Visit the Farmers’ Market

Every Thursday, from 10 a.m. to 2 p.m., rain or shine.

The market is located in the courtyard between the medical office building and the hospital.

You’ll find:
• Organic fruits and vegetables
• Fresh flowers
• Nuts
• Whole-grain baked goods, and more!

Please recycle. This material was produced from eco-responsible resources.

Member and Marketing Communications 5534-0168-05-r02 December 2009
Welcome to Healthy Living 2010. We invite you to use the information and support we offer to participate in your own health and healing. We encourage you to take a step toward achieving a lifetime of robust health and well-being. This guide to Healthy Living classes and programs gives you the tools that can help you and your loved ones stay healthy. Enroll today and find out how healthy living can improve your life. If you can’t make it to a class, a wide range of online health programs are also available to help you reach your goals.

Locations of Services

Health Education and Healthy Living programs and services are provided at the following locations:

1. Campbell Health Education
   Campbell Medical Offices
   220 E. Hacienda Ave., 2nd Floor
   Campbell, CA 95008
   (408) 871-6463
   Hours: Mon.–Fri., 9 a.m.–5 p.m.
   kp.org/campbell

2. Milpitas Health Education
   Milpitas Medical Offices
   770 E. Calaveras Blvd., 1st Floor
   Milpitas, CA 95035
   (408) 945-2732
   Hours: Mon.–Fri., 9 a.m.–5 p.m.; closed 12:30 p.m.–1:30 p.m.
   kp.org/milpitas

3. Mountain View Health Education
   Mountain View Medical Offices
   555 Castro St., 1st Floor
   Mountain View, CA 94041
   (650) 903-2636
   Hours: Mon.–Fri., 8:30 a.m.–5 p.m.
   kp.org/mountainview

4. Santa Clara Health Education
   Santa Clara Medical Offices
   710 Lawrence Expressway, Department 182
   Santa Clara, CA 95051
   (408) 851-3800
   Hours: Mon.–Fri., 9 a.m.–5 p.m.
   kp.org/santaclara

5. Santa Clara Mind-Body Wellness Center
   Santa Clara Medical Offices
   19000 Homestead Rd.
   Cupertino, CA 95014
   (408) 366-4284
   Hours: Mon.–Thurs., 10 a.m.–6 p.m.; Fri., 10 a.m.–5 p.m.; closed 12:45 p.m.–1:45 p.m.
   kp.org/santaclara

Kaiser Permanente members have coverage for medically necessary hearing tests, and some members may have coverage for hearing aids. Otherwise, the services described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits, 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. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your health plan benefits, please see your Evidence of Coverage.

Photo of models shown, not actual patients.
Dear Members

At Kaiser Permanente, we encourage and support your overall health and well-being in mind, body, and spirit. The courses and services described on the following pages underscore our dedication to the prevention of disease, not just its treatment. So join us in our efforts to provide you with the means to be your best:

- Learn what you can do to improve your health.
- Begin to put into practice what you’ve learned.
- Maintain your healthy new behaviors once you’ve started them.

We encourage you to sign up today and take advantage of the many quality programs we have to offer.

May you thrive in 2010.

Todd Dray, MD
Assistant Physician-in-Chief for Health Promotion at Santa Clara

MaryAlice Ambrose, MD
Chief of Patient Education for Santa Clara

Hogan Shy, MD
Chief of Patient Education for Milpitas

Shan Zhu, MD
Chief of Patient Education for Campbell

Sonali Gotmare, MD
Chief of Patient Education for Mountain View
Registering for Our Classes

Classes Open to the Community
Fee-based classes may be open to the community. Classes are open to the community unless indicated as “Open to Kaiser Permanente members only” in the class description.

Group Appointments
Group appointments (or group visits) are a covered benefit. Kaiser Permanente members are charged only their regular cost share. Group appointments are open to members only.

Support Groups
Support groups are available at no added cost. They are meetings that serve as a link in the network of family, caregivers, and patients with a specific medical condition such as diabetes or cancer. They help families and patients find a balance of responsibility and learn about available Kaiser Permanente and community resources. Support groups listed in this catalog are open to both members and nonmembers unless otherwise indicated. For information on availability, please call the number listed with each class or group. Here are some things to know about class registration, class fees, cancellation policies, and other details:

- This catalog is produced annually. Fees and locations are subject to change.
- On rare occasions, we may cancel a class due to low enrollment or other circumstances beyond our control. In this event, refunds will be issued, as appropriate.
- If you decide not to take a class after you’ve enrolled, please notify us at least 24 hours before the first class session to receive a refund.
- Many Health Education offerings encourage you to bring a support person. Some classes require all attendees to enroll. Please check individual courses for details.
- If you require an assisted-hearing device, or any other service identified in the Americans with Disabilities Act, to attend a program, please let us know when you register. Note: An assisted-hearing device is appropriate for individuals with mild to moderate hearing loss. For more information, call (408) 851-3800 or 711 (TTY for the hearing/speech impaired).

Covered Classes and Fee-Based Classes* Covered classes are offered at no added cost for Kaiser Permanente members. Fee-based classes are not a covered benefit and are listed with an associated fee. Please call the number in class listings for more information.

Classes and Fees
Unless otherwise noted, all classes are held at Kaiser Permanente facilities and require preregistration. Please check the class listing or contact the facility’s Health Education Center for specific time, location, registration, and fee information:

- Santa Clara: (408) 851-3800
- Milpitas: (408) 945-2732
- Mountain View: (650) 903-2636
- Campbell: (408) 871-6463

You can register in person, by phone, or by mail (please call Health Education for more information on registering by mail). For classes that have a fee, we accept cash, checks, money orders, Visa, MasterCard, American Express, and Discover card. This catalog is produced annually. Fees and locations are subject to change.

Managing Ongoing Conditions
Understanding Your Asthma
Learning what causes an asthma flare-up and avoiding your triggers can make a big difference in how you feel. By taking preventative steps, you can help reduce your sick days and live a healthy and active life. In this session you will learn to recognize warning signs of an asthma attack and how to use a spacer and peak flow meter. We also cover the types of asthma medications available and when to use them. This class is taught by a clinical health educator and an asthma care manager.

- Open to Kaiser Permanente members only.
- Location: Santa Clara, 19000 Homestead Rd., Building 1, Cupertino
- Information: Call (408) 366-4200.

Chemical Dependency Services (CDS)
The following CDS services are available. Open to Kaiser Permanente members only. Available in Spanish.

- Adult alcohol and drug screening and treatment services
- Long-term sobriety group treatment
- Codependency camp therapy
- Location: Milpitas
- Information: Call (408) 945-5082.

PORTABLE ELECTRONIC MEDICAL RECORD
When you’re on the go, it’s good to have your important health information with you. With a Portable Electronic Medical Record (PEMR) flash drive, any physician with a computer can review a summary of selected portions of your recent medical records—including your allergies, past office visits, recent lab results, and X-rays—on his or her computer. The device is $5 and updates are free. Talk to your doctor’s office about getting a PEMR flash drive.

Visit us at kp.org/healthyliving/nca
Asthma/COPD Drop-in Clinic
If you’re having difficulty managing your asthma or COPD/ emphysema, we can help. Attend this weekly drop-in clinic where you can talk with a physician and a respiratory therapist. Open to Kaiser Permanente members only.
Location: Santa Clara
Sessions: Every Tuesday, 3–4:30 p.m.
Fee: No fee
Information: Call (408) 851-9028 or (408) 851-2552.

Healthier Living: Managing Ongoing Health Conditions
Living with an ongoing health condition such as diabetes or arthritis doesn’t mean you have to let it rule your life. Learn to manage your symptoms, fight fatigue and frustration, make daily tasks easier, and get on with your life. Class materials may be borrowed or purchased.
Sessions: Six sessions; call for dates and times
Fee: No fee for members; nonmembers $60
Location: Campbell, Milpitas, Mountain View, and Santa Clara
Information: Call (408) 871-6463 (Campbell) (408) 945-2732 (Milpitas) (650) 903-2636 (Mountain View) (408) 851-3800 (Santa Clara)

Diabetes Management

Prediabetes
Preventing or delaying the onset of diabetes begins with a healthy lifestyle: eating right, exercising more, and knowing the facts. This class will help you take charge of your health and learn how to reduce your risk of diabetes and its complications. Together with advice from your doctor, we are here to help. Open to Kaiser Permanente members only.
Fee: No fee
Campbell Sessions: One session, 2 hours; monthly; call for dates and times
Information: Call (408) 871-6465.
Milpitas Sessions: One 1.5-hour session; monthly; call for dates and times
Information: Call (408) 945-2933 (Milpitas); (408) 554-9800 (Santa Clara)

Mountain View Enrollment in PHASE class on page 17. Call (650) 903-2144 for information.
Living Well with Diabetes
Once you have learned the basics of diabetes self-management, you are ready to advance to the next level. In these sessions, we take an in-depth look at diabetes and recommended care. You will learn new skills for making good food and exercise choices, bringing your blood sugar back into range, and handling the stress and emotions related to diabetes. You will also learn how good blood sugar control and proper use of medication, like insulin, can help prevent diabetes complications by controlling your blood sugar.
Prerequisite: Diabetes Basics class.
Open to Kaiser Permanente members only.
Available in Spanish. See Datos básicos sobre la diabetes on page 35.
Fee: No fee
Campbell Sessions: One session; monthly; call for dates and times
Information: Call (408) 871-6465.
Milpitas Sessions: Two sessions; call for availability
Information: Call (408) 945-2732.

Mountain View Sessions: Three sessions; every month; call for dates and times
Information: Call (650) 903-2144.
Santa Clara Sessions: Three sessions; five times per year; call for dates and times
Information: Call (408) 851-3800.

Diabetes Nutrition
Are you ready to learn more about how to develop eating habits that work for your lifestyle? Get tips on planning meals, counting carbohydrates, and reading food labels. Learn new ways to prepare your favorite foods and enjoy eating out. With smart planning and balanced choices, a healthier lifestyle can still taste great. Open to Kaiser Permanente members only.
Fee: No fee
Campbell Sessions: By appointment only
Information: Call (408) 871-6465.
Mountain View Sessions: By appointment only, or taught in the Living Well with Diabetes class
Information: Call (650) 903-2144.
Santa Clara Sessions: One 1.5-hour session; call for dates and times
Information: Call (408) 851-3800.

Blood Sugar Monitoring
Learn how to test your blood sugar using a blood glucose meter. Open to Kaiser Permanente members only.
Fee: No fee
Campbell Sessions: By appointment only
Information: Call (408) 871-6465.

Mountain View Sessions: By appointment only, or taught in the Living Well with Diabetes class
Information: Call (650) 903-2144.
Santa Clara Sessions: One 1.5-hour session; call for dates and times
Information: Call (408) 851-3800.

Get your health information to go with podcasts. See page 40.

INSULIN FOR DIABETES VIDEO SERIES
Studies have shown that early use of insulin among those with diabetes can produce better long-term results and blood sugar control. This video series will teach you how to prepare and inject insulin and help you understand why insulin is one of the best tools available to manage your blood sugar.
The online video is available on your physician’s home page. Visit kp.org/mydoctor and click on “Videos” under Healthy Living Resources.
WHEN IT COMES TO YOUR VISION—

image is everything.

