



Health Education Class Schedules

JANUARY-DECEMBER 2020

TABLE OF CONTENTS

(Click on the subject title to take you to the program's schedule)

- Behavioral Health Programs
- Cancer Survivorship Programs
- Diabetes and Pre-Diabetes Programs
- Life Care Planning Program
- Nutrition and Weight Management Programs
- Parenting and Children's Health Programs
- Prenatal Health Programs
- Senior Health Programs
- Fitness and Movement Resources
- Tobacco Cessation Resources
- Clases en Español



2020 CLASS SCHEDULE

BEHAVIORAL HEALTH EDUCATION

EMOTIONAL WELLNESS

Oakland/Alameda (510) 752-7868

Richmond (510) 307-2210

Pinole (510) 243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your [kp.org](https://www.kp.org) account under Appointments.

PATHWAYS TO EMOTIONAL WELLNESS

Your thoughts and emotions can affect your physical well-being. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. Also explore a variety of other resources to help you take your next steps on the path to emotional wellness. Open to the community *in Richmond and Pinole; members only in Oakland*. Available in Spanish in Oakland and Richmond.

Fee: This is a covered benefit for members; no class fee for nonmembers.

Location: Oakland, Richmond, Pinole

*For [Oakland's schedule](#), please call Behavioral Health to register at (510) 752-7868.

Sessions: One 2.5-hour session

PINOLE

Tuesdays, 6:00-8:30pm

1/9, 3/12, 5/14, 7/9, 9/10, 11/12

RICHMOND

Tuesdays, 6:00-8:30pm

2/13, 4/9, 6/11, 8/13, 10/8, 12/10

MANAGING ANGER OVERVIEW

Managing Anger Overview which is an hour-long introductory session that covers class topics for the eight week series and the importance and benefits of self-motivation and expected behaviors. *Note: This class does not satisfy the court-ordered treatment required for domestic violence. Open to the community.*

Fee: Free

Location: Oakland, Richmond, Pinole

*For [Oakland's schedule](#), please call Behavioral Health to register at (510) 752-7868.

Sessions: One 1-hour session

PINOLE

Wednesdays, 6:30-7:30pm

3/4, 5/6, 8/19, 10/21

RICHMOND

Thursdays, 6:30-7:30pm

2/27, 4/30, 8/13, 10/15

MANAGING ANGER SERIES

When anger causes problems with family, friends, or colleagues, we can help. Learn to identify anger triggers, develop communication skills, and practice new ways to respond. *Note: This series does not satisfy the court-ordered treatment required for domestic violence. Prerequisite: Managing Anger Overview. Open to the community.*

Fee: Cost varies

Location: Oakland, Richmond, Pinole

*For [Oakland's schedule](#), please call Behavioral Health to register at (510) 752-7868.

Sessions: Eight weekly 2-hour sessions

PINOLE

Wednesdays, 6:30-8:30pm

Session 1-8: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, and 2/26

Session 1-8: 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22 and 4/29

Session 1-8: 5/13, 5/20, 5/27, 6/3, 6/10, 6/17, 6/24 and 7/1

Session 1-8: 8/26, 9/2, 9/9, 9/16, 9/23, 9/30, 10/7 and 10/14

Session 1-8: 10/28, 11/4, 11/18, 11/25, 12/2, 12/9, 12/16 and 12/23

RICHMOND

Thursdays, 6:30-8:30pm

- Session 1-8: 1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, and 2/20
- Session 1-8: 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16 and 4/23
- Session 1-8: 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18 and 6/25
- Session 1-8: 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 10/1 and 10/8
- Session 1-8: 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10 and 12/17

UNDERSTANDING ANXIETY SERIES

In this series, you will learn to identify what triggers anxiety for you as well as ways to help manage your symptoms. We will help you explore your thoughts and learn to approach instead of avoid what you fear. You will also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness. Open to the community in *Richmond and Pinole*; members only in *Oakland*.

Fee: This is a covered benefit for members; Call for cost for nonmembers.

Location: Oakland, Richmond, Pinole

*For [Oakland's schedule](#), please call Behavioral Health to register at (510) 752-7868.

Sessions: Six weekly 2-hour sessions

PINOLE

Wednesdays, 2:00-4:00pm

- Session 1-6: 1/8, 1/15, 1/22, 1/29, 2/5, and 2/12
- Session 1-6: 2/19, 2/26, 3/4, 3/11, 3/18, and 3/25
- Session 1-6: 4/1, 4/8, 4/15, 4/22, 4/29 and 5/6
- Session 1-6: 5/13, 5/20, 5/27, 6/3, 6/10, and 6/17
- Session 1-6: 8/5, 8/12, 8/19, 8/26, 9/2, and 9/9
- Session 1-6: 9/16, 9/23, 9/30, 10/7, 10/14, and 10/21
- Session 1-6: 10/28, 11/4, 11/18, 11/25, 12/2, and 12/9

RICHMOND

Thursdays, 3:00-5:00pm

- Session 1-6: 1/2, 1/9, 1/16, 1/23, 1/30, and 2/6
- Session 1-6: 2/13, 2/20, 2/27, 3/5, 3/12, and 3/19
- Session 1-6: 3/26, 4/2, 4/9, 4/16, 4/23, and 4/30
- Session 1-6: 5/7, 5/14, 5/21, 5/28, 6/4, and 6/11
- Session 1-6: 8/6, 8/13, 8/20, 8/27, 9/3, and 9/10
- Session 1-6: 9/17, 9/24, 10/1, 10/8, 10/15, and 10/22
- Session 1-6: 10/29, 11/5, 11/12, 11/19, 12/3, and 12/10

MANAGING DEPRESSION SERIES

Depression is common, real, and treatable. In this series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life. You'll also learn techniques to relax and approach your life with mindfulness. Open to the community in *Richmond and Pinole*; members only in *Oakland*. Available in Spanish in Oakland.

