



LIFESTYLE MEDICINE

Family Resources

SANTA CLARA MEDICAL CENTER

LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH

Healthy Eating



- Feeding Your Young Child Class (1-5yrs)
- Cook for Health Junior Chef Class (6-17yrs)
- Health Educator Visit (4m-12yrs)
- Wellness Coaching
- kp.org/nutrition

Physical Activity



- Wellness Coaching
- kp.org/exercise
- kp.org/fitness

Stress



- Managing Your Stress Series
- Intro to Meditation
- Parenting the Anxious Child Class (4-17)
- Wellness Coaching
- kp.org/wellnessresources

Sleep



- Health Educator Visit (4m-5yrs)
- Wellness Coaching
- kp.org/mydoctoronline: Why Sleep is Important for Kids' Health, Helping your Newborn/Child/Teen Sleep
- kp.org/wellnessresources

Relationships



- Positive Parenting Class (1-5yrs)
- Parenting the Child with ADHD (6-17)
- Empowering Parents Class (6-17yrs)
- Baby and Me Support Group (0-6mths)
- kp.org/wellnessresources

Risky Substances



- This is Quitting. Text-based program to help quit e-cigarettes
Teens text DITCHJUUL to 88709
- Novapes.org from the California Smokers' Helpline support for youth and parents (844) 866-827
- Chemical Dependency Recovery Program
- kp.org/mydoctoronline: E-cigarettes and Vaping
- kp thriving families.org: How to Talk to Teens About Vaping

Health Education (408) 851-3800

kp thriving families.org

kp.org/santaclara/lifestylemedicine

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