If you’re looking to make a fashion statement, look no further than our Vision Essentials Optical Centers. After your eye exam, our eye care professionals can help you choose the perfect frames and lenses to match your personality, lifestyle, and budget. And you’ll appreciate the selection of contact lenses and our exceptional assortment of designer frames by Coach, Ray-Ban, Armani, and more.

To find an Optical Center near you visit kp2020.org. Once online you can find current promotions, purchase a pair of nonprescription sunglasses from our online Sunwear Center, and even order your contact lens refills with free shipping.

Insulin Pump Class

Insulin pump therapy is a new kind of regimen for people with type 1 diabetes. You can take this class to find out if you’re a good candidate for the pump system. Discussion includes advantages and disadvantages of insulin pump therapy, how to get the pump, good nutrition, and carbohydrate counting. You can take this class on your own, or get a referral from your primary care physician or nurse practitioner. Prerequisite: Diabetes Nutrition class. Open to Kaiser Permanente members only.

Location: Campbell
Sessions: One session; every other month; call for dates and times
Fee: No fee
Information: Call (408) 871-6465.

Diabetes Care Management Program

You can take control of your diabetes by participating in this long-term care program. Once your physician refers you, we’ll invite you to a one-time group orientation. During the session, you’ll learn about the program and the latest diabetes information. We’ll assign a diabetes care manager to team up with your physician to help you control your diabetes. In the course of the six- to eight-month program, you’ll receive counseling on diet and nutrition, medications, and self-care methods. You can make one-on-one telephone appointments with your care manager to discuss any of your concerns. Referral from physician or nurse practitioner required. Open to Kaiser Permanente members only.

Location: Campbell
Sessions: One session; every other month; call for dates and times
Fee: No fee
Information: Call (408) 871-9304.

Diabetes Support Group

If you or a family member has diabetes, this drop-in group is a great place to talk with others who are coping with challenges of the condition. Come every month or just from time to time, as needed. Offered through our Social Services Department. Open to Kaiser Permanente members only.

Location: Santa Clara
Sessions: Drop in; fourth Saturday of each month; 1–3 p.m.
Fee: No fee
Information: Call (408) 851-9304 for meeting updates and information.

Related Classes

→ Healthier Living: Managing Ongoing Health Conditions, page 8
→ Prevent Heart Attack and Stroke Every Day (Phase), page 17

Flexibility and Movement

Acupressure

Learn specialized acupressure techniques to help relieve common tension-prone areas. The use of a Thera Cane will be demonstrated in the class. Wear loose-fitting clothing.

Location: Santa Clara
Sessions: Two sessions; call for dates and times
Fee: No fee
Information: Call (408) 851-1400 or (408) 851-3800.

Back in Action

Feel better and gain control over your back pain. You will learn ways to sit, stand, and move that can get you back to your daily activities more quickly. Learn the habits that will keep your back in action now and throughout your life. This class covers the basics of anatomy, biomechanics, back care information, and exercise. No referral required. Open to Kaiser Permanente members only.

Location: Santa Clara
Sessions: Monthly; One 2-hour session
Fee: No fee
Information: Call (408) 945-5020 (Milpitas) or (408) 851-1400 (Santa Clara)

In-Between Classes

Could you benefit from one of our four individual classes for preventing and managing musculoskeletal pain? Each program covers basic anatomy, biomechanics, and exercise. Join us and start feeling better! Referral from physician, nurse practitioner, or physical assistant required for the neck, knee, and shoulder classes; no referral required for the back class. Open to Kaiser Permanente members only.

Sessions: One session
Fee: No fee
Location: Milpitas and Santa Clara
Information: Call (408) 945-2689.

Feet and Back in Action

Could you benefit from one of our four individual classes for preventing and managing musculoskeletal pain? Each program covers basic anatomy, biomechanics, and exercise. Join us and start feeling better! Referral from physician, nurse practitioner, or physical assistant required for the neck, knee, and shoulder classes; no referral required for the back class. Open to Kaiser Permanente members only.

Sessions: One session
Fee: No fee
Location: Milpitas and Santa Clara
Information: Call (408) 851-1400.

FACILITY LOCATION AND INFORMATION

To find an Optical Center near you visit kp2020.org. Once online you can find current promotions, purchase a pair of nonprescription sunglasses from our online Sunwear Center, and even order your contact lens refills with free shipping.

Kaiser Permanente members typically have coverage for medically necessary eye examinations, and some members may be able to apply a supplemental benefit to their purchases. Otherwise, the services and products described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits, and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your health plan benefits, please see your Evidence of Coverage.
REACHING A HEALTHY WEIGHT

Maintaining a healthy weight is one of the best things you can do for your health. But it’s hard work and can take a true commitment to stick with new habits and lifestyle changes.

Sign up for our Maintain Weight online newsletter to receive monthly newsletters that provide information, tips, recipes, encouragement, and more to help you maintain a healthy weight and celebrate your success.

kp.org/maintainweight

10,000 STEPS**

Get out of the house, get moving, and improve your heart health with this online walking program:

- Enjoy a Kaiser Permanente program rate for members
- Count your steps each day with your pedometer (included in the program price)
- Track your progress online
- Get motivational e-mails, tips on living an active lifestyle, and ideas for healthy meals

Visit kp.org/10000steps today and start walking your way to better health.

*10,000 Steps** is a registered trademark of HealthPartners, Inc.

Yoga for Osteoporosis

This class uses safe, “healthy bone” movements for those who have or are at risk for low-level bone mass and skeletal fragility. All yoga poses involve spinal and hip stabilization and lengthening, which can help increase bone mass. Participants will learn ways to move that they can incorporate into their daily lives. The class is taught by an occupational therapist/integrative yoga therapist instructor. Participants must be able to get down to and up from the floor.

Location: Santa Clara

Sessions: Six sessions

Fee: $70 members; $90 nonmembers

Information: To register and for dates and times, call (408) 851-3800.

RELATED CLASSES

→ Healthier Living: Managing Ongoing Health Conditions, page 8
→ Bone Health, page 32
→ Postnatal Yoga/Pilates and Support for Mom and Baby, page 32
→ Prenatal Yoga, page 31
→ Whole Birth Yoga and Support, page 31

General Health and Wellness

Advance Health Care Directives

Gain a clear understanding of what an Advance Health Care Directive means in relation to managing your own health care. This legal document is to help ensure that your wishes are respected, should you become too ill to make or communicate your own decisions. Offered by class or individual appointment, we can assist you in completing the Advance Health Care Directive form, an important document for people of all ages. You can pick up an Advance Health Care Directive Kit at any of our Health Education Centers. Your chosen representative and family members are welcome to participate. Open to Kaiser Permanente members only.

Fee: No fee

Campbell

Sessions: By individual appointment

Information: Call (408) 871-6304.

Mountain View

Sessions: One session, by individual appointment

Information: Call (650) 903-2636.

WANT TO GET PERSONAL?

Get help reaching your personal health goals online at kp.org/healthylifestyles.

Health Coaching Assignments

Clinical health educators (CHEs) can help you develop a plan to improve your health and manage illness. CHEs can give you tips and resources on nutrition, increasing activity, or quitting smoking to better manage an ongoing condition like diabetes or high blood pressure. Appointments are 30 minutes. Open to Kaiser Permanente members only. Available in Spanish. See Citas con una educadora de salud on page 35.

Fee: No fee

Campbell

Sessions: Weekdays, 8:30 a.m.–4:30 p.m.

Information: Call (408) 871-6304.

Mountain View

Sessions: Morning and afternoon appointments available

Information: Call (650) 903-2636.

Santa Clara

Sessions: Weekdays, 9 a.m.–5 p.m.

Information: Call (408) 851-3800.

Pilates

Pilates is a safe, low-impact workout that develops abdominal strength, flexibility, proper breathing, and correct spinal alignment. Wear loose-fitting clothing.

Location: Mountain View

Sessions: Eight 1-hour sessions

Fee: Members $64; nonmembers $120

Information: Call (408) 851-3800.

T’ai Chi Chih (Beginning)

Also known as “joy through movement,” this gentle, easy method helps reduce stress and increase your balance, inner peace, and flexibility through simple, flowing movements. Wear loose-fitting clothing and flat-soled, flexible shoes.

Location: Santa Clara

Sessions: Seven sessions

Fee: Members $60; nonmembers $75

Information: Call (408) 851-3800.

Yoga (Beginning)

Gain flexibility, strength, and balance for your body while you clarify and calm your mind. Practicing these basic yoga exercises can promote a lifetime of health. Each session concludes with deep relaxation. Wear loose-fitting clothing and do not eat for one hour before coming to class.

Location: Santa Clara

Sessions: Ten 1-hour sessions

weekly; call for dates and times

Fee: Members $80; nonmembers $120

Information: Call (408) 851-3800.

TALK TO YOUR DOC

Your health is a team effort.

Gentle Yoga

The gentle, soothing poses in this class are helpful for experienced yoga students and safe for beginners, older adults, and people with chronic pain or illness. Wear loose-fitting clothing.

Location: Santa Clara

Sessions: Ten 1-hour sessions

weekly; call for dates and times

Fee: Members $80; nonmembers $120

Information: Call (408) 851-3800.

RELaTED CLaSSES

→ Healthier Living: Managing Ongoing Health Conditions, page 8
→ Bone Health, page 32
→ Postnatal Yoga/Pilates and Support for Mom and Baby, page 32
→ Prenatal Yoga, page 31
→ Whole Birth Yoga and Support, page 31

Feldenkrais Method®

The way you move may be contributing to your chronic pain. The Feldenkrais Method uses a series of gentle movements to help change habitual patterns and help your body learn new ones, while helping to improve your posture, flexibility, and overall physical comfort. Wear loose-fitting clothing.

Location: Santa Clara

Sessions: Ten sessions; call for dates and times

Fee: Members $80; nonmembers $100

Information: Call (408) 851-3800.

Kaiser Permanente
Santa Clara | Campbell | Milpitas | Mountain View

RELaTED CLaSSES

→ Ongoing Health Conditions, page 35.

Clinical health educators (CHEs) can help you develop a plan to improve your health and manage illness. CHEs can give you tips and resources on nutrition, increasing activity, or quitting smoking to better manage an ongoing condition like diabetes or high blood pressure. Appointments are 30 minutes. Open to Kaiser Permanente members only. Available in Spanish. See Citas con una educadora de salud on page 35.

Fee: No fee

Campbell

Sessions: Weekdays, 8:30 a.m.–4:30 p.m.

Information: Call (408) 871-6304.

Mountain View

Sessions: Morning and afternoon appointments available

Information: Call (650) 903-2636.

Santa Clara

Sessions: Weekdays, 9 a.m.–5 p.m.

Information: Call (408) 851-3800.

WANT TO GET PERSONAL?