Fee: This is a covered benefit for members; Call for cost for nonmembers.

Location: Oakland, Richmond, Pinole

*For [Oakland's schedule](#), please call Behavioral Health to register at (510) 752-7868.

Sessions: Six weekly 2-hour sessions

Managing Depression is a 6-week rolling series. Participants can start the class any week.

PINOLE

Fridays, 2:00-4:00pm

RICHMOND

Fridays, 9:00-11:00am

MANAGING YOUR STRESS

You'll learn ways to recognize the source of stress in your life and how to manage stress-related symptoms and illnesses. Open to the community.

Fee: This is a covered benefit for members; Call for cost for nonmembers.

Location: Oakland, Richmond, Pinole

*For [Oakland's schedule](#), please call Behavioral Health to register at (510) 752-7868.

Sessions: Six weekly 2-hour sessions

PINOLE

Fridays, 12:00-2:00pm

Session 1-6: 1/8, 1/15, 1/22, 1/29, 2/5, and 2/12

Session 1-6: 2/19, 2/26, 3/4, 3/11, 3/18, and 3/25

Session 1-6: 4/1, 4/8, 4/15, 4/22, 4/29, and 5/6

Session 1-6: 5/13, 5/20, 5/27, 6/3, 6/10, and 6/17

Session 1-6: 8/5, 8/12, 8/19, 8/26, 9/2, and 9/9

Session 1-6: 9/16, 9/23, 9/30, 10/7, 10/14, and 10/21

Session 1-6: 10/28, 11/4, 11/18, 11/25, 12/2, and 12/9

RICHMOND

Tuesdays, 6:00-8:00pm

Session 1-6: 1/7, 1/14, 1/21, 1/28, 2/4, and 2/11

Session 1-6: 2/18, 2/25, 3/3, 3/10, 3/17, and 3/24

Session 1-6: 3/31, 4/7, 4/14, 4/21, 4/28, and 5/5

Session 1-6: 5/12, 5/19, 5/26, 6/2, 6/9, and 6/16
Session 1-6: 8/4, 8/11, 8/18, 8/25, 9/1, and 9/8
Session 1-6: 9/15, 9/22, 9/29, 10/6, 10/13, and 10/20
Session 1-6: 10/27, 11/3, 11/10, 11/17, 11/24, and 12/1

MINDFULNESS BASED STRESS REDUCTION

Meditation can be helpful for dealing with stress, chronic pain, hypertension, depression, difficulty sleeping, and other issues. This class provides instruction on mindfulness meditation, meditative movement, and body-awareness exercises. A no cost orientation is offered one week before the class begins, though attendance at the orientation does not guarantee a space in the eight-week program. Open to the community.

Fee: Call for cost. (price includes all-day session).

Location: Oakland, Pinole

*For [Oakland's schedule](#), please call Behavioral Health to register at (510) 752-7868.

Sessions: Overview, plus eight weekly 2.5-hour sessions and an all-day session

Mindfulness-based Stress Reduction – Overview

PINOLE

Wednesdays, 6:30-8:00pm

1/15, 3/25, 9/2

Mindfulness-based Stress Reduction – Series

PINOLE

Wednesdays, 6:30-9:00pm

Session 1-8: 1/29, 2/5, 2/12, 2/19, 2/26, 3/4, 3/11, and 3/18

Session 1-8: 4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, and 5/27

Session 1-8: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, and 11/4

IMPROVING YOUR SLEEP

Want to fall asleep quicker, sleep more soundly, and awaken feeling more refreshed? Learn how nighttime habits and thinking patterns affect your sleep and how to change them. This class does not address medical conditions that interfere with sleep. Open to the community.

Fee: This is a covered benefit for members; Call for cost for nonmembers.

Location: Oakland, Richmond, Pinole

*For [Oakland's schedule](#), please call Behavioral Health to register at (510) 752-7868.

Sessions: Four weekly 2-hour sessions

PINOLE

Wednesdays, 10:00am-12:00pm

Session 1-4: 1/8, 1/15, 1/22, and 1/29

Session 1-4: 3/4, 3/11, 3/18, and 3/25

Session 1-4: 5/6, 5/13, 5/20, and 5/27

Session 1-4: 7/1, 7/8, 7/15, and 7/22

Session 1-4: 9/2, 9/9, 9/16, and 9/23

Session 1-4: 11/4, 11/11, 11/18, and 11/25

RICHMOND

Wednesdays, 3:00-5:00pm

Session 1-4: 2/5, 2/12, 2/19, and 2/26

Session 1-4: 4/1, 4/8, 4/15, and 4/22

Session 1-4: 6/3, 6/10, 6/17, and 6/24

Session 1-4: 8/5, 8/12, 8/19, and 8/26

Session 1-4: 10/7, 10/14, 10/21, and 10/28

Session 1-4: 12/9, 12/16, 12/23, and 12/30



2020 CLASS SCHEDULE

CANCER SURVIVORSHIP

Oakland/Alameda (510) 752-6150

Richmond (510) 307-2210

Pinole (510) 243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

LIFE AFTER TREATMENT

The conclusion of cancer treatment can be a challenging time. With the rigors of treatment behind you, this class examines potential challenges, as well as issues related to identity that might arise as you move forward in survivorship. This class is offered to patients at the conclusion of radiation and/or chemotherapy, intended to form a bridge between treatment and life as a Cancer Survivor. Patients will explore issues related to identity as a "survivor," learn coping strategies related to the unique stressor of survivorship and learn about Kaiser Permanente and community resources to assist them on their journey. Members only.

Fee: No class fee.

