

M	T	W	TH	F
1 Fun 2B Fit 10:30 - 11:30 AM	2 Fun 2B Fit 8:30 - 9:30 AM CHF 2-3 PM Pre-Surgery Joint 3 - 4 PM	3 Body Motion 10:15 - AM	4 Mind / Body 8:30 - 9:30 AM Life Balance 2-3PM Pre-Surgery Joint 3 - 4 PM	5 STEPS (weight loss) 8:30-10:30AM Fun 2B Fit 10:30 -11:30 AM
8 Fun 2B Fit 10:30 - 11:30 AM	9 Fun 2B Fit 8:30 - 9:30 AM Kidney Smart 10-12 PM Pre-Surgery Joint 3 - 4 PM	10 Body Motion 10:15 - AM Wt Mngmt Sprt Grp 4:00-5:00 PM	11 Mind / Body 8:30 - 9:30 AM Diabetes #4 1-3 PM Pre-Surgery Joint 3 - 4 PM	12 AHCD 9-10 AM Fun 2B Fit 10:30 - 11:30 AM
15 Fun 2B Fit 10:30 - 11:30 AM Spanish Diabetes 2-3:30pm	16 Fun 2B Fit 8:30 - 9:30 AM Pre-Surgery Joint 3 - 4 PM	17 Body Motion 10:15 - 11 AM	18 Mind / Body 8:30 - 9:30 AM Pre-Surgery Joint 3 - 4 PM	19 Heart Healthy 9-10 AM Fun 2B Fit 10:30 - 11:30 AM
22 Fun 2B Fit 10:30 - 11:30 AM Spanish STEPS 2-4PM	23 Fun 2B Fit 8:30 - 9:30 AM Diabetes #1 10-12 PM STEPS (weight loss) 1 - 2 PM Pre-Surgery Joint 3 - 4 PM	24 Smoking Cessation 9-10 AM Body Motion 10:15 - 11:00 AM	25 Mind / Body 8:30 - 9:30 AM Diabetes #1 1-3 PM Pre-Surgery Joint 3 - 4 PM	26 Pre-Diabetes 9-10 AM Fun 2B Fit 10:30 - 11:30AM
29 Fun 2B Fit 10:30 - 11:30AM	30 Fun 2B Fit 8:30 - 9:30 AM Pre-Surgery Joint 3 - 4 PM			

Class locations & descriptions on back side



Health Education Classroom
4570 California Avenue, 1st Floor
Bakersfield, CA 93309
661-846-4650

ACTIVITY DESCRIPTION

Advance Health Care Directive “AHCD” - Our class reviews the document and the legalities of the form. We also have employees that can provide notary services for completing the Advance Health Care Directive (by appointment only).

Body Motion - This class will be slow paced for people that are exercising for the first time, or recuperating, with a limited range of motion. We hope the exercises will improve your range of motion and improve balance and flexibility. Wear loose, comfortable clothing. Physician Clearance Required.

Congestive Heart Failure “CHF” - Diagnosis overview, dietary management, risk factors, signs, symptoms, and disease management.

Diabetes – Learn more in our 4 part-series: each class has a different focus on Diabetes management.

#1: On the Road to Better Managing Diabetes #2: Diabetes and Healthy Eating

#3: Monitoring Your Blood Glucose

#4: Continuing your Journey with Diabetes

Fun 2B Fit – Low impact exercises while mostly seating that include: strengthening, endurance, range of motion, coordination, and balance. Physician Clearance Required.

Heart Healthy - Learn more about high blood pressure and cholesterol! This class will consist of identifying risk factors, dietary management, reducing stress, physical activity, treatment goals, and medications.

Kidney Smart – Taught by a Davita Dietitian! Learn how the kidneys function and the causes of chronic kidney disease, how medications and nutrition work together to keep you healthy.

Life Balance - Stress overview, coping techniques, importance of physical activity, and stress related disorders. *Relax!*

Mind / Body - Learn the slow movements of Tai Chi and its calmness. Practice the flowing physical postures of yoga that are used to alleviate health problems, reduce stress, and make the spine supple. Physician Clearance Required.

Pre-diabetes Management - Learn the basic definitions and facts of prediabetes. Understand the risk factors, diet modification, and other diabetes related topics.

Pre-Surgery Joint Counsel - Prior to receiving surgery (knee / hip), a patient must attend this class that discusses surgery, expectations / outcomes, risks, fall precautions, home support. Call for details. *RSVP Required.*

Steps to Healthy Weight Loss “STEPS” – A series of classes with a different focus each time that will provide you with tips to maintain a healthy lifestyle through weight management, exercise, and healthy eating. *RSVP Required.*

Tobacco Cessation - Change your behavior and reduce your cravings. Discuss recovery symptoms, tool aids, weight management, and stress management.

Weight Management Support Group - Stay accountable, build support, bring a topic to discuss. Call for details. *RSVP Required.*