Get help reaching your personal health goals online at kp.org/healthylifestyles.

kp.org/healthyliving/nca

visit us at kp.org/healthyliving/nca

12 Kaiser Permanente Santa Clara | Campbell | Milpitas | Mountain View

13
Blood Pressure Screening
Do you know your blood pressure? Drop in and we’ll take your reading! Please note that blood pressure screenings are not available on some holidays.
Fee: No fee
Campbell
220 E. Hacienda Ave. 2nd Floor, Health Education Dept.
Sessions: Drop in; weekdays, 9 a.m.—5 p.m.
Information: Call (408) 871-6463.
Milpitas
770 E. Calaveras Blvd., 1st Floor, Health Education Dept.
Sessions: Drop in; weekdays, 9 a.m.—5 p.m.
Information: Call (408) 945-2786.
Mountain View
555 Castro St., 1st Floor, Laboratory waiting area
Sessions: Drop in; weekdays, 9 a.m.—12:30 p.m.; 1:30—5 p.m.
Information: Call (650) 903-2601.
Santa Clara
710 Lawrence Expressway, Lawrence lobby or Main Pharmacy, Dept. 170. (Screenings done on volunteer availability.)
Sessions: Drop in; weekdays, 8:30 a.m.—4:30 p.m.
Information: Call (408) 851-1717.

Blood Pressure Training for Home
Want to learn how to take your blood pressure at home? We’ll teach you! Come to the Health Education Center and bring your monitor with you. Open to Kaiser Permanente members only.
Location: Campbell
220 E. Hacienda Ave., 2nd Floor, Health Education Dept.
Sessions: Drop in; weekdays, 9 a.m.—5 p.m.
Fee: No fee
Information: Call (408) 871-6463.

Understanding Your High Blood Pressure
High blood pressure (hypertension) can happen to anyone. Join us to learn the basics about high blood pressure, ways to care for yourself, and positive lifestyle changes that can help keep your heart healthy. Open to Kaiser Permanente members only.
Location: Mountain View
Sessions: One 2-hour session; quarterly, call for dates and times
Fee: No fee
Information: Call (650) 903-2636.

Healthy Lifestyle and Weight Management

Body Composition Analysis
Throw out the bathroom scales. Most health experts agree that body composition is a much better indicator of your health. Using the safe and painless Futrex system, we can determine your body fat percentage and lean tissue weight in just minutes. Then we can help you set goals for improved weight and body composition that you can realize within six months. Physician referral required. Ask your physician to send an electronic referral to the Health Education Department. Open to Kaiser Permanente members only.
Location: Santa Clara
Sessions: By appointment only
Fee: Test appointment, $40
Information: Call (408) 851-1762 (adults) or (408) 851-1761 (children).

Nutrition Advice Line
Do you have questions about food and nutrition? Leave a brief message with your name, medical record number, and phone number. A registered dietitian will get back to you with information and answers within three business days. Open to Kaiser Permanente members only.
Location: Santa Clara
Sessions: By appointment only
Fee: No fee
Information: Call (408) 851-1762 (adults) or (408) 851-1761 (children).

Metabolic Rate Testing
Having trouble losing weight? It could be your metabolism. Using a simple breath test, we can precisely measure your resting metabolic rate, so you’ll know how to determine the number of calories your body needs for you to lose, gain, or maintain your weight. Physician referral required. Ask your physician to send an electronic referral to the Health Education Department. Open to Kaiser Permanente members only.
Location: Santa Clara
Sessions: By appointment only
Fee: Test appointment, $40
Information: Call (408) 945-2790, or (408) 851-3800.

Nutrition Consultation
Do you need nutritional advice about a specific medical condition? A registered dietician can help you modify your current diet so you can better manage your present condition. Physician referral required. Ask your physician to send an electronic referral to see an Outpatient Registered Dietitian in Nutrition Services. Open to Kaiser Permanente members only.
Location: Santa Clara
Sessions: Weekdays
Fee: Office visit cost share

Managing Your Weight
Successful weight loss requires more than just cutting calories. Attend this one-session class to learn practical ideas and tools for making healthy lifestyle choices that can help you lose weight and keep it off. This class will also review all weight management programs available through Kaiser Permanente. This class is a prerequisite for the Cultivating Health class. Available in Spanish. See El control de peso on page 36.

Cultivating Health
This five-week weight management series is designed to help you take control of your weight and improve your overall health. Topics include goal setting, physical activity, healthy eating, and community resources, as well as cultivating balance in mind, body, and lifestyle. By participating in this five-week series, you’ll receive a complimentary body composition analysis. Prerequisite: Managing Your Weight class.
Sessions: Five sessions; call for dates and times
Fee: Members and nonmembers, $75 (includes the Cultivating Health kit, an $18 retail value)
Location: Campbell, Mountain View, and Santa Clara
Information: Call (408) 871-6464 (Campbell) (408) 903-2636 (Mountain View) (408) 851-3800 (Santa Clara)

NOURISH YOUR MIND AND BODY
Want to pick up a good habit? Drop a bad habit? Get help managing an ongoing condition? With our Healthy Living classes and programs, you can learn how to make healthier choices and take better care of yourself.
Stop by or call your local Health Education Center to learn more about the classes, including any fees, listed in this catalog. You can also search class listings for other cities online at kp.org/clases.

Related Classes
- Chemical Dependency Recovery Program, page 7
- Healthier Living: Managing Ongoing Health Conditions, page 8

Visit us at kp.org/mydoctor and follow the prompts.
Medical Weight Management Program
This fee-based program uses a low-calorie meal replacement diet, medical monitoring, and weekly group sessions to help you make positive, lasting changes that can improve your overall health. The program focuses on nutrition, physical activity, behavioral change, and how to adapt and maintain a healthy lifestyle. If you have 40 or more pounds to lose, join us for a free information session to find out whether the program is right for you.

Location: Santa Clara
Sessions: One 1.25-hour session per week, 8 weeks (minimum 30-week program)
Information: Call (408) 851-3706, or visit kphealthyliving.com.

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., 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.

Kaiser Foundation Health Plan, Inc. ("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 the Health Plan. If you are a Health Plan member, please check your Evidence of Coverage.

Weight Loss Surgery: Preparing for Success
Find out what it takes to successfully lose weight after surgery. This class will cover the risks and benefits of surgery itself and focus on what it takes to maintain weight loss long-term. Determine how ready you are to make radical changes to the way you live. This class is a required first step for anyone interested in a referral for weight loss surgery. This class is required for a weight loss surgery referral from your physician. Open to Kaiser Permanente members only.

Fee: No fee
Campbell Sessions: One 2.5-hour session; call for dates and times
Information: Call (408) 871-6465.
Milpitas Sessions: One 2-hour session; every other month; call for dates and times
Information: Call (408) 945-2933.

Heart Health
Cholesterol and Your Heart
Want to lower your cholesterol, but don't know where to begin? This class helps you understand that heart-healthy eating and activity can help reduce your cholesterol, improve your overall health, and lower your risk for heart attacks and strokes. Open to Kaiser Permanente members only.

Fee: No fee
Campbell Sessions: One 2.5-hour session; call for dates and times
Information: Call (408) 871-6465.

Heart Health for South Asians
In the first session, you'll meet in a small group with a cardiologist and a health educator to learn why people from India, Pakistan, Sri Lanka, Bangladesh, and Nepal are at greater risk for cardiovascular disease at a younger age. In the second session, a registered dietitian will facilitate the group in identifying self-management skills and support you in making changes that can help lower your risk and lengthen your life. Open to Kaiser Permanente members only.

Sessions: Two 2-hour sessions; monthly; call for dates and times
Fee: No fee
Location: Santa Clara
Information: Call (408) 851-3800.

Prevent Heart Attack and Stroke Every Day! (PHASE)
Learn more about how to reduce your risk for heart attacks and strokes by attending this single-session class. Nutrition, exercise, stress management, heart medications, and positive lifestyle changes all play a part in helping to prevent heart attacks and strokes. This class is designed for people who have been diagnosed with heart disease, diabetes, peripheral arterial disease, and/or chronic kidney disease. A nutrition class is available for members who have completed this "PHASE" class. Physician referral required.
Open to Kaiser Permanente members only.

Fee: Group visit cost share
Campbell Sessions: One session, quarterly; call for dates and times
Information: Call (408) 871-6465.

HIV-AIDS and STD Testing
Emergency Testing
If you think you have been exposed to or infected with the HIV (AIDS) virus within the past 72 hours, go immediately for testing to the Emergency Department at the nearest Kaiser Permanente hospital. Routine HIV and STD testing is available. Open to Kaiser Permanente members only.

Fee: Lab cost share
Location: Santa Clara
Information: Call (650) 903-2709.

Mountain View Dates/times: By appointment
Information: Testing and information line (408) 871-6328.

HIV-AIDS Resources and Counseling Department (HARC), Dept. 464
Dates/times: HIV and STD tests, Wednesday, 12:30 and 6 p.m.; Thursday, 6 p.m.
Information: Tests are also provided at the HARC Department by appointment. Call (408) 851-4250.

FRESHEn UP
Load up on fresh fruits and vegetables at our farmers’ market. See the back cover for details.
Mental Health/Behavioral Health and Well-Being

Adult ADHD
Daily life is challenging for adults diagnosed with ADHD (attention deficit hyperactivity disorder). This class will teach you ways to cope better in real-life situations and activities. Learn strategies to use at home, work, and in social situations. Learn to overcome your communication obstacles and improve your time management and organization skills.

Location: Santa Clara, 19000 Homestead Rd., Cupertino
Sessions: Six 2-hour sessions; call for dates and times
Fee: Members $80; nonmembers $160
Information: Call (408) 366-4284.

Managing Anger Series
Are you having trouble controlling your anger? Is it coming out in ways that are causing problems at home, with friends, or at work? You can deal with anger in healthier ways. Join this course and learn new ways to respond—before your emotions take control. Practice new ways to respond and act assertively.

Location: Santa Clara, 19000 Homestead Rd., Cupertino
Sessions: Six 2-hour sessions; call for dates and times
Fee: Members $85; nonmembers $170
Information: Call (408) 366-4284.

LESS (STRESS) IS MORE
Try a class that will help you relax and stay fit. See page 12.

Assertiveness
Feel good about yourself. Learn assertiveness skills to increase your self-esteem and improve communication. Find out how to set limits, handle criticism, and resolve conflicts.

Location: Santa Clara, 19000 Homestead Rd., Cupertino
Sessions: Six 2-hour sessions; call for dates and times
Fee: Members $80; nonmembers $160
Information: Call (408) 366-4284.

Couples Communication Series
Learning how to communicate effectively is an ongoing process and one that requires skill, even in the best of relationships. Problems in relationships are not necessarily the issue—what is important is how we deal with them. Learn more effective ways to talk about difficult topics, reduce defensiveness, and understand each other’s perspective. You’ll learn problem-solving techniques and ways to increase positive interactions. This series is for couples in committed relationships.

Location: Campbell, Milpitas, Mountain View, and Santa Clara
Sessions: Six 2-hour sessions; call for dates and times
Fee: Members $130 per couple; nonmembers $260 per couple; one member and one nonmember $190 per couple
Information: Call (408) 366-4284.

Understanding Anxiety Series
In this series, you will learn about the different causes of anxiety, and dig deeper to understand what triggers anxiety for you and ways to manage your symptoms. We’ll discuss what happens to your brain when it responds to a perceived threat, and what physical symptoms you may have. We’ll help you explore your thoughts, and compare your fears with the facts of a situation. You’ll also learn techniques to relax, reduce your response to triggers, and think and act assertively.