Locations: Oakland, Richmond

Sessions: One 2-hour session

OAKLAND

Tuesdays, 5:30-7:30pm

1/28, 2/25, 3/24, 4/28, 5/26, 6/23, 7/28, 8/25, 9/22, 10/27, 11/3, 12/1

RICHMOND

Thursdays, 6:00-8:00pm

1/2, 3/5, 5/7, 7/2, 9/3, 11/5

NUTRITION FOR CANCER-RELATED SIDE EFFECTS

This class provides nutritional information and guidelines before, during, and after chemotherapy treatment. Topics covered include: nutrition basics, what to eat, when you can't eat enough, and fluid guidelines, as well as special nutritional considerations. Caretakers welcome. Open to the community.

Fee: No class fee.

Locations: Oakland

Sessions: One 1.5-hour session

OAKLAND

Wednesdays, 10:00-11:30am

1/15, 2/19, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18, 12/16

Wednesdays, 3:00-4:30pm

2/5, 3/4, 4/1, 5/6, 6/3, 7/1, 8/5, 9/2, 10/7, 11/4, 12/2

NUTRITION AND CANCER

This class provides educational opportunities for you to make simple choices every day for better health, cancer risk reduction and long-term survivorship. A Dietitian specializing in oncology nutrition will empower you to:

- Understand the importance of nutrition for health and well being
- Learn about cancer fighters in food
- Set and implement nutrition goals
- Achieve healthy lifestyle modification

For more information or to register, please call the Radiation Oncology Department at (510) 752-4000.

Fee: No Class Fee. Open to the community.

Locations: Oakland

Sessions: One 2-hour session

NUTRITION AND BREAST CANCER

A Dietitian specializing in oncology nutrition will provide members with ways to reduce the risk of breast cancer, its progression or recurrence. Topics discussed will include:

- Importance of maintaining a healthy weight
- The benefits of physical activity
- The role of a plant-based diet

For more information or to register, please call the Radiation Oncology Department at (510) 752-4000.

Fee: No Class Fee. Open to the community.

Locations: Oakland

Sessions: One 2-hour session



2020 CLASS SCHEDULE

DIABETES & PREDIABETES

Oakland/Alameda (510) 752-6150

Richmond (510) 307-2210

Pinole (510) 243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

PRE-DIABETES AND YOU*

Do you or your child have prediabetes? Learn how to prevent or delay type 2 diabetes in this class. (Ages 16+ to attend, ages 16-17 must be accompanied by an adult) *Members only, available in Spanish.*

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 2-hour session

OAKLAND

Mondays, 2:00-4:00pm

1/6, 2/3, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, 10/5, 11/2, and 12/7

Wednesdays, 9:30-11:30am

1/15, 2/19, 3/18, 4/15, 5/20, 6/17, 8/19, 9/16, 10/21, 11/18, and 12/16

Wednesdays, 5:30-7:30pm

1/8, 2/12, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12, 9/9, 10/14, 11/11, and 12/9

Thursdays, 9:00-11:00am

1/9, 2/13, 3/12, 5/14, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, and 12/10

Saturdays, 12:00-2:00pm

3/14, 5/9, 7/11, 9/12

RICHMOND

Mondays, 9:30-11:30am

1/14, 2/11, 3/10, 4/14, 5/12, 6/9, 8/11, 9/8, 10/13, 11/10 and 12/8

Thursdays, 5:30-7:30pm

1/23, 2/27, 3/26, 4/23, 5/28, 6/25, 7/30, 8/27, 9/24, and 10/22

PINOLE

Tuesdays, 9:30-11:30am

1/7, 2/4, 3/3, 4/7, 5/5, 6/2, 7/7, 8/4, 9/1, 10/6, 11/3, and 12/1

DIABETES BASICS*

You can feel better and be active and healthy by learning the basics of managing your type 2 diabetes. Explore the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing stress. ***Please bring your blood glucose meter to class.*** This class is step 1 for type 2 diabetes care. *Available in Spanish and Cantonese. Members only.*

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 2-hour session

OAKLAND

Mondays, 9-11am

3/16, 4/20, 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16, and 12/21

Mondays, 6:30-8:30pm

1/6, 2/3, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, 10/5, 11/2, and 12/7

Tuesdays, 10:30am-12:30pm

1/28, 2/25, 3/24, 4/28, 5/26, 6/23, 7/28, 8/25, 9/22, 10/27, and 11/24

Tuesdays, 5:30-7:30pm

1/14, 2/11, 3/10, 4/14, 5/12, 6/9, 9/8, 10/13 and 11/10

Thursdays, 10:30am-12:30pm

1/9, 2/13, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/12, 10/8, 11/12, and 12/10

Thursdays, 5:30-7:30pm

1/16, 2/20, 3/19, 4/16, 5/21, 6/18, 8/20, 9/17, 10/15, 11/19, and 12/17

Thursdays, 6:00-8:00pm

1/23, 1/30, 2/27, 3/26, 4/23, 4/30, 5/28, 6/25, 7/30, 8/27, 9/24, 10/22, and 10/29

RICHMOND

Wednesdays, 10:30am-12:30pm

1/8, 2/12, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12, 9/9, 10/14, 11/11, and 12/9

Thursdays, 5:30-7:30pm

1/2, 2/6, 3/5, 4/2, 5/7, 6/4, 7/9, 8/6, 9/3, 10/1, and 11/5

Saturdays, 9:00-11:00am

1/18, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/21, and 12/19

PINOLE

Mondays, 9:30-11:30am

1/13, 2/10, 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, and 12/14

Mondays, 5:00-7:00pm

1/27, 2/24, 3/23, 4/27, 5/18, 6/22, 7/27, 8/24, 9/28, 10/26, 11/23 and 12/21

DIABETES BASICS – Cantonese

You can feel better and be active and healthy by learning the basics of managing your type 2 diabetes. Explore the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing stress. ***Please bring your blood glucose meter to class.*** This class is step 1 for type 2 diabetes care. *Members only.*

Fee: No class fee.

