

# Health Education November 2018

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			<p>Mind / Body 8:30 – 9:30 AM <sup>1</sup></p> <p>Prediabetes 10:00 - 11:00 AM</p> <p>Pre-Surgery Joint 3 – 4:30 PM</p>	<p><sup>2</sup></p> <p>Heart Healthy 9 – 10:00 AM</p> <p>Fun 2B Fit 10:30 - 11:30 AM</p>
<p><sup>5</sup></p> <p>6 Mo WM Prog 9 - 10:00 AM</p> <p>Fun 2B Fit 10:30 - 11:30 AM</p>	<p><sup>6</sup></p> <p>Fun 2B Fit 8:30 - 9:30 AM</p> <p>Steps 1 – 2:00 PM</p> <p>Pre-Surgery Joint 3 - 4:30 PM</p>	<p><sup>7</sup></p> <p>Body Motion 10:15 - 11:00 AM</p>	<p><sup>8</sup></p> <p>Mind / Body 8:30 - 9:30 AM</p> <p>Pre-Surgery Joint 3 - 4:30 PM</p>	<p><sup>9</sup></p> <p>Fun 2B Fit 10:30 - 11:30 AM</p>
<p><sup>12</sup></p> <p>AHCD 9 - 10:00 AM</p> <p>Fun 2B Fit 10:30 - 11:30 AM</p>	<p><sup>13</sup></p> <p>Fun 2B Fit 8:30 - 9:30 AM</p> <p>Diabetes Combo 10 – 12:00 PM</p> <p>Steps 1 – 2 PM</p> <p>Pre-Surgery Joint 3 - 4:30 PM</p>	<p><sup>14</sup></p> <p>Body Motion 10:15 - 11:00 AM</p> <p>Wt Mgmt Support Group 4:30 – 5:30 PM</p>	<p><sup>15</sup></p> <p>Mind / Body 8:30 - 9:30 AM</p> <p>Life Balance 10 – 11:00 AM</p> <p>Pre-Surgery Joint 3 - 4:30 PM</p>	<p><sup>16</sup></p> <p>Fun 2B Fit 10:30 - 11:30 AM</p>
<p><sup>19</sup></p> <p>6 Mo WM Prog 9 - 10:00 AM</p> <p>Fun 2B Fit 10:30 - 11:30 AM</p>	<p><sup>20</sup></p> <p>Fun 2B Fit 8:30 - 9:30 AM</p> <p>Pre-Surgery Joint 3 - 4:30 PM</p>	<p><sup>21</sup></p> <p>Body Motion 10:15 - 11:00 AM</p>	<p><sup>22</sup></p> <p>CLOSED</p>	<p><sup>23</sup></p> <p>CLOSED</p>
<p><sup>26</sup></p> <p>Fun 2B Fit 10:30 - 11:30 AM</p> <p>Pre –Surgery Joint 3 – 4:30 PM</p>	<p><sup>27</sup></p> <p>Fun 2B Fit 8:30 - 9:30 AM</p> <p>Pre-Surgery Joint 3 - 4:30 PM</p>	<p><sup>28</sup></p> <p>Body Motion 10:15 - 11:00 AM</p>	<p><sup>29</sup></p> <p>Mind / Body 8:30 - 9:30 AM</p> <p>Pre-Surgery Joint 3 - 4:30 PM</p>	<p><sup>30</sup></p> <p>Fun 2B Fit 10:30 - 11:30 AM</p>

Class locations & descriptions on back side



## **LOCATIONS**

Many services are available without a referral from your physician. Call today for more information or to schedule an appointment.

### **Services are conducted at:**

Health Education Classroom - 4570 California Avenue, Bakersfield, CA  
Tel: 661-846-4650

Oak Tree - 432 South Mill Street, Tehachapi, CA  
Tel. 661-823-2273

## **ACTIVITY DESCRIPTION**

**Advance Health Care Directive “AHCD”** - This class will review the AHCD document and the legalities of an AHCD.

**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 Management Part 1 & 2** - Signs, symptoms, medication use, proper nutrition, and overall physical care.

**Fun 2B Fit** - Chair and low impact exercises. *Physician Clearance Required.*

**Heart Healthy** - Cholesterol and hypertension management.

**Kidney Smart** - Learn how the kidneys function and the causes of chronic kidney disease, how medications and nutrition work together to keep you healthy. *RSVP Required.*

**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.*

**Prediabetes 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: Explanation of surgery, expectations / outcomes, risks, precautions, home support. Call for details. *RSVP Required.*

**Senior Nutrition** - Learn to promote health and longevity, common nutrition concerns, managing weight, tools to stay active.

**6 Month Weight Management Program** - Call for details. *RSVP Required.*

**Steps to Healthy Weight Loss “STEPS”** - An eight week class series that will provide you with tips to maintain a healthy lifestyle. This series will discuss weight management, exercise, and healthy eating. *RSVP Required.*

**Tobacco Cessation Part 1 & 2** - 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.*