Location: Santa Clara, 19000 Homestead Rd., Cupertino
Sessions: Six 2-hour sessions; call for dates and times
Fee: Members $85; nonmembers $170
Information: Call (408) 366-4284.

In this series, you will learn about the different causes of anxiety, and dig deeper to understand what triggers anxiety for you and ways to manage your symptoms. We’ll discuss what happens to your brain when it responds to a perceived threat, and what physical symptoms you may have. We’ll help you explore your thoughts, and compare your fears with the facts of a situation. You’ll also learn techniques to relax, reduce your response to triggers, and think and act assertively.

Location: Santa Clara, 19000 Homestead Rd., Cupertino
Sessions: Six 2-hour sessions; call for dates and times
Fee: Members $85; nonmembers $170
Information: Call (408) 366-4284.

In this series, you will learn about the different causes of anxiety, and dig deeper to understand what triggers anxiety for you and ways to manage your symptoms. We’ll discuss what happens to your brain when it responds to a perceived threat, and what physical symptoms you may have. We’ll help you explore your thoughts, and compare your fears with the facts of a situation. You’ll also learn techniques to relax, reduce your response to triggers, and think and act assertively.

Location: Santa Clara, 19000 Homestead Rd., Cupertino
Sessions: Six 2-hour sessions; call for dates and times
Fee: Members $85; nonmembers $170
Information: Call (408) 366-4284.
**SYMPTOMS OF AN UNHEALTHY RELATIONSHIP**

The dangers of a physically abusive relationship may be obvious. But emotionally abusive relationships can also seriously affect your health.

If you think you may be in an abusive situation, talk with your doctor or call the National Domestic Violence Hotline for 24-hour support at 1-800-799-SAFE (1-800-799-7233) or 1-800-797-3727 (TTY for the deaf, hard of hearing, or speech impaired). Find more resources at kp.org/domesticviolence or ndvh.org.

**Relationship Skills**

Understanding yourself as an individual can help you become a better partner. Explore what relationships are really all about and find ways to enhance your interactions with others. Learn essential communication skills and examine your beliefs about healthy relationships. Identify behaviors that aren’t working and learn how to resolve repetitive patterns.

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Six 2-hour sessions; call for dates and times

**Fee:** Members $80; nonmembers $160

**Information:** Call (408) 366-4284.

**Managing Depression Overview**

Are you losing interest in favorite activities, having trouble getting a good night’s sleep, or feeling down and don’t know why? You may be suffering from depression, a common treatable condition that affects more than 19 million Americans. Most people who seek help do find ways to feel better. Join this single-session program to learn about depression—how it starts, what resources are available, and what you can do to feel better. Your friends and family are welcome. Available in Spanish. See Manejo de la depresión – Introducción on page 36.

**Location:** Campbell, Milpitas, Mountain View, and Santa Clara

**Sessions:** One 2-hour session; call for dates and times

**Fee:** No fee for members; nonmembers $20

**Information:** Call (408) 366-4284.

**Forgiveness for Health**

Learning to forgive is one of life’s most important lessons. This class focuses on the meaning of forgiveness and how it can help you develop a healthy attitude toward life. You’ll choose a particular grudge to work through. Learn what it takes to let go of negative emotions and make acceptance a way of life.

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Six 2-hour sessions; call for dates and times

**Fee:** Members $105; nonmembers $210

**Information:** Call (408) 366-4284.

**Body Image Group**

Make friends with your body. This group focuses on developing a positive body image. Learn to identify and cope with triggers of body image dissatisfaction, modify negative body image thoughts, and develop a healthy and accepting relationship with your body. An individual appointment in Psychiatry is required for a referral.

**Open to Kaiser Permanente members only.**

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Eight sessions, Monday, 4:30–6 p.m.; call for dates

**Fee:** Group visit cost share

**Information:** Call (408) 366-4440.

**Eating Disorders Program: Food for Thought**

Join us for an in-depth orientation to our Eating Disorders Program. Find out why eating disorders develop, how to recognize the symptoms, and how you can overcome them in order to lead a healthier life. An individual appointment in Psychiatry is required for a referral. This class is a prerequisite for other eating disorders classes. Open to Kaiser Permanente members only.

**Location:** Santa Clara, 19000 Homestead Rd., Cupertino

**Sessions:** Eight 2.5-hour sessions, plus an all-day retreat; call for dates and times

**Fee:** Members $185; nonmembers $285; materials $30

**Information:** Call (408) 366-4284.

**Mindfulness-Based Practices for the Relief of Chronic Pain**

Does your mind wander into unproductive territory? If so, you can learn strategies to recognize those negative thought patterns and escape the distorted reality they can create. Learn to bring clarity and a greater sense of manageability to your life with the skills you learn in this class. This class is designed for people with anxiety, depression, and chronic pain. Open to Kaiser Permanente members only.

**Location:** Campbell, Milpitas, Mountain View, and Santa Clara

**Sessions:** Eight sessions, 2 hours each; call for dates and times

**Fee:** No fee for members; nonmembers $95; materials $14 (optional)

**Information:** Call (408) 366-4284.

**Mind-Body Medicine for Stress**

Medical science has made amazing discoveries about how emotions, thoughts and behaviors can affect physical symptoms and affect our health. Understanding this “mind-body connection” can be the first step to managing your daily stress, and feeling better mentally and physically. In this series, you’ll learn to recognize the sources of stress in your life and how to help manage stress-related symptoms and illnesses. You’ll learn ways to relax and develop healthy lifestyle habits to take better care of yourself and enjoy life more.

**Location:** Campbell, Milpitas, Mountain View, and Santa Clara

**Sessions:** Eight sessions; 2 hours each; call for dates and times

**Fee:** No fee for members; nonmembers $95; materials $14 (optional)

**Information:** Call (408) 366-4284.

**KPORG**

Stay engaged with your family’s health and simplify your busy life with My Health Manager on kp.org.

- E-mail your doctor*
- View most lab test results*
- Schedule, cancel, or review routine appointments*
- Order prescription refills*
- Act for a family member*
- Stay on top of the latest health information*

- Get maps, directions, and contact information to our facilities
- Find classes and support groups in your area
- And more*

*To access secure features of My Health Manager on our Web site, all you need to do is register at kp.org/register and then log on with your username and password.
Mind-Body Wellness Workshop Series

Guest presenters will lead a variety of single-session workshops. Workshops may include: Music for Sound Healing, Color and Your Well-being, Experience the Labyrinth, Forgiveness, and more. Length will vary depending on topics and speakers.

Location: Santa Clara, 19000 Homestead Rd., Cupertino

Fee: Fees vary
Information: Call (408) 366-4284.

Introduction to Meditation

This is an introductory class that includes instruction on body posture and breath awareness, the two most important aspects of a meditation practice. This approach to meditation is simple, and does not require complex techniques or exercises to get started.

Location: Santa Clara, 19000 Homestead Rd., Cupertino
Sessions: Two 1.5-hour sessions; call for dates and times
Fee: Members $45; nonmembers $90
Information: Call (408) 366-4284.

Pathways to Stress Reduction Overview

Are you feeling overwhelmed? Does your stomach churn when you get nervous? Do you get headaches? Is stress keeping you up at night? If so, come to this class to learn how your thoughts and emotions can affect your physical well-being. We’ll help you identify your sources of stress and discuss how your mental state is affecting your body. You’ll learn a simple technique to help you relax. This class also provides an overview of available mindbody classes, so you can choose the one(s) that are best for you. Available in Spanish. See Las vias de reduccion de estrés on page 35.

Location: Campbell, Milpitas, Mountain View, and Santa Clara
Sessions: One 2-hour session; call for dates and times
Fee: No fee for members; nonmembers $20
Information: Call (408) 366-4284.

Sleep Better

It’s no secret that we feel better when we sleep better. This six-session class is designed to improve both the quantity and quality of your sleep. Learn how to learn the quality of how we can get a good night’s rest. This class does not apply to problems related to a medical condition, substance abuse, or medications.

Location: Santa Clara, 19000 Homestead Rd., Cupertino
Sessions: Six 2-hour sessions; call for dates and times
Fee: Members $85; nonmembers $170
Information: Call (408) 366-4284.

RELATED CLASSES

→ Addiction Overview, page 7
→ Prenatal/Postpartum Depression Series, page 27
→ Mind-Body Fertility Program, page 33

Men’s Health

Did you know...

• Heart disease and stroke are associated with risk factors such as high blood pressure, high cholesterol, smoking, and dietary factors.
• Depression is a serious but treatable medical condition that can affect anyone, regardless of age, ethnic background, socioeconomic status, or gender. Men, in particular, may be unlikely to admit to depressive symptoms and seek help. But depression in men is not uncommon: in the United States, every year, depressive illnesses affect an estimated 7 percent of men (more than six million men).
• Balancing work and life can be a challenge. Learn to manage your stress and relax.
• We can help. Visit your Health Education Center for information about classes, or log on to kp.org/menshealth.

Maintaining a healthy weight can help reduce your risk for certain cancers.

Men’s Group

This class is designed for men to explore and resolve a wide range of challenges. Areas of focus include relationships, intimacy, family, fatherhood, work, and health.

Meetings are weekly to provide emotional support and encourage problem solving. Open to Kaiser Permanente members only.

Location: Santa Clara, 19000 Homestead Rd., Cupertino
Sessions: Every Wednesday, 6–8 p.m.
Fee: Office visit cost share
Information: Call (408) 366-4090.

Vasectomy

Are you considering a vasectomy? Prepare yourself with this class. Learn about the procedure (including pre- and post-procedure instructions), its associated risks and benefits, and what’s involved in recovery. Physician referral required. Class is mandatory before vasectomy can be scheduled. Open to Kaiser Permanente members only.

Location: Santa Clara
Sessions: One session; twice a month; call for dates and times
Fee: No fee
Information: Call (408) 851-4515.

Parenting and Children’s Health

ADHD Medication Parent Class

This class is for you if your child has been prescribed or is taking medication for attention deficit hyperactivity disorder (ADHD), and you have questions about how the medication works, its side effects, or if you’re considering whether to start your child on medication. Note: For reasons of confidentiality, specific questions about your child’s diagnosis and treatment cannot be addressed at these sessions. Questions should be directed to your child’s doctor. Preregistration is required. Open to Kaiser Permanente members only.

Location: Santa Clara
Sessions: Third Thursday of each month, 6–7 p.m.
Fee: Office visit cost share
Information: Call (408) 554-9810.

Healthy Lifestyle Programs

Take advantage of these free online, personalized programs from HealthMedia to help you assess your behaviors and learn ways to improve your health:

• Succeed™ for a total health assessment.
• Balance™ for weight management and physical fitness.
• Breath™ for smoking cessation.
• Care™ for Diabetes for managing depression.
• Care™ for Pain for managing ongoing pain.
• Care™ for Your Back for managing back pain.
• Care™ for Your Health for managing ongoing health conditions.
• Nourish™ for good nutrition.
• Overcoming™ Depression for managing depression.
• Overcoming™ Insomnia for a good night’s sleep.
• Relax™ for stress reduction.

Start making positive changes today. Visit kp.org/healthyfutures and choose a program. We’ll guide you through an evaluation and tailor a program to fit your individual needs. Five of the programs are also available in Spanish; for more information on these, visit kp.org/vidasana.