Location: Oakland

Sessions: One 3-hour session

OAKLAND

Saturdays, 9:30a-12:30pm

1/25, and 7/25

Saturdays, 1:30-4:30pm

3/28, 5/30, 9/26, and 11/21

GROUP METER TEACH APPOINTMENT

In this workshop, you will learn how to properly test your blood sugar, how to access the stored data, and how to send the data to your diabetes provider. For **ONE TOUCH Verio Flex** meters. ***Please bring your meter and accessories to class. Members only, available in Spanish.***

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 1-hour session

OAKLAND

Mondays, 11am-12pm

3/16, 4/20, 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16, and 12/21

Mondays, 5:30-6:30pm

1/6, 2/3, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, 10/5, 11/2, and 12/7

Tuesdays, 9:30-10:30am

1/28, 2/25, 3/24, 4/28, 5/26, 6/23, 7/28, 8/25, 9/22, 10/27, and 11/24

Tuesdays, 7:30-8:30pm

1/14, 2/11, 3/10, 4/14, 5/12, 6/9, 9/8, 10/13 and 11/10

Thursdays, 9:30-10:30am

1/9, 2/13, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, and 12/10

Thursdays, 4:30-5:30pm

1/16, 2/20, 3/19, 4/16, 5/21, 6/18, 8/20, 9/17, 10/15, 11/19, and 12/17

Thursdays, 5:00-6:00pm

1/23, 1/30, 2/27, 3/26, 4/23, 4/30, 5/28, 6/25, 7/30, 8/27, 9/24, 10/22, and 10/29

RICHMOND

Wednesdays, 9:30-10:30am

1/8, 2/12, 3/11, 4/5, 5/13, 6/10, 7/8, 8/12, 9/9, 10/14, 11/11, and 12/9

Thursdays, 7:30-8:30pm

1/2, 2/6, 3/5, 4/2, 5/7, 6/4, 7/9, 8/6, 9/3, 10/1, 11/5, and 12/3

Saturdays, 11:00am-12:00pm

1/18, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/21, and 12/19

PINOLE

Mondays, 11:30am-12:30pm

1/13, 2/10, 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, and 12/14

Mondays, 7:00-8:00pm

1/27, 2/24, 3/23, 4/27, 5/18, 6/22, 7/27, 8/24, 9/28, 10/26, 11/23 and 12/21

DIABETES HEALTHY EATING*

Feel better and eat better with diabetes. In this class, you'll get tips on planning meals, counting carbs, and reading food labels. Learn new ways to prepare your favorite foods and how to enjoy eating out healthfully. With smart planning and balanced choices, eating well can still taste great. *Members only, available in Spanish.*

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 2-hour session

OAKLAND

Mondays, 5:30-7:30pm

1/13, 2/10, 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, and 12/14

Tuesdays, 9:30-11:30am

1/7, 2/4, 3/3, 4/7, 5/5, 6/2, 7/7, 8/4, 9/1, 10/6, 11/3, and 12/1

Tuesdays, 5:30-7:30pm

1/21, 2/18, 3/17, 4/21, 5/19, 6/16, 9/15, 10/20, and 11/17

Saturdays, 9:00-11:00am

3/14, 5/9, 7/11, and 9/12

RICHMOND

Wednesdays, 9:30-11:30am

2/5, 3/4, 4/1, 5/6, 6/3, 7/1, 8/5, 9/2, 10/7, 11/4, and 12/2

Thursdays, 5:30-7:30pm

1/9, 2/13, 3/12, 4/9, 5/14, 6/11, 7/16, 8/13, 9/10, 10/8, 11/12, and 12/10

Saturdays, 12:30-2:30pm

1/ 18, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/21, and 12/19

PINOLE

Mondays, 2:00-4:00pm

1/13, 2/10, 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/12, 11/9, and 12/14

Mondays, 5:00-7:00pm

1/6, 2/3, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, 10/5, 11/2, and 12/7

LIVING WELL WITH DIABETES - Cantonese

Take your diabetes self-management to the next level. Come learn new skills for making smart food and exercise choices that can help keep your blood sugar levels within range while also learning to manage the stress and emotions related to diabetes. This class is step 2 for type 2 diabetes care. *Members only.*

This is a covered benefit for members.

Fee: No class fee.

Location: Oakland

Sessions: Three 2-hour sessions

OAKLAND

Saturdays, 9:30am-12:30pm

Session 1-3: 4/18, 4/25 and 5/2

Session 1-3: 8/1, 8/8 and 8/15

ADVANCED DIABETES NUTRITION

In this advanced class, you will receive additional practice on planning meals, counting carbs, and reading food labels. Completion of “Diabetes Basics” and “Healthy Eating with Diabetes” highly recommended to attend this class. *Members only, available in Spanish.*

Fee: No class fee.

Location: Oakland, Richmond

Sessions: One 2.5-hour session

OAKLAND

Tuesdays, 9:30am-12:00pm

1/21, 2/18, 3/17, 4/21, 5/19, 6/16, 8/18, 9/15, 10/20, 11/17, and 12/15

RICHMOND

Thursdays, 5:00-7:30pm

1/2, 2/6, 3/5, 4/2, 5/7, 6/4, 7/2, 8/6, 9/3, 10/1, 11/5 and 12/3

CARBOHYDRATE COUNTING WITH MEALTIME INSULIN

Learn how to estimate carbohydrate grams, determine your pre-meal insulin dose and match insulin injection time to digestion. Class includes label reading, using websites and apps, eating out and weighing/measuring real food. *Members only.*

Fee: No class fee.

