



Health Education Calendar – August 2022

Health Education Classroom

4570 California Avenue, First Floor, Bakersfield, CA 93309

(661) 846-4650 | bfm.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Fun 2B Fit 8:30 a.m. – 9:30 a.m.	2	3 Body Motion 9:15 a.m. – 10 a.m. STEPS * 10:30 a.m. – 11:30 a.m.	4 Pre-Joint 3 p.m. – 4 p.m.	5 Fun 2B Fit 8:30 a.m. – 9:30 a.m.	6
7	8 Fun 2B Fit 8:30 a.m. – 9:30 a.m.	9	10 Body Motion 9:15 a.m. – 10 a.m. Heart Healthy * 10:30 a.m. – 11:30 a.m.	11 Pre-Joint 3 p.m. – 4 p.m.	12 Fun 2B Fit 8:30 a.m. – 9:30 a.m.	13
14	15 Fun 2B Fit 8:30 a.m. – 9:30 a.m.	16	17 Body Motion 9:15 a.m. – 10 a.m. Diabetes * 10:30 a.m. – 11:30 a.m.	18 Pre-Joint 3 p.m. – 4 p.m..	19 Fun 2B Fit 8:30 a.m. – 9:30 a.m.	20
21	22 Fun 2B Fit 8:30 a.m. – 9:30 a.m.	23	24 Body Motion 9:15 a.m. – 10 a.m. Pre-Diabetes * 10:30 a.m. – 11:30 a.m.	25 Pre-Joint 3 p.m. – 4 p.m.	26 Fun 2B Fit 8:30 a.m. – 9:30 a.m.	27
28	29 Fun 2B Fit 8:30 a.m. – 9:30 a.m.	30	31 Body Motion 9:15 a.m. – 10 a.m.			

** In-person and virtual class. Virtual classes available using your personal computer or mobile device. Call the Health Education Department for more information.*

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Many services are available without a referral from your physician. Call today for more information or to schedule an appointment. **You must be a BFMC/HPN member to enroll.**

Body Motion: This slow-paced class is for anyone exercising for the first time, recuperating from a procedure or for those with a limited range of motion. This class will help improve your range of motion, balance, and flexibility. Wear loose, comfortable clothing. Physician Clearance Required.

Diabetes: Learn the basics about diabetes from our Registered Dietitians. In this class you will learn how to monitor your blood sugar and modify your diet to support your journey with diabetes.

Fun 2B Fit: While done mostly seated, this class uses low impact exercises to improve your strength, 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.

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

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.

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!