These programs require you to be registered and signed on to our Web site. If you haven’t registered yet, start by going to kp.org/register.
Autism and Your Child: Charting the Course for Older Children
A program for parents of children elementary through middle school age who have recently been diagnosed with autism, pervasive developmental disorder, not otherwise specified (PDD-NOS) or with Asperger’s disorder.
Location: Santa Clara, 19000 Homestead Road, Cupertino
Sessions: Four 2.5-hour sessions
Fee: Members $80; nonmembers $130
Information: Call (408) 366-4284.

Dad’s Sunset Group
Being a dad is one of the most difficult jobs a man can face. It’s a right from the start. Learn how to establish healthy habits for a lifetime, and find out about resources for parents.
Location: Santa Clara
19000 Homestead Rd., Building 2, 1st Floor, Cupertino
Sessions: Weekly, Monday, 6-7 p.m.
Fee: Office visit cost share
Information: Call (408) 366-4450.

Early Childhood Development Consultation
Your child doesn’t come with an owner’s manual, and sometimes you could use a little guidance. We can help answer your questions about the behavior and development of children 5 and younger. Please don’t bring children to the consultation. Available to nonmembers if your child is a Kaiser Permanente member.
Location: Santa Clara, 19000 Homestead Rd., Building 2, 1st Floor, Cupertino
Sessions: First and third Wednesday of each month, 8:30–10 a.m.
Fee: Office visit cost share
Information: Call (408) 366-4450.

Feeding Your Young Child
This class is designed to help parents raise healthy eaters right from the start. Learn how to establish healthy habits for a lifetime, and find out about resources for parents.
Location: Santa Clara
19000 Homestead Rd., Building 2, 1st Floor, Cupertino
Sessions: One 1-hour session; call for dates and times
Fee: No fee
Location: Santa Clara and Milpitas
Information: Call (408) 851-1144 (Santa Clara) (408) 945-2732 (Milpitas)

Did you remember to use sunscreen today?

Fit for Fun, Fit for Life for Kids and Families Weight Management Program
Come and join us for this exciting program that will provide you and your child the knowledge and skills to live a healthy lifestyle. The classes are engaging and fun and each session includes hands-on activities, games, and prizes. You’ll learn how to choose, shop for, and prepare, nutritious and healthy meals, play games and find physical activities for the whole family; and learn skills to change behaviors and motivate your child to live a healthy life. The Fit for Fun program is for children 7 to 12 and their parents. Fit for Life is for teens 13 to 17 and their parents. A pediatrician referral is required. Open to Kaiser Permanente members only.
Santa Clara
Sessions: Four 1.5-hour sessions
Fee: No fee
Information: For more information, call (408) 851-1144.
Milpitas
Sessions: Four 1.5-hour sessions
Fee: No fee
Information: For more information, call (408) 945-2732.

“I Have Got a Headache” Adolescent Headache Class
Does your adolescent suffer from chronic or frequent headaches?

Parenting the Child with ADHD
As a parent or caregiver of a child with attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD), you know that many challenges lie ahead. This class offers help in understanding ADHD, possible treatment options, and home and school management skills. Learn about the symptoms as well as available treatment options. Parents and caregivers only, please.
Location: Santa Clara
19000 Homestead Rd., Cupertino
Sessions: Three 2.5-hour sessions; call for dates and times
Fee: Members $65; nonmembers $130
Information: Call (408) 366-4284.

Managing Your Headaches
Headaches. We’ve all had them at some point in our lives. If severe enough, they can keep us from living a healthy, happy life. That’s why we’ve created the Managing Your Headaches program, an online resource that teaches you about headache types and triggers and shows you how to manage and prevent future headaches.
To access this free program, find your doctor’s home page at kp.org/mydoctor and click on the “Managing Your Headaches” link.
Parents Helping Parents (PHP) provides lifetime guidance, support, and services to families of children with special needs and the professionals who serve them. PHP offers many support and information groups, special education information and training, and other services. Information: Call (408) 851-9100 or visit phcpp.com for locations and information.

Pediatric Eczema Drop-in Clinic
If you are having difficulty managing your child’s eczema, we can help. Attend this drop-in clinic to talk with an allergy physician and a nurse. Help and guidance with dermatology and nutrition specialists are also available. Open to Kaiser Permanente members only.

Location: Santa Clara
Sessions: Fourth Thursday of every month, 5:30–6:30 p.m.
Fee: No fee
Information: Call (408) 851-9100.

Pediatric Nutrition Advice Line
Find information on how best to feed your child by phoning our Pediatric Nutrition Advice Line. Leave a brief message and a registered dietician will get back to you with information and answers, usually within three business days. Open to Kaiser Permanente members only.

Location: Santa Clara
Sessions: Ongoing, Tuesday, 5:15–6:15 p.m.

TEEN SEXUAL HEALTH PODCASTS
This series of four podcasts features 20 teens from two San Francisco high schools talking with Kaiser Permanente pediatrician Chuck Wibbleman, MD about teen sexual health. Topics include dating, sexual orientation, birth control, and sexually transmitted infections. To start listening, find your physician's home page at kp.org/mydoctor and click on “Podcasts.”

Prenatal Nutrition
Nurture your baby from the start by taking good care of yourself during pregnancy. Learn about the benefits of good nutrition, healthy weight gain guidelines, and caloric needs. Find out how to manage common pregnancy discomforts such as morning sickness, heartburn, and more.

We encourage you to attend this class when you are 8–16 weeks pregnant. Partners welcome, no children please. Open to Kaiser Permanente members only.

Fee: No fee
Campbell
Sessions: One 1-hour session; call for dates and times
Information: Register at prenatal visit or call (408) 871-9440.

Mountain View
Sessions: One 1.5-hour session; call for dates and times
Information: Register after completion of Prenatal Orientation class or call (650) 903-2636.

Santa Clara
Sessions: One 1-hour session, call for dates and times
Information: Register at prenatal visit or call (408) 851-3670. (If you are a vegetarian or vegan, please ask for a class specifically designed for vegetarian and vegan diets.)

Pregnancy to New Baby: Healthy Beginnings
Women who participate in our Healthy Beginnings prenatal classes learn what they need to know to be well prepared for their birth experience. The classes cover the stages of pregnancy and address the physical and emotional changes an expectant mother may anticipate. We offer support to help you eat well, remain active and energetic, and have a safe and healthy pregnancy. Our Newborn Care and Breastfeeding classes can also help you care for your new arrival with confidence.

Prenatal/Postpartum Depression Series
Pregnancy and giving birth is a major life transition that can be overwhelming. Many women experience feelings of sadness, anxiety, and depression. It’s important to take care of yourself emotionally during and after pregnancy. Learn to recognize the signs of prenatal and postpartum depression, practice simple relaxation techniques, and develop your own self-management plan. Some weekly homework is required. Preregistration is required. Open to Kaiser Permanente members only.

Location: Santa Clara
Sessions: Four sessions; weekly; call for dates and times
Fee: Office visit cost share
Information: Call (408) 366-4450.

Families in Transition
There’s no doubt that divorce can be difficult for everyone involved. This class addresses the needs of parents and children (7 to 11) coping with the issues of separation, divorce, or blended families. Therapist referral required. Available to nonmembers if your child is a Kaiser Permanente member.

Location: Santa Clara
Sessions: Twice a month, 5:30–7 p.m.; call for dates
Fee: No fee
Information: Contact JoAnna L. Quan, MSW, facilitator, (408) 851-7062.

Talking Circle: A Group for High School-Age Teens and Their Parents
A group program for teens and parents that addresses social issues, high-risk behaviors, and/or substance abuse. This group setting provides a safe place for you and your teen to discuss, explore, and increase your awareness of safer behaviors. The class introduces you and your teen to the idea of harm reduction. Therapist referral required. Available to nonmembers if your child is a Kaiser Permanente member.

Location: Santa Clara
Sessions: Four sessions; weekly; call for dates and times
Fee: Office visit cost share
Information: Call (408) 366-4450.

Healthy Babies
We know that life with a new baby is busy and full of questions. So we created the Healthy Babies online newsletter to help you get the answers you need when and where it’s convenient for you. This monthly e-mail newsletter connects you to trusted information and resources to help you through your baby’s first year—all customized to your child’s age and stage of development.

Subscribe to the newsletter by finding your pediatrician’s home page at kp.org/mydoctor. Together we can build a healthy future for you and your child.
Mid-Pregnancy
During the middle stage of pregnancy, you'll experience more changes to your body. In this class, we'll help you understand these changes. You can keep your energy level high by eating well and exercising. We're here to support you and discuss ways you can remedy common discomforts of pregnancy. We encourage you to take this class when you are 18–22 weeks pregnant. Partners welcome; no children please. Open to Kaiser Permanente members only. Available in Spanish. See La etapa del embarazo on page 37.

Location: Campbell, Milpitas, and Santa Clara
Sessions: One 2-hour session
Fee: No fee
Information: Register at prenatal visit or call
(408) 871-9440 (Campbell)
(408) 945-2933 (Milpitas)
(408) 554-9820 (Santa Clara)

Late Pregnancy
The time for your baby's arrival is drawing near. We can help you and your partner get ready for the labor and delivery experience. That means being able to recognize the early signs of labor and knowing when to call your doctor. We'll discuss what you can expect in the hospital, your options for pain relief during labor and delivery, and how to care for yourself after the baby is born. We encourage you to take this class when you are 24–36 weeks pregnant. Early registration is suggested (by week 20 of your pregnancy) because classes fill quickly. Please bring two pillows and a mat to class. Partners or support persons welcome. No children please.

Milpitas
611 S. Milpitas Blvd., Conference Rooms
Sessions: One 2-hour session; call for dates and times
Fee: $160
Information: Call (408) 945-2732 to register or for information.

Preparation for Childbirth–Multiples
If you are expecting multiples, please ask for the Preparing for Childbirth–Multiples class at Mission College.

Breastfeeding
Your baby's health begins with good nutrition, and studies show that breastfeeding offers many health benefits for you and your infant. In this single-session class, you'll learn why it's important to breastfeed. We'll also show you how to hold your baby for nursing and suggest ways you can prevent common breastfeeding discomforts and challenges. We encourage you to attend this class when you are 24–36 weeks pregnant. Plan to bring your partner or support person along. Pregnant women and support persons only; no children please. Open to Kaiser Permanente members only. Available in Spanish. See La lactancia on page 37.

Sessions: One 2-hour session; call for dates and times
Fee: No fee
Location: Campbell, Milpitas, and Santa Clara
Information: Register at prenatal visit or call
(408) 871-9440 (Campbell)
(408) 945-2933 (Milpitas)
(408) 554-9820 (Santa Clara)

Preparing for Childbirth
Few events are more exciting than the birth of your baby. Learn the skills and strategies that can help make your childbirth experience a positive one. In this program, we'll teach you breathing and relaxation techniques to use during labor and delivery. We'll discuss pain management options, the role of your coach, hospital procedures, and what to expect before, during, and after delivery. We encourage you to take this class when you are 32–36 weeks pregnant. Early registration is suggested (by week 20 of your pregnancy) because classes fill quickly. Please bring two pillows and a mat to class. Partners or support persons welcome. No children please.