Location: Oakland

Sessions: One 2-hour session

OAKLAND

Wednesdays, 9:45-11:45am

2/5, 3/4, 5/6, 6/3, 7/1, 8/5, 9/2, and 11/4

Wednesdays, 4:30-6:30pm

1/15, 2/19, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, and 11/18



2020 CLASS SCHEDULE

LIFE CARE PLANNING

Oakland/Alameda (510) 752-6150

Richmond (510) 307-2210

Pinole (510) 243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

LIFE CARE PLANNING CLASS*

Life care planning begins with choosing someone to speak on your behalf if you were ever unable to communicate for yourself. This class can assist you with selecting your health care agent and exploring your values and goals for care. You will also have the opportunity to complete an Advance Health Care Directive. If you have already selected a health care agent, bring him or her with you to the class. To get started now, visit kp.org/lifecareplan. Open to the community.

Fee: No class fee.

Locations: Oakland, Alameda, Richmond, Pinole

Sessions: One 2-hour session

OAKLAND

Tuesdays, 6:00-8:00pm

1/14, 5/12, 7/14, 9/8, 11/10

Saturdays, 2:00-4:00pm

1/25, 2/22, 3/28, 4/25, 5/23, 6/27, 7/25, 8/22, 9/26, 10/24, 11/28, 12/26

ALAMEDA

Wednesdays, 3:30-5:30pm

1/8, 2/12, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12, 9/9, 10/14, 11/18, 12/9

RICHMOND

Wednesdays, 10:00am-12:00pm

2/12, 4/8, 6/10, 8/12, 10/14, 12/9

Saturdays, 10:00am-12:00pm

2/8, 5/9, 8/8, 11/14

PINOLE

Tuesdays, 2:30-4:30pm

1/21, 3/17, 5/19, 7/21, 9/15, 11/17

LIFE CARE PLANNING CLASS - CANTONESE

Life care planning begins with choosing someone to speak on your behalf if you were ever unable to communicate for yourself. This class can assist you with selecting your health care agent and exploring your values and goals for care. You will also have the opportunity to complete an Advance Health Care Directive. If you have already selected a health care agent, bring him or her with you to the class. To get started now, visit kp.org/lifecareplan. Open to the community.

Fee: No class fee.

Locations: Oakland

Sessions: One 2-hour session

OAKLAND

Saturdays, 1:00-3:00pm

1/25, 4/18, 5/2, 7/25, 8/15, 11/14



2020 CLASS SCHEDULE

NUTRITION AND WEIGHT MANAGEMENT

Oakland/Alameda (510) 752-6150

Richmond (510) 307-2210

Pinole (510) 243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

LIVING HEART-HEALTHY

Learn how exercise and a heart healthy diet can help lower your cholesterol and blood pressure, improve your overall health, and reduce your risk for heart attack and stroke. Members only.

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 2-hour session

OAKLAND

Mondays, 5:30-7:30pm

1/20, 3/16, 4/20, 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16, 12/21

Thursdays, 9:30-11:30am

1/2, 2/6, 3/5, 4/2, 5/7, 6/4, 7/2, 8/6, 9/3, 10/1, 11/5, 12/3

RICHMOND

Thursdays, 9:30-11:30am

1/23, 2/27, 3/26, 4/23, 5/28, 6/25, 8/27, 9/24, 10/22

PINOLE

Mondays, 2:00-4:00pm

1/27, 2/24, 3/23, 4/27, 5/18, 6/22, 7/27, 8/24, 9/28, 10/26, 11/23, 12/21

FOOD AND NUTRITION WORKSHOP

Curious about nutrients, food, and healthy eating? This dietitian-led workshop explores basic nutrition, portions, eating on the run, recipe modification, and food label reading as well as current nutrition topics. Members only.

Fee: No class fee.

Location: Oakland, Richmond

Sessions: One 2-hour session

OAKLAND

Mondays, 9:30-11:30am

1/20, 2/24, 3/16, 4/20, 5/18, 6/15, 7/27, 8/17, 9/21, 10/19, 11/16, 12/14

Thursdays, 5:30-7:30pm

1/9, 2/13, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, 12/10

RICHMOND

Mondays, 9:30-11:30am

1/6, 2/3, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, 9/14, 10/5, 11/2, 12/7

Thursdays, 5:30-7:30pm

1/16, 2/20, 3/19, 4/16, 5/21, 6/18, 7/23, 8/20, 9/17, 10/15, 11/19, 12/17

PLANT-STRONG NUTRITION: STARTING A PLANT BASED DIET

Learn how plant-based diets help reduce cholesterol levels, improve diabetes, lower blood pressure, and help manage heart disease and weight loss. This class will teach you how to make the dietary changes for plant-based nutrition, for a new healthier you. Members only.

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 2-hour session

OAKLAND

Mondays, 3:00-5:00pm

1/20, 3/16, 4/20, 5/18, 6/15, 8/17, 9/21, 10/19, 11/16

Wednesdays, 6:00-8:00pm

1/22, 2/26, 3/25, 4/22, 5/27, 6/24, 7/22, 8/26, 9/23

RICHMOND

Wednesdays, 6:00-8:00pm

3/4, 5/6, 7/1, 9/2, 11/4

PINOLE

Wednesdays, 5:30-7:30pm

2/5, 4/1, 6/3, 8/5, 10/7, 12/2

HEALTHY WEIGHT SERIES 1*

Lose weight, develop healthy habits, and gain confidence. This 6-session, in-person program covers the latest weight loss research, plus ways to maintain a healthy weight. (Ages 18 and older) *Open to the community.*

Fee: This is a covered benefit for members; \$130 nonmembers.

