

Health Education September 2019

661-846-4650

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2



3

Fun 2B Fit
8:30 - 9:30 AM

Pre-Surgery Joint
10-11 AM

4

Body Motion
10:15 - AM

5

Mind / Body
8:30 - 9:30 AM

Life Balance
2-3 PM

Pre-Surgery
Joint 3 - 4 PM

6

STEPS (weight
loss) 8:30-9:30 AM

Fun 2B Fit
10:30 - 11:30 AM

9

Fun 2B Fit
10:30-11:30 AM

10

Fun 2B Fit
8:30 - 9:30 AM

Pre-Surgery Joint
10-11 AM

11

Body Motion
10:15 - AM

12

Mind / Body
8:30-9:30 AM

Pre-Surgery
Joint 3 - 4 PM

13

Advanced
Healthcare
Directive
9-10 AM

Fun 2B Fit
10:30 - 11:30 AM

16

Fun 2B Fit
10:30-11:30 AM

17

Fun 2B Fit
8:30 - 9:30 AM

Pre-Surgery Joint
10-11 AM

18

Heart Healthy
9-10 AM

Body Motion
10:15 - 11 AM

19

Mind / Body
8:30 - 9:30 AM

Pre-Surgery
Joint 3 - 4 PM

20

Fun 2B Fit
10:30 - 11:30 AM

23

Fun 2B Fit
10:30 - 11:30 AM

Spanish Diabetes
2-3:30 PM

24

Fun 2B Fit
8:30 - 9:30 AM

Pre-Surgery Joint
10-11 AM

25

Tobacco Cessation
9-10 AM

Body Motion
10:15 - 11 AM

26

Mind / Body
8:30 - 9:30 AM

Diabetes #2
1-3 PM

Pre-Surgery
Joint 3 - 4 PM

27

Pre-Diabetes
9 - 10 AM

Fun 2B Fit
10:30-11:30AM

30

Fun 2B Fit
10:30-11:30 AM

Spanish STEPS
2- 3:30 PM

Class locations & descriptions on back side



BAKERSFIE

Our Health,
Our Community

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

Advance Health Care Directive- 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 is a slow-pace class for anyone exercising for the first time, recuperating or have 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.

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 provide a general overview including goals and diet modifications.

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 Class - 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.

BFMC Virtual Urgent Care – access Urgent Care through your smart phone, tablet or computer. Talk to a provider in the comfort of your own home. Speak to Health Education if you need help downloading the app!