Milpitas
611 S. Milpitas Blvd., Conference Rooms
Sessions: One session; Saturday, 9 a.m.–5 p.m.; call for dates (box lunch provided)
Fee: Members $80; nonmembers $160
Information: Call (408) 945-2732 to register or for information.

Santa Clara
Conference Center, Department 196, 1st Floor
Sessions: Four sessions, 7–9 p.m.; or one session, 9 a.m.–6 p.m.; call for dates
Fee: $60 per couple
Information: Sponsored by the Office of Community Education at Mission College. Please register online at communityed.missioncollege.org or call Mission College at (408) 855-5106. If you are expecting multiples, please ask for the Preparing for Childbirth–Multiples class at Mission College.

BABY ON BOARD
Healthy pregnancies start with healthy parents. See page 27.
**Mom and Me Smoke-Free**

Are you pregnant and want to quit using tobacco? Meet one-on-one with a trained tobacco cessation counselor to develop a plan of action to help you quit. Learn how nicotine affects both your health and the health of your baby. Find out about the benefits of quitting for mom and baby. **Open to Kaiser Permanente members only.**

**Location:** Santa Clara

**Sessions:** One session; call for dates and times

**Fee:** No fee

**Information:** Call (408) 851-3670.

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**Sibling Preparation**

If you have a baby on the way, and your child has a lot of questions about their future role as a sibling, this class might be just what you are looking for. Through games and activities, children will learn about basic baby care and how exciting and fun it will be to be a big brother or sister! **Recommended for children 3 to 8 and their parents.**

**Location:** Santa Clara

**Sessions:** One session; call for dates and times

**Fee:** No fee

**Information:** Call (408) 851-3670.

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**Baby Sign Language Introductory Workshop**

Babies already sign when they lift their arms to be picked up or point to a toy. Wouldn’t it be nice to understand what your baby is trying to tell you? Baby Sign Language teaches parents to communicate with babies long before they can verbalize their wants and needs. Signing with babies can help accelerate language development, reduce frustration, enhance a child’s self-esteem, and deepen the bond between parent and child. Fun activities and songs will show you how easy it can be to integrate signs based on American Sign Language into your everyday routine. You are welcome to bring your baby, but it is not required.

**Location:** Santa Clara

**Sessions:** One 2.5-hour session

**Fee:** No fee

**Information:** Call (408) 851-3670.

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**Baby Sign Language Playgroup Series**

The six-week playgroup is a fun opportunity for parents to build their signing vocabulary with themes like mealtimes, animals, colors, families, safety, and more. The Playgroup Series is designed for parents-to-be and parents with babies ranging in age from birth to 18 months. A wonderful textbook with useful tips, songs, and an illustrated dictionary is available to purchase. You are welcome to bring your baby, but it is not required. To maximize the benefits of this program, it’s recommended that participants first enroll in the Introductory Workshop.

**Location:** Santa Clara

**Sessions:** Six 1-hour sessions

**Fee:** $110 per individual; $190 per couple

**Information:** Call (408) 851-3670.

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**Newborn Care**

Wouldn’t it be nice if babies came with instruction manuals? This class just might be the next best thing. In this session, we’ll help you learn the information and skills you need to feel confident about caring for your newborn. We’ll cover topics such as feeding, bathing, diapering, and when to call your physician. Partners are welcome or one adult guest may attend. No children please. **Open to Kaiser Permanente members only.** Available in Spanish. See El cuidado del recién nacido on page 37.

**Fee:** No fee

**Information:** Call (408) 851-3670.

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**Whole Birth Yoga and Support**

This class teaches us to listen deeply to and trust in our body’s innate birthing wisdom. Many of the common discomforts experienced during pregnancy can be relieved through the practice of Whole Birth Yoga. In this class, ample time is given for support and the sharing of what’s joyful and what’s difficult about being pregnant. Enhance your comfort in pregnancy while preparing your mind and body for birth. Enjoy the company of other pregnant women sharing the challenges and joys of this time. For all stages of pregnancy. **No yoga experience necessary.**

**Location:** Santa Clara

**Sessions:** Eight 2-hour sessions; weekly; call for dates and times

**Fee:** Members $90; nonmembers $110

**Information:** Call (408) 851-3800.

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**MOTHER’S MILK IS BEST!**

**Breast pumps and supplies**

Breast pumps make it easy for you to continue breastfeeding even after you return to work or to other activities. Come see our full line of breastfeeding products for rental or purchase. Our helpful staff can also show you how they work.

• **Campbell**
  - Health Education (408) 871-6463
• **Milpitas**
  - Health Education (sales only) (408) 945-5089
• **Mountain View**
  - Health Education (sales only) (650) 903-2636
• **Santa Clara**
  - Women's Health Education, Dept. 394 (408) 851-3670

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**DISCOVER HEALTH AND WELLNESS!**

Visit our Health Education Center and discover a variety of tools that will help you be inspired, stay informed, and be healthier. We are your resource for:

- Advance Health Care Directive forms
- Pamphlets
- Video viewing
- Health education class information and registration
- Reference books

Check with your local Health Education Center for specific products and services offered.

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**HEALTHY BABIES ONLINE NEWSLETTER**

Delivering the latest on infant health. See page 27.
Bone Health
Has your doctor told you that you have osteoporosis or osteopenia? Have you had a bone fracture since the age of 50? Do you want to reduce your risk for fractures and poor bone health in the future? In this class, you will learn about the risk factors for osteoporosis, the lifestyle changes that affect bones, and medication options for treating the condition. Physician referral recommended, but not required.

Location: Santa Clara
Sessions: One 2-hour session; several times a year; call for dates and times
Fee: No fee
Information: Call to your physician or call (408) 554-9800.

Smoking/Tobacco Cessation
Kaiser Permanente members who have drug benefit coverage are eligible to receive tobacco cessation aids at their regular drug cost share. Just enroll in Freedom from Tobacco or Quit Tobacco Workshop, or call the California Smokers’ Helpline. Kaiser Permanente has also added HealthMedia® Breathe™.

Quit Tobacco Workshop
Yes, you can be free from tobacco. Join us for this single-session, no-pressure workshop. Get a better understanding of the nature of addiction and the resources available to help you quit. You will learn to find the tools you need to develop your own quit plan. Participation in this workshop qualifies members with supplemental drug coverage to obtain tobacco cessation medications at their usual cost share.

Location: Campbell, Mountain View, and Santa Clara
Sessions: One session; call for dates and times
Fee: No fee for members; nonmembers $25
Information: Call (408) 871-6463 (Campbell) (650) 903-2636 (Mountain View) (408) 851-3800 (Santa Clara)

KICK BUTTS
When you’re ready to stop smoking, we’re here to help.

HealthMedia® Breathe™
This online program will give you a personal plan for decreasing your dependency, managing withdrawal, and dealing with cravings. This award-winning smoking cessation program has helped others succeed, and it can help you too! Start making positive changes today. Visit kp.org/healthylifestyles to personalize your plan to quit smoking.

RELATED CLASSES
→ Healthier Living: Managing Ongoing Health Conditions, page 8

Support for Mom and Baby
Postnatal Yoga/Pilates and Support for Mom and Baby
This class is a supportive community for moms and babies 6 weeks old to crawling. It is an opportunity to enjoy your yoga practice as your baby learns to play and discover his or her world in a safe, relaxed and fun environment. To participate, you must be at least six weeks past a vaginal birth or eight weeks past a cesarean birth.

Location: Santa Clara
Fee: Drop-in: members $15; nonmembers $20
Information: Call (408) 851-3800.

RELATED CLASSES
→ Couples Communication for New and Expecting Parents, page 18

Senior Health
Nutrition/Cooking
Have you felt discouraged about eating healthy and feeding your family a balanced diet? This class will help you develop new cooking skills and understand the importance of nutrition.

Location: Santa Clara
Sessions: One 2-hour session, several times a year
Fee: No fee
Information: Call (408) 554-9800.

Weight Loss Surgery: Preparing for Success
Are you feeling nervous about your upcoming surgery? We can help prepare you psychologically so you can relax. Ideally, you’ll take this workshop one or two weeks prior to having your surgery. Even if you only have a day before your surgery, you can still benefit. The workshop is 45 minutes to an hour. You may also borrow or purchase materials from Health Education. Open to Kaiser Permanente members only.

Location: Santa Clara
Sessions: One session; call for dates and times
Fee: No fee
Information: Call (408) 851-2399 or (408) 851-3562.

Mind-Body Fertility Program
This program is designed to improve your overall mood, health, and well-being, and provide skills that can reduce the stress that can affect fertility.

Location: Santa Clara
Sessions: Nine 2.5-hour sessions, plus one-day retreat; call for dates and times
Fee: Members $275; nonmembers $550; materials fee $35 (Class materials may be purchased on the first day of class.)
Information: Call (408) 366-4284.
Are you considering tubal sterilization as your method of birth control? We can answer your questions about the different procedures, including the risks and benefits, and why many women make tubal sterilization their choice. 

Fee: Office visit cost share
Information: Call (408) 851-3670.

From aspirin to yoga, our health encyclopedia has the answers you want. kp.org/health

**Menopause: Hot Flashes, Sexuality, and Hormones**
Each woman experiences menopause differently. We’re here to help you understand this important transition in life and learn what changes and symptoms to expect. We’ll discuss menopause symptoms and what you can do to manage hot flashes, sleeplessness, headaches, and more. In addition, we will discuss the sexual changes menopause may bring and ways to keep physical and emotional closeness. This class covers the pros and cons of using hormones and herbal remedies and reviews ways to protect yourself from osteoporosis, heart disease, and cancer. You can also meet and share experiences with other women in the class. Open to Kaiser Permanente members only.

**Location:** Santa Clara
**Sessions:** One 1.5-hour session; twice a month; call for dates and times

**Fee:** No fee
**Information:** Call (408) 851-3052.

**RELATED CLASSES**
→ Vasectomy, page 23

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**Urinary Incontinence**
Find out what your options are for dealing with bladder control problems. In a supportive environment with other women, learn about ways the condition can be treated. Physician referral required. Open to Kaiser Permanente members only.

**Location:** Santa Clara
**Sessions:** One 2-hour session; monthly

**Fee:** Office visit cost share
**Information:** Call (408) 554-9820.

---

**Reduction overview**
Las vías de reducción de estrés (Pathways to Stress Reduction Overview) Participe en esta clase para descubrir cómo se relacionan el cuerpo, la mente y los síntomas del estrés. Le ayudaremos a reconocer lo que le ocasiona tensión y a aprender técnicas básicas para superar el estrés. También le proporcionaremos una descripción de las clases disponibles en el Centro de Bienestar Cuerpo-Mente para que pueda elegir la o las que más le convengan. Abierta a la comunidad.

**Location:** Santa Clara
**Sesiones:** una clase de dos horas
**Costo:** gratis
**Información:** para más información, llame al (408) 851-9519.

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**Tubal Sterilization**
Are you considering tubal sterilization as your method of birth control? We can answer your questions about the different procedures, including the risks and benefits, and why many women make tubal sterilization their choice. Open to Kaiser Permanente members only.

Available in Spanish. See the esterilización de trompas on page 37.