Location: Oakland, Richmond, Pinole

Sessions: Six weekly 2-hour sessions

OAKLAND

Tuesdays, 5:30-7:30pm

Sessions 1-6: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11

Sessions 1-6: 2/18, 2/25, 3/3, 3/10, 3/17, 3/24

Sessions 1-6: 6/2, 6/9, 6/16, 6/23, 6/30, 7/7

Sessions 1-6: 7/28, 8/4, 8/11, 8/18, 8/25, 9/1

Sessions 1-6: 11/10, 11/17, 11/24, 12/1, 12/8, 12/15

Fridays, 9:30-11:30am

Sessions 1-6: 1/3, 1/10, 1/17, 1/24, 1/31, 2/7

Sessions 1-6: 3/27, 4/3, 4/10, 4/17, 4/24, 5/1

Sessions 1-6: 9/25, 10/2, 10/9, 10/16, 10/23, 10/30

Saturdays, 9:30-11:30am

Sessions 1-6: 1/4, 1/11, 1/18, 1/25, 2/1, 2/8

Sessions 1-6: 4/4, 4/11, 4/18, 4/25, 5/2, 5/9

Sessions 1-6: 7/18, 7/25, 8/1, 8/8, 8/15, 8/22

Sessions 1-6: 10/24, 10/31, 11/7, 11/14, 11/21, 11/28

RICHMOND

Wednesdays, 5:30-7:30pm

Sessions 1-6: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12

Sessions 1-6: 2/19, 2/26, 3/4, 3/11, 3/18, 3/25

Sessions 1-6: 6/3, 6/10, 6/17, 6/24, 7/1, 7/8

Sessions 1-6: 7/29, 8/5, 8/12, 8/19, 8/26, 9/2

Sessions 1-6: 11/11, 11/18, 11/25, 12/2, 12/9, 12/16

Fridays, 9:30-11:30am

Sessions 1-6: 2/14, 2/21, 2/28, 3/6, 3/13, 3/20

Sessions 1-6: 5/8, 5/15, 5/22, 5/29, 6/5, 6/12

Sessions 1-6: 8/14, 8/21, 8/28, 9/4, 9/11, 9/18

Sessions 1-6: 11/6, 11/13, 11/20, 12/4, 12/11, 12/18

PINOLE

Tuesdays, 5:30-7:30pm

Sessions 1-6: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11

Sessions 1-6: 2/18, 2/25, 3/3, 3/10, 3/17, 3/24

Sessions 1-6: 3/31, 4/7, 4/14, 4/21, 4/28, 5/5

Sessions 1-6: 5/12, 5/19, 5/26, 6/2, 6/9, 6/16

Sessions 1-6: 6/23, 6/30, 7/7, 7/14, 7/21, 7/28

Sessions 1-6: 8/4, 8/11, 8/18, 8/25, 9/1, 9/8

Sessions 1-6: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20

Sessions 1-6: 11/10, 11/17, 11/24, 12/1, 12/8, 12/15

HEALTHY WEIGHT SERIES 2

For participants who have completed Healthy Weight 1. Build on your successes, overcome challenges, and practice new behaviors for weight loss and maintenance during this 9-session, in-person program. (Ages 18 and older) *Open to the community.*

Fee: This is a covered benefit for members; \$130 nonmembers.

Location: Oakland, Richmond, Pinole

Sessions: Nine weekly 1.5-hour sessions

OAKLAND

Tuesdays, 5:30-7:00pm

Sessions 1-9: 3/31, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26

Sessions 1-9: 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/3

RICHMOND

Wednesdays, 5:30-7:00pm

Sessions 1-9: 4/1, 4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27

Sessions 1-9: 9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4

PINOLE

Tuesdays, 7:30-9:00pm

Sessions 1-9: 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/3

Sessions 1-9: 3/10, 3/17, 3/24, 3/31, 4/7, 4/14, 4/21, 4/28, 5/5

Sessions 1-9: 5/12, 5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30, 7/7

Sessions 1-9: 7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 9/1, 9/8, 9/15

Sessions 1-9: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24

MANAGING YOUR WEIGHT

Do you want to lose weight but don't know where to start? This workshop will help you determine the best way to achieve your weight loss goals based on your unique needs and preferences. We will help you develop a personalized action plan that includes resources to help you every step of the way. *Open to the community.*

Fee: This is a covered benefit for members; \$15 nonmembers.

Location: Oakland, Richmond, Pinole

Sessions: One 2-hour session

OAKLAND

Mondays, 5:30-7:30pm

1/27, 2/24, 3/23, 4/27, 6/22, 7/27, 8/24, 9/28, 10/26, 11/23, 12/28

Thursdays, 9:30-11:30am

1/16, 2/20, 3/19, 4/16, 5/21, 6/18, 8/20, 9/17, 10/15, 11/19, 12/17

RICHMOND

Tuesdays, 6:00-8:00pm

1/7, 3/3, 5/5, 7/7, 9/1, 11/3

Wednesdays, 9:30-11:30am

1/22, 2/26, 3/25, 4/22, 5/27, 6/24, 8/26, 9/23, 10/28, 11/25

PINOLE

Tuesdays, 6:00-8:00pm

2/25, 4/28, 6/23, 8/25, 10/27, 12/22

MEDICAL WEIGHT MANAGEMENT ORIENTATION

If you have at least 40 pounds to lose, this program can help you make positive, lasting changes to improve your health, increase your energy, and help you live life to the fullest. The 82-week program features low-calorie meal replacements, monitoring by a team of Kaiser Permanente medical professionals, and weekly health classes/support sessions. Join us for a no cost, one-hour information session to find out more. *Open to the community.*

Fee: No class fee for orientation; program fees are explained at the orientation.

