

Program	Description	Registration
<i>Emotional Wellness</i>		
Pathways to Emotional Wellness	A great starting point. Learn how your thoughts and emotions can affect your physical wellness. We'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and recognize the signs and symptoms of depression. Members only.	This is a covered benefit for members 707-393-4167
Mind-Body Health	Emotions, thoughts, and behaviors can affect your health. In this series, you'll learn to recognize the sources of stress in your life and how to manage stress-related symptoms and illnesses. You'll also learn ways to relax and develop healthy lifestyle habits to take better care of yourself and enjoy life more.	This is a covered benefit for members; \$75 nonmembers 707-393-4167
Mindfulness-Based Stress Reduction	A healthy mind and spirit are powerful healing tools for the body. Come learn practices in mindfulness meditation and gentle movement that can help you manage stress, chronic pain, illness, anxiety, and depression.	\$90 members \$130 nonmembers 707-393-4167
Understanding Anxiety	Learn to identify what triggers anxiety for you as well as ways to manage your symptoms. We'll help you explore your thoughts and compare your fears with reality. You'll also learn techniques to relax, reduce your response to triggers, and think and act assertively.	This is a covered benefit for members 707-393-4167
Managing Depression	Depression is common, real, and treatable. This series explores the causes and effects of depression. You'll learn how to challenge negative thinking, reduce stress, and manage moods long after the class is over.	This is a covered benefit for members 707-393-4167
Acupressure	Learn about acupressure points, practice techniques of self-massage, and develop self-care exercises that can help promote healing. (Petaluma Medical Center)	\$35 members \$50 nonmembers 707-765-3485

Program	Description	Registration
<i>Healthy Eating</i>		
Food is Medicine: Nutrition's Role in Fighting Cancer	Learn about cancer prevention and reducing your risk of cancer recurrence through diet and lifestyle changes. Not recommended for members currently in treatment for cancer or beginning treatment within the next month (ask your doctor for a registered dietitian referral instead).	No class fee 707-393-4167
<i>Flexibility and Movement</i>		
Restorative Yoga	Quiet your body and mind with gentle poses and breathing exercises. You'll use props to help you support your body in positions that promote relaxation and prevent strain. Poses are safe yet effective for beginners, older adults, and people with ongoing pain or illness. Participants must be physically capable of getting up and down from the floor without assistance.	\$45 members \$55 nonmembers 707-393-4167
Tai Chi for Health & Wellness	Enhance your overall health and well-being with the gentle yet powerful practices of tai chi and qi gong. In this program, you'll learn a series of soft, graceful movements that can help reduce stress and pain, promote circulation and flexibility, and improve your strength and balance. Massage, acupressure, breathing, focused attention, visualization, and meditation practices are also included in this class. People of all ages and fitness levels are welcome to participate (chairs are available if your ability to stand is limited).	\$45 members \$55 nonmembers 707-393-4167

Program	Description	Registration
<i>Online Resources</i>		
Nutrition and Cancer	Access online resources and information about nutrition during cancer care.	<a href="http://Kp.org/santarosa/cancer">Kp.org/santarosa/cancer</a>
Overcoming Depression	This customized online program can help you gain greater control over your depression – and work toward feeling better.	<a href="http://Kp.org/overcomingdepression">Kp.org/overcomingdepression</a>
Overcoming Insomnia	Gain greater control over your insomnia and get more of the sleep you need with this online program that's customized for you.	<a href="http://Kp.org/overcominginsomnia">Kp.org/overcominginsomnia</a>
Listen	Guided imagery programs to help you reduce stress.	<a href="http://Kp.org/listen">Kp.org/listen</a>
Relax	This online program delivers a customized plan to manage symptoms and health issues related to stress.	<a href="http://Kp.org/relax">Kp.org/relax</a>