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**Clases y servicios en español**

**Tomando control de su salud**
¿Sáquele más provecho a su vida? Este programa ha traído bienestar a muchos miembros que viven con la contrariedad de una enfermedad como la diabetes, la hipertensión arterial, la artritis o cualquier otra enfermedad crónica. En grupos pequeños, compartiremos ideas para generar soluciones, a fin de enfrentar más satisfactoriamente la fatiga, los ataques de ansiedad y el estrés. También aprenderemos a manejar nuestros síntomas, resolver nuestros problemas y mejorar nuestra comunicación. El grupo se reúne semanalmente por seis semanas. Los materiales están disponibles para préstamo. La mayor parte de los asistentes eligen comprar sus propios materiales. Abierta a la comunidad.

**Location:** Santa Clara
**Sesiones:** una clase de dos horas
**Costo:** gratis
**Información:** para más información, llame al (408) 851-9519.

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**Diabetes Basics**
Podrá sentirse mejor y mantenerse activo y saludable cuando aprenda algunos datos básicos sobre el control de la diabetes tipo 2. En esta clase ofrecemos consejos generales sobre las cuatro áreas clave para el control de la diabetes: alimentarse bien, hacer ejercicio, llevar el control de los niveles de azúcar en la sangre y usar correctamente los medicamentos. Le enseñaremos a usar su medidor de azúcar en la sangre y a reconocer las señales de niveles de azúcar altos y bajos. Abierta sólo a los miembros de Kaiser Permanente.

**Location:** Milpitas
**Sesiones:** una sesión de 2 horas
**Costo:** gratis
**Información:** para más información, llame al (408) 851-3223.

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**La diabetes y su salud** (Living Well with Diabetes)
Una vez que haya aprendido los datos básicos sobre el control propio de la diabetes, estará listo para avanzar al siguiente nivel. En estas sesiones, examinamos a fondo la diabetes y la atención recomendada. Aprenderá nuevas formas de tomar buenas decisiones sobre alimentos y el ejercicio físico, además de cómo normalizar los niveles de azúcar en la sangre y cómo controlar el estrés y las emociones relacionadas con la diabetes. También le enseñaremos a evitar las complicaciones de la diabetes con un buen control del nivel de azúcar en la sangre y el uso correcto de medicamentos. Abierta sólo a los miembros de Kaiser Permanente.

**Location:** Santa Clara
**Sesiones:** dos
**Costo:** gratis
**Información:** para más información, llame al (408) 851-9519.

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**Citas con una educadora de salud** (Health Coaching Appointments)
Se ofrece educación individual sobre diferentes temas de salud, haciendo una cita con una educadora de salud. Los temas incluyen, entre otros, la hipertensión arterial, el dejar de fumar, control de peso, nutrición general, prediabetes y diabetes y asma. Abierta sólo a los miembros de Kaiser Permanente.

**Location:** Santa Clara
**Costo:** gratis
**Información:** para más información, llame al (408) 851-3223.

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**La diabetes con un buen control** (Diabetes Basics)
Podrá sentirse mejor y mantenerse activo y saludable cuando aprenda algunos datos básicos sobre el control de la diabetes tipo 2. En esta clase ofrecemos consejos generales sobre las cuatro áreas clave para el control de la diabetes: alimentarse bien, hacer ejercicio, llevar el control de los niveles de azúcar en la sangre y usar correctamente los medicamentos. Abierta sólo a los miembros de Kaiser Permanente.

**Location:** Santa Clara
**Sesiones:** dos
**Costo:** gratis
**Información:** para más información, llame al (408) 851-9519.

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**Las vías de reducción de estrés** (Pathways to Stress Reduction Overview)
Participe en esta clase para descubrir cómo se relacionan el cuerpo, la mente y los síntomas del estrés. Le ayudaremos a reconocer lo que le ocasiona tensión y a aprender técnicas básicas para superar el estrés. También le proporcionaremos una descripción de las clases disponibles en el Centro de Bienestar Cuerpo-Mente para que pueda elegir la o las que más le convengan. Abierta a la comunidad.

**Location:** Santa Clara
**Sesiones:** una sesión de 2 horas
**Costo:** gratis para miembros; no miembros, $20
**Información:** para más información, llame al (408) 366-4284 para reservar su lugar.

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**Reduced Rates on Complementary Care**
Take care of the whole you—for less than you might think. As a Kaiser Permanente member, you’re eligible for reduced rates for select providers of complementary and alternative treatments, such as massage therapy, acupuncture, and chiropractic care. You also get free shipping for online purchases of vitamins and herbal supplements, and preferred rates on select fitness club memberships. You don’t even need a referral. For more information or to request a list of contracted providers, visit kp.org/chooselife or call 1-877-335-2746.

*These products and services are provided by entities other than Kaiser Permanente. Some Kaiser Permanente benefit plans include coverage for certain of these discounted services. Plan benefits must be used before those discounted services are available. Check your Evidence of Coverage for details. Kaiser Permanente disclaims any liability for these discounted products and services. Should a problem arise, you may take advantage of the Kaiser Permanente grievance process by calling the Member Service Center at 1-800-446-4000.

American Specialty Health Networks, Inc. and Healthyroads, Inc. are subsidiaries of American Specialty Health Incorporated.
Para enfrentar el estrés—Un enfoque mente-cuerpo

En la ciencia médica se han hecho descubrimientos asombrosos sobre cómo nuestras emociones y pensamientos afectan nuestra salud. En esta clase aprenderá cuál es el origen del estrés en su vida y técnicas para ayudarle a controlarlo. Abierta a la comunidad.

**Location:** Santa Clara
**Sesiones:** ocho sesiones de 2 horas cada una
**Costo:** gratis para miembros, no miembros, $95, materiales, $14 (opcional)
**Inscripción:** llame al (408) 366-4284 para reservar su lugar.

**MANEJO DE LA DEPRESIÓN**

**Prueba una clase que le ayudará a relajarse y mantenerse en forma.**

**El control de peso (Managing Your Weight)**

Describa los mitos y realidades sobre el control del peso, aprenda a lograr que su metabolismo funcione más eficazmente, a comer saludablemente y la importancia del ejercicio. Abierta sólo a los miembros de Kaiser Permanente.

**Location:** Santa Clara
**Sesiones:** una sesión de 2 horas, ofrecida el primer viernes de cada mes
**Costo:** gratis
**Información:** para más información, llame al (408) 851-9519.

**Un peso saludable, una vida saludable (Cultivating Health)**

Esta clase es para personas que desean hacer cambios en su vida para llegar a un peso saludable. Los temas incluyen: la nutrición y cómo alimentarse saludablemente, cómo empezar un programa de ejercicio y mantenerlo, cómo adaptar sus recetas favoritas, y cómo disfrutar de las reuniones familiares. Condición previa: asistir a la clase “El Control de Peso”. Abierta sólo a los miembros de Kaiser Permanente.

**Location:** Santa Clara
**Sesiones:** ocho sesiones de 2 horas
**Costo:** miembros, gratis; no miembros, $95
**Inscripción:** llame al (408) 366-4284 para reservar su lugar.

**La etapa media del embarazo (Mid-Pregnancy)**
Durante la etapa media del embarazo, usted experimentará más cambios en el cuerpo. En este curso le ayudaremos a comprender estos cambios. Su nivel de energía podrá mantenerse alto si se alimenta bien y realiza ejercicios. Estamos a su disposición para asistirla a analizar la manera de aliviar las molestias comunes del embarazo. Le aconsejamos que asista a esta clase entre las semanas 24 y 32 del embarazo. Abierto solo a los miembros de Kaiser Permanente.

**Location:** Santa Clara, 710 Lawrence Expressway
**Sesiones:** una sesión de 2 horas
**Costo:** gratis
**Inscripción:** llame al (408) 554-9820.

**La lactancia (Breastfeeding)**

La salud de su bebé comienza con una buena nutrición. Los estudios demuestran que la lactancia ofrece muchos beneficios de salud para usted y para su hijo. En esta clase aprenderá por qué es importante amamantar. También le mostraremos cómo sostener a su bebé para alimentarlo y sugeriremos formas de prevenir los desafíos y las molestias comunes durante la lactancia. Le aconsejamos que asista a esta clase entre las semanas 24 y 32 de embarazo.

**Location:** Santa Clara, 710 Lawrence Expressway
**Sesiones:** una sesión, 2 horas
**Costo:** gratis
**Inscripción:** llame al (408) 554-9820.

**La esterilización de trompas (Tubal Sterilization)**

Esta clase ofrece mucha información sobre las opciones y desventajas, y otros métodos de anticoncepción. Esta sesión es obligatoria para aquellas personas que buscan la esterilización como método permanente de control de la natalidad. Abierta solo a los miembros de Kaiser Permanente.

**Location:** Santa Clara
**Costo:** gratis
**Inscripción:** llame al (408) 851-3052.

**MENOS ESTRÉS, MÁS SALUD**

**Pruebe una clase que le ayudará a relajarse y mantenerse en forma.**

**CÓMO TENER UN PESO SALUDABLE**

Mantener un peso saludable es una de las mejores medidas que puede tomar para su salud. Sin embargo, esta labor es difícil y puede requerir un compromiso serio para conservar los nuevos hábitos y los cambios en el estilo de vida.

Inscríbase en el boletín informativo gratuito en línea para recibir boletines mensuales que ofrezcan información, consejos, recetas, estímulos y mucho más para mantener un peso saludable y celebrar sus logros.

kp.org/vidasana
Community Resources

**Addiction and Recovery**
Alcoholics Anonymous (AA)  
Santa Clara: (408) 374-8511  
Al-Anon  
Santa Clara: (408) 379-1051  
Campbell: (408) 379-1051

Narcotics Anonymous  
Santa Clara: (408) 998-4200

The California Smokers’ Helpline  
1-800-662-8887

**Alzheimer’s Disease**
Alzheimer’s Association  
Los Gatos: 1-800-272-3900  
Mountain View: (650) 962-8111  
San Jose: 1-800-272-3900

West Valley/Saratoga: 1-800-272-3900

**Arthritis**
Arthritis Foundation  
1-800-464-6240  
arthritis.org

**Asthma/Breathing Problems**
American Lung Association  
Santa Clara: (408) 200-1759

**Breastfeeding**
La Leche League of Greater San Jose  
1-800-LALECHE  
(1-800-525-3243)

**Diabetes**
American Diabetes Association  
1-800-342-2383  
diabetes.org

Diabetes Support Group  
Santa Clara: (408) 851-7054

Diabetes Society of Santa Clara Valley  
diabetescccv.org

**Domestic Violence**
Support Network for Battered Women  
1-800-572-2782 (English/ Spanish)

snbw.org

**Cancer**
American Cancer Society  
Silicon Valley/Central Coast  
Regional Office: (408) 871-1062  
cancer.org

Breast Cancer Support Group  
Santa Clara: (408) 851-4316

General Cancer Support Group  
Santa Clara: (408) 851-4316

Ovarian and Gynecological Cancer Support Group  
Santa Clara: (408) 851-4316

**Caregivers**
Caregivers Support Group  
Santa Clara: (408) 366-4400

**CPR and First Aid**
American Red Cross  
1-800-754-9072

**Depression and Anxiety**
Screening for Mental Health  
(781) 239-0071  
mentalhealthscreening.com

**Diabetes**
American Diabetes Association  
1-800-342-2383  
diabetes.org

Diabetes Support Group  
Santa Clara: (408) 851-7054

Diabetes Society of Santa Clara Valley  
diabetescccv.org

**Domestic Violence**
Support Network for Battered Women  
1-800-572-2782 (English/ Spanish)

snbw.org

**Fibromyalgia**
The Fibromyalgia Network  
1-800-853-2929

**Food Allergies**
The Food Allergy Network  
1-800-929-4040

**Grief and Loss**
Bereavement Group  
1-800-327-4545

**Health and Fitness**
Campbell Community Center  
(408) 886-2105

International Swim Center  
Santa Clara: (408) 243-7727

Milpitas Sports Center  
(408) 942-3289  
(24 hours a day)