Location: Oakland

Sessions: One 1-hour session offered twice per month

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under Health Plan. If you are a Kaiser Permanente member, please check your *Evidence of Coverage*.

OAKLAND

Thursdays, 6:00-7:00pm

1/2, 1/16, 2/6, 2/20, 3/5, 3/19, 4/2, 4/16, 5/7, 5/21, 6/4, 6/18, 7/2, 7/16, 8/6, 8/20, 9/3, 9/17, 10/1, 10/15, 11/5, 11/19, 12/3, 12/17



2020 CLASS SCHEDULE

PARENTING & CHILDREN'S HEALTH

Oakland/Alameda (510) 752-6150

Richmond (510) 307-2210

Pinole (510) 243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

BABY & ME SUPPORT GROUP

Come with your baby to meet other new parents and discuss feeding, sleeping, and more in this ongoing, drop-in support group for parents and caregivers with babies up to a year old. Members only.

Fee: No class fee.

Location: Oakland, Pinole

Sessions: Weekly (except holidays) 2-hour sessions

OAKLAND

Tuesdays, 10:00am-12:00pm

3701 Broadway, Ground Floor, Classroom D

Ongoing; drop in

Wednesdays, 10:00am-12:00pm

3701 Broadway, Ground Floor, Classroom D

Ongoing; drop in

PINOLE

Mondays, 10:00am-12:00pm

1301 Pinole Valley Road, 1st Floor, Classroom 2A/B

Ongoing; drop in

FEEDING YOUR BABY: STARTING SOLID FOOD

Help your baby begin a lifetime of healthy eating. For babies getting ready for solid food, and for older babies getting ready for finger food. This is a covered benefit for members. Members only.

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 2-hour session

OAKLAND

Tuesdays, 2:00-4:00pm

1/21, 3/17, 5/19, 7/21, 9/15, 11/17

Saturdays, 10:00am-12:00pm

2/1, 4/4, 6/6, 8/1, 10/3, 12/5

RICHMOND

Saturdays, 10:00am-12:00pm

1/25, 3/28, 5/23, 7/25, 9/26, 11/28

PINOLE

Mondays, 5:30-7:30pm

2/3, 4/6, 6/1, 8/3, 10/5, 12/7

INFANT & CHILD CPR

Get hands-on training in how to relieve choking and provide lifesaving CPR for infants and children. Course is taught by an American Heart Association certified instructor. A CPR certification card is not provided. Pre-walking babies are welcome. Open to the community.

Fee: \$40 per member or \$60 up to two adult members; \$50 per nonmember or \$70 up to two adult nonmembers.

Location: Oakland

Sessions: One 3-hour session

OAKLAND

Wednesdays, 2:00-5:00pm

3/25, 4/22, 6/24, 8/19

Thursdays, 2:00-5:00pm

1/9, 2/6, 5/14

YOUR CHILD'S TEMPERAMENT: PARENTING YOUR SPIRITED CHILD

Does your child have problems sleeping or eating? Does he or she throw tantrums often? Is your child having difficulties in preschool or playgroups? If your child is between 9 months and 5 years old and is experiencing any of these challenges, join this class and learn more about how your child's natural temperament can affect his or her mood and behavior. Open to Kaiser Permanente members and the community.

To register, call Bananas, Inc. at (510) 658-7353 or visit www.bananasinc.org.

Fee: No class fee.

Location: Bananas, Inc., 5232 Claremont Ave, Oakland

Sessions: Six weekly sessions



2020 CLASS SCHEDULE

PRENATAL HEALTH

Oakland/Alameda (510) 752-6150

Richmond (510) 307-2210

Pinole (510) 243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

BREASTFEEDING

Breastfeeding offers many health benefits for you and your baby. Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges. *Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 2.5-hour session

OAKLAND

Tuesdays, 6:30-9:00pm

1/14, 1/28, 2/11, 2/25, 3/10, 3/24, 4/14, 4/28, 5/12, 5/26, 6/9, 6/23, 7/14, 7/28, 8/11, 8/25, 9/8, 9/22, 10/13, 10/27, 11/10, 11/24, 12/8, 12/22

Wednesdays, 6:30-9:00pm

1/15, 2/5, 3/4, 3/18, 4/1, 4/15, 5/6, 5/20, 6/3, 6/17, 7/1, 7/15, 8/5, 8/19, 9/2, 9/16, 10/7, 10/21, 11/4, 11/18, 12/2, 12/16

Thursdays, 6:30-9:00pm

1/9, 2/13, 3/12, 4/9, 5/14, 6/11, 7/9, 8/13, 9/10, 10/8, 11/12, 12/10

Saturdays, 10:00am-12:30pm

1/18, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/21, 12/19

PINOLE

Tuesdays, 6:30-9:00pm

1/7, 2/4, 3/3, 4/7, 5/5, 6/2, 7/7, 8/4, 9/1, 10/6, 11/3, 12/1

RICHMOND

Tuesdays, 6:30-9:00pm

5/19, 7/21, 9/15

LABOR AND DELIVERY TOUR - English

Take a guided tour of Maternity Services. See where your baby will be born and learn about our hospital's policies, procedures, and resources. Children are not allowed on the labor and delivery tours. *Members with one adult guest only.*

Fee: No class fee.

