



# Health Education Calendar – November 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	2 <b>Body Motion</b> 9:15 a.m. – 10 a.m.  <b>Steps *</b> 10:30 a.m. – 11:30 a.m.	3 <b>Pre-Joint</b> 3 p.m. – 4 p.m.	4 <b>Fun 2B Fit</b> 8:30 a.m. – 9:30 a.m.	5
6	7 <b>Fun 2B Fit</b> 8:30 a.m. – 9:30 a.m.	8	9 <b>Body Motion</b> 9:15 a.m. – 10 a.m.	10 <b>Pre-Joint</b> 3 p.m. – 4 p.m.  <b>Heart Healthy *</b> 9 a.m. – 10 a.m.	11 <b>Fun 2B Fit</b> 8:30 a.m. – 9:30 a.m.	12
13	14 <b>Fun 2B Fit</b> 8:30 a.m. – 9:30 a.m.	15	16 <b>Body Motion</b> 9:15 a.m. – 10 a.m.  <b>Diabetes *</b> 10:30 a.m. – 11:30 a.m.	17 <b>Pre-Joint</b> 3 p.m. – 4 p.m..	18 <b>Fun 2B Fit</b> 8:30 a.m. – 9:30 a.m.	19
20	21 <b>Fun 2B Fit</b> 8:30 a.m. – 9:30 a.m.	22 <b>Pre-Joint</b> 3 p.m. – 4 p.m.	23 <b>Body Motion</b> 9:15 a.m. – 10 a.m.  <b>Pre-Diabetes *</b> 10:30 a.m. – 11:30 a.m.	24 <b>THANKSGIVING HOLIDAY</b> Office Closed	25 <b>THANKSGIVING HOLIDAY</b> Office Closed	26
27	28 <b>Fun 2B Fit</b> 8:30 a.m. – 9:30 a.m.	29	30 <b>Body Motion</b> 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.*

**Health Education Classroom**  
4570 California Avenue, 1st Floor  
Bakersfield, CA 93309  
661-846-4650 | bfmc.com

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.**

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**Advance Health Care Directive:** Call the Health Education Department today if you would like to learn more about the legal document and why it is important to have one. We also have employees that can provide notary services for completing the Advance Health Care Directive.

**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:** This class utilizes concepts from the American Heart Association to help you learn how to reduce your risk for heart attack and stroke through eating smart and moving more for weight loss, cholesterol control, blood pressure and blood sugar management, and smoking cessation. This class is taught by a registered dietitian.

**Life Balance:** In this class you will learn how to effectively manage your stress for emotional and mental wellbeing. You will learn coping techniques that can be used in everyday life to create healthy habits around stressful situations.

**Nutritional Counseling:** Meet one-on-one with one of our registered dietitians. Our dietitians are here to help you live a healthy lifestyle by assessing your needs and creating a plan that works for you. Our dietitians will consider your likes/dislikes, schedule, dietary needs, and culture when working with you.

**Pre-Diabetes Management:** In this class you will learn what it means to have prediabetes, the importance of managing prediabetes and how to manage prediabetes through making healthy lifestyle behavior changes. This class is taught by a registered dietitian.

**Pre-Surgery Joint Class:** Prior to receiving surgery hip or knee replacement surgery, a patient must attend this class. This class discusses surgery, expectations, outcomes, risks, fall precautions, and home support. Call for details. Completion of this program is required for joint replacement surgery.

**Steps to Healthy Weight Loss "Steps":** A series of classes that will provide you with the tools necessary to maintain a healthy lifestyle through weight management, exercise, and healthy eating. This class is taught by a registered dietitian.