOR DETAILS			ONLINE class: Visit kpdoc.org/classes or call (707) 393-4167 <i>Additional times and dates are available</i> <i>Available in Spanish</i>	

WEIGHT MANAGEMENT

HEALTHY WEIGHT 1 Develop healthy habits, manage your weight, and gain confidence. This 6-session program covers healthy eating for weight loss, getting more physical activity, managing stress and sleep, dealing with common challenges, and making changes sustainable. This course can stand alone or provide a foundation for other weight loss approaches. 6 sessions	ONLINE	Tue	6/4/24	5:00p-7:00p	IN PERSON class: Call (707) 393-4167

<p>HEALTHY WEIGHT 2</p> <p>For participants who have completed Healthy Weight 1. Build on your successes, overcome challenges, and practice new behaviors for weight loss and maintenance during this 9-week online program.</p> <p>9 sessions</p>	ONLINE	CALL OR GO TO WEBSITE FOR DETAILS	<p>ONLINE class:</p> <p>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>	
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WHOLE FOOD PLANT-BASED EATING

<p>WHOLE FOOD PLANT-BASED EATING</p> <p>Whole food plant-based eating maximizes vegetables, fruits, legumes, and whole grains to help optimize your health. In this class, you will learn the basics of plant-based eating. You will learn how to make this way of living easy and sustainable by preparing your kitchen, shopping, menu planning and more.</p> <p>Taught by a Registered Dietitian.</p> <p>1 session</p>	ONLINE	Mon	3/11/24	3:00p-5:00p	<p>ONLINE class:</p> <p>Call (707) 393-4167</p>	<p>NO FEE</p> <p>for Kaiser Members</p>
	ONLINE	Mon	4/8/24	3:00p-5:00p		
	ONLINE	Mon	5/13/24	3:00p-5:00p		
	ONLINE	Mon	6/10/24	3:00p-5:00p		

<p>PLANT BASED LEARNING FORUM</p> <p>This group, co-led by a family physician and registered dietitian, is a great place to learn about the benefits of a plant-based diet for common medical conditions, get answers to important nutrition questions, and learn how to incorporate plant-based eating into your daily life regardless of your starting point.</p> <p>Open to the community.</p> <p>Monthly. Every 3rd Thursday</p>	ONLINE	Thu	3/21/24	3:00p-4:30p	<p>ONLINE class:</p> <p>Call (707) 393-4167</p>	<p>NO FEE</p> <p>for Kaiser Members</p>
	ONLINE	Thu	4/18/24	3:00p-4:30p		
	ONLINE	Thu	5/16/24	3:00p-4:30p		
	ONLINE	Thu	6/20/24	3:00p-4:30p		

WOMEN'S HEALTH

<p>SEX AND SENSIBILITY</p> <p>This workshop provides a safe space for women to discuss their sexuality and explore ways to improve their intimate relationships. Learn about sexual anatomy, low sex drive, hormonal changes, and how to increase pleasure and intimacy.</p> <p>1 session</p>	IN PERSON	Wed	5/8/24	5:30p-7:00p	<p>IN PERSON class:</p> <p>Call (707) 393-4167</p>	<p>NO FEE</p> <p>for Kaiser Members</p>
	IN PERSON	Wed	8/7/24	5:30p-7:00p		
	IN PERSON	Wed	10/2/24	5:30p-7:00p		