Location: Oakland

Sessions: One 1-hour tour

OAKLAND

Mondays, 6:00-7:00pm or 7:30-8:30pm

1/6, 1/13, 1/20, 2/3, 2/10, 3/2, 3/9, 3/16, 4/6, 4/13, 4/20, 5/4, 5/11, 5/18, 6/1, 6/8, 6/15, 7/6, 7/13, 7/20, 8/3, 8/10, 8/17, 9/21, 10/5, 10/12, 10/19, 11/2, 11/9, 11/16, 12/7, 12/21

Wednesdays, 6:00-7:00pm or 7:30-8:30pm

1/15, 2/19, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 9/23, 10/21, 10/28, 11/18, 12/16

Thursdays, 6:00-7:00pm or 7:30-8:30pm

1/23, 2/6, 2/27, 3/5, 3/26, 4/2, 4/23, 5/7, 5/28, 6/4, 6/25, 7/2, 7/23, 8/6, 8/27, 9/3, 9/24, 10/1, 10/22, 11/5, 12/3

Fridays, 8:30-9:30am or 11:00am-12:00pm (correlates with Meet the L&D Team)

1/10, 2/14, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11

Fridays, 6:00-7:00pm or 7:30-8:30pm

1/10, 2/7, 3/6, 4/, 5/1, 6/12, 7/10, 8/7, 9/11, 10/9, 11/6, 12/11

Saturdays, 9:00-10:00am, 10:30-11:30am, or 12:00-1:00pm

1/4, 3/7, 4/4, 5/2, 9/5, 10/3, 11/7

Sundays, 1:00-2:00pm, 2:30-3:30pm, or 4:00-5:00pm

1/12, 2/9, 3/8, 4/5, 5/3, 6/14, 7/12, 8/9, 9/13, 10/11, 11/8, 12/13

LABOR AND DELIVERY TOUR AND PREPARING FOR CHILDBIRTH – Spanish

Un educador de nacimientos les enseñará a usted y a la persona que le acompañe, la planta, la sala de partos y la Unidad de Cuidado Familiar para ayudarles a familiarizarse y prepararse para el día del nacimiento. *Sólo miembros.*

Costo: Sin costo de la clase.

Ubicación: Oakland Visitas: una vez al mes

Sesiones: Una sola clase de 2 horas

OAKLAND

Thursdays, 6:30-8:30pm

1/9, 2/13, 3/12, 4/9, 5/14, 6/11, 8/13, 9/10, 10/8, 11/12, 12/10

MEET THE LABOR AND DELIVERY TEAM

Learn about labor, pain management options, and your hospital stay from a panel of ob-gyn doctors, midwives, anesthesiologists, lactation consultants, and nurses. An optional Labor and Delivery tour follows this class. Register separately for the tour that follows this class. *Members only. Partners are welcome.*

Fee: No class fee.

Location: Oakland

Sessions: One 1-hour session; once a month

OAKLAND

Fridays, 9:45-10:45am

1/10, 2/14, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11

NEWBORN CARE

Wouldn't it be nice if babies came with instruction manuals? In this class, we'll teach you the information and skills you need to feel confident about caring for your newborn. We'll cover essential topics such as feeding, bathing, diapering, and when to call your physician. *Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 2-hour session

OAKLAND

Mondays, 6:30-8:30pm

1/13, 2/10, 3/9, 4/13, 5/11, 8/10, 9/14, 10/12, 11/9

Tuesdays, 6:30-8:30pm

1/7, 1/21, 2/4, 2/18, 3/3, 3/17, 4/7, 4/21, 5/5, 5/19, 6/2, 6/16, 7/7, 7/21, 8/4, 8/18, 9/1, 9/15, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15

Wednesdays, 6:30-8:30pm

1/8, 1/22, 2/12, 2/26, 3/11, 3/25, 4/8, 4/22, 5/13, 5/27, 6/10, 6/24, 7/8, 7/22, 8/12, 8/26, 9/9, 9/23, 10/14, 10/28, 11/11, 12/9

Thursdays, 6:30-8:30pm

1/16, 2/20, 3/19, 4/16, 5/21, 6/18, 7/16, 8/20, 9/17, 10/15, 11/19, 12/17

Saturdays, 1:00-3:00pm

1/18, 1/25, 2/22, 3/21, 3/28, 4/18, 4/25, 5/16, 5/23, 6/27, 7/25, 8/15, 8/22, 9/19, 9/26, 10/17, 10/24, 11/21

Saturdays, 2:00-4:00pm

1/4, 2/1, 3/7, 4/4, 5/2, 9/5, 10/3, 11/7, 12/5

RICHMOND

Please call (510) 307-2210 for schedule.

PINOLE

Wednesdays, 6:30-8:30pm

1/22, 2/19, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18, 12/16

PREPARING FOR CHILDBIRTH (1-session)

Few events are more exciting than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery and understand your options for managing labor and using a birthing coach for support. Bring pillows and a mat, as some of the exercises are performed on the floor. Early registration is recommended. *Take this class during the last six weeks of pregnancy. Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 5.5-hour session

OAKLAND

Saturdays, 9:00am-2:30pm

1/11, 1/18, 1/25, 2/8, 2/22, 3/14, 3/21, 3/28, 4/11, 4/18, 4/25, 5/9, 5/16, 5/23, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/8, 8/15, 8/22, 9/12, 9/19, 9/26, 10/10, 10/17, 10/24, 11/14, 11/21, 11/28, 12/12, 12/19

Sundays, 9:00am-2:30pm

1/12, 1/26, 2/9, 2/23, 3/15, 3/29, 4/12, 4/26, 5/10, 5/24, 6/14, 6/28, 7/12, 7/26, 8/9, 8/23, 9/13, 9/27, 10/11, 10/25, 11/15, 11/29, 12/13

RICHMOND

Please call (510) 307-2210 for schedule.

PINOLE

Tuesdays, 9:00am-2:30pm

4/21, 6/16, 8/18

PREPARING FOR CHILDBIRTH (2-session)

Few events are more exciting than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery, and understand your options for managing labor and using a birthing coach for support. Bring pillows and a mat, as some of the exercises are performed on the floor. Early registration is recommended. *Take this class during the last six weeks of pregnancy. Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Location: Oakland, Pinole

Sessions: Two 2