Mountain View Recreation Center  
(650) 930-6331

San Jose Parks and Recreation  
(408) 353-3570

Santa Clara Parks and Recreation  
(408) 615-2260

**Hearing**
American Tinnitus Association  
1-800-754-9072  
americanheart.org

**Heart and Circulatory Health**
American Heart Association  
San Jose: (408) 977-4950

National Heart, Lung, and Blood Institute  
nhbia.nih.gov

National Stroke Association  
1-800-787-6537

**HIV/AIDS**
The Living Center  
San Jose: (408) 977-0852  
thewlivingcenter.org

CDC Information  
1-800-232-4636  
(24 hours a day)

**Infertility**
Fertility Education and Support Group  
Santa Clara: (408) 851-9400

**Reserve: The National Infertility Association  
1-866-888-7452 (toll free)  
reserve.org

**Learning Disabilities**
National Center for Learning Disabilities  
1-888-575-7373 (toll free)  
nld.org

**Living Assistance**
California Association of Health Facilities  
cahf.org

Department of Housing and Urban Affairs  
hud.gov

National Center for Assisted Living  
ncal.org

**Mental Health**
National Alliance for the Mentally Ill  
1-800-950-NAMI

nami.org

CHADD – Children and Adults with ADHD  
chadd.org

**Multiple Sclerosis**
Multiple Sclerosis Support Group  
Silicon Valley Chapter:  
1-800-344-4867  
nationalmssociety.org

**Narcotics Anonymous**
Santa Clara: (408) 379-1051

San Jose: (408) 295-4011

YWCA of Silicon Valley offers parenting skills classes  
(408) 295-4011

**Parkinson’s Disease**
National Parkinson’s Foundation  
1-800-327-4545  
parkinson.org

**Senior Health**
Campbell Senior Center  
(408) 886-2146  
Milpitas Senior Center  
(408) 586-2775

Mountain View Senior Center  
(650) 903-6330

Santa Clara Senior Center  
(408) 615-3170

Sunnyvale Senior Center  
(408) 730-7360

**Take Off Pounds Sensibly (TOPS)**
tops.org

**Parenting**
CHADD – Children and Adults with ADHD  
chadd.org

First 5 California  
Call 1-800-543-7025 for your free new-parent kit

New Mothers Support  
Las Madres  
1-877-LASMADRES  
(1-877-527-6237) (toll free)  
lasmadres.org

Parents Helping Parents  
(408) 727-5775

php.com

YWCA of Silicon Valley offers  
parenting skills classes  
(408) 295-4011

**Parenting**
National Parkinson’s Foundation  
1-800-327-4545  
parkinson.org

**Senior Health**
Campbell Senior Center  
(408) 886-2146  
Milpitas Senior Center  
(408) 586-2775

Mountain View Senior Center  
(650) 903-6330

Santa Clara Senior Center  
(408) 615-3170

Sunnyvale Senior Center  
(408) 730-7360

**Territorial Health Journeys**
Health Journeys Guided Imagery Programs  
Kaiser Permanente  
Santa Clara | Campbell | Milpitas | Mountain View

Visit us at kp.org/healthyliving/nca

For answers to all of your benefits questions, call our Member Service Call Center  
at 1-800-464-4000, weekdays from 7 a.m. to 7 p.m. and weekends from 7 a.m. to 3 p.m. For TTY service for the deaf, hard of hearing, or speech impaired call  
1-800-777-1370.
PODCASTS
Don’t have time to take a health class? Check out our Healthy Living To Go podcasts. Listen to nutrition tips while you’re making dinner or learn about reducing stress while you’re out for a walk.
To start listening, find your physician’s home page at kp.org/mydoctor and click on “Podcasts.” Once there, you can:
• Click on a topic from our podcast library and listen from your computer, or
• Download a topic to later or to take with you on your portable audio player.

Topics include Exercise Smart, Healthier Living for Teens, Stress Management, Walking for Health, Quitting Smoking, Second Hand Smoke, and Healthy Pleasures. Check out our podcasts today and get your good health to go.
And for additional podcasts recorded by our local practitioners, visit kphealthcast.com.

Index
A
abusive relationships, 20
Acupuncture, 11
Addiction and Recovery
Addiction Overview, 7
Chemical Dependency Recovery Program (CDRP), 7
Chemical Dependency Services (CDS), 7
ADHD, Adult, 18
ADHD Medication Parent Class, 23
Advance Health Care Directives, 13
AIDS (see HIV and AIDS): alcohol and drugs (see Addiction and Recovery) anger, 18
Anger family, 18
Anxiety, Understanding Series, 18
Anxiety, 18
Asbestos, 7, 8
Asthma/COPD Drop-in Clinic, 8
Asthma, Understanding Your, 7
attention deficit hyperactivity disorder (ADHD), 18, 23
Autism and Your Child: Charting the Course for Older Children, 24
B
baby (see Pregnancy to New Baby: Healthy Beginnings)
Baby Sign Language Introductory Workshop, 30
Baby Sign Language Playgroup Series, 30
Back in Action, 11
Back, Neck, Knee, and Shoulder Care Solutions, 11
back pain, 11
birth (see Pregnancy to New Baby: Healthy Beginnings)
bladder control, 34
blood pressure (high), 14
Blood Pressure, High Understanding Your, 14
Blood Pressure Screening, 14
Blood Pressure Training for Home, 14
Blood Sugar Monitoring, 9
Body Composition Analysis, 14
Body Image Group, 20
Bone Health, 32
breastfeeding, 28, 31
Breastfeeding, 28
breast pumps and supplies, 31
C
California Smokers’ Helpline, The, 32
Cancer, 6, 38
caregivers support group, 38
Chemical Dependency Recovery Program (CDRP), 7
Chemical Dependency Services (CDS), 7
childbirth (see Pregnancy to New Baby: Healthy Beginnings)
children’s health (see Parenting and Children’s Health: Pregnancy to New Baby: Healthy Beginnings) cholostrol, 16
Cholesterol and Your Heart, 16
chronic conditions (see Managing Ongoing Conditions)
Chronic (see Managing Ongoing Conditions)
Chronic Illness Support Group: START (Start from Where You Are), 8
chronic obstructive pulmonary disease (COPD)/Emphysema, 7, 8
Classes en Español, 35–37
communication, 18
Complementary Care, 34
Couple Communication for New and Expecting Parents, 18
Couple Communication Series, 18
Cultivating Health, 15
D
DailySunset Group, 24
delivery (see Pregnancy to New Baby: Healthy Beginnings)
depression, 20
Depression Overview, Managing, 20
Depression Series, 20
Diabetes Basics, 8
Diabetes, Living Well with, 9
Diabetes Nutrition, 9
Diabetes Management
Prediabetes, 8
Diabetes Basics, 8
Living Well with Diabetes, 9
Diabetes Nutrition, 9
Blood Sugar Monitoring, 9
Insulin Pump Class, 11
Diabetes Care Management Program, 11
Diabetes Support Group, 11
diabetes video, 9
Did you know:... 22
Diabetes, Registered, 16
Doctors, 8, 19
Domestic violence prevention, 20
alcohol and drugs (see Addiction and Recovery)
E
Early Childhood Development Consultation, 24
Eating Disorders Program: Food for Thought, 21
e-mail your doctor: 8
Esparol, Classes en, 35–37
exercise (see Flexibility and Movement)
F
Families in Transition, 27
family planning, 33, 34
Farmers’ Market, back cover fears (see Mental Health/Behavioral Health and Well-Being, 18)
FEEDING YOUR YOUNG CHILD, 24
Feldenkrais Method®, 12
Fertility Education and Support Group, 33
fibromyalgia, 38
Fit for Fun, Fit for Life for Kids and Families Weight Management Overview, 24
Fit for Fun, Fit for Life for Kids and Families Weight Management Program, 25
Flexibility and Movement
Acupuncture, 11
Back, Neck, Knee, and Shoulder Care Solutions, 11
Back in Action, 11
Pain Areas: Neck, 12
Pain Areas: Shoulders, 12
Pain Areas: Lower Back, 12
Tai Chi Chih (Beginning), 12
Yoga (Beginning), 12
Gentle Yoga, 12
Yoga for Chronic Local Arthritis, 13
Forgiveness for Health, 20
Freedom from Tobacco, 32
G
General Health and Wellness
Advance Health Care Directives, 13
Health Coaching Appointments, 13
Blood Pressure Screening, 14
Blood Pressure Training for Home, 14
Understanding Your High Blood Pressure, 14
Guided Imagery Programs, Health Journeys, 38
H
“Here I Got a Headache” Adolescent Headache Class, 25
headaches, 22, 25, 34
Health Coaching appointments, 13
Health Education locations, 3
Health Education staff, 40
HealthLivre: Managing Ongoing Health Conditions, 8
HealthMedia® Breathe™, 32–33
Healthy Babies Online Newsletter, 27
Healthy Lifestyle and Weight Management Body Composition Analysis, 14
Metabolic Rate Testing, 15
Nutrition Advice Line, 15
Nutrition Analysis, 15
Nutrition Consultation, 15
Managing Your Weight, 9
Cultivating Health, 15
Medical Weight Management Program, 16
Weight Loss Surgery: Preparing for Success, 16
Healthy Lifestyle Programs, 23
Healthy Living Classes, 15
Hearing Center, inside front cover
heart, 16, 17
Heart Health for South Asians, 17
Heart Health
Cholesterol and Your Heart, 16
Heart Health for South Asians, 17
Prevent Heart Attack and Stroke Every Day! (PHASE), 17
HIV/AIDS and STD Testing
Emergency Testing, 17
HIV Antibody and STD Testing, 17
I
incontinence, 34
infant (see Pregnancy to New Baby: Healthy Beginnings)
insomnia, 22
mexico, 9, 11
Insulin Pump Class, 11
Introduction to Meditation, 22
In vitro fertilization, 29
K
kp.org, 21
L
labor (see Pregnancy to New Baby: Healthy Beginnings)
Late Pregnancy, 28
Living Well with Diabetes, 9
locations (see Health Education Departments; Health Education Locations)
lung disease, 7, 8
M
Managing Ongoing Conditions
Understanding Your Asthma, 7
Chronic Obstructive Pulmonary Disease (COPD)/Emphysema, 7, 8
Asthma/COPD Drop-in Clinic, 8
HealthLivre: Managing Ongoing Health Conditions, 8
Chronic Illness Support Group: START (Start from Where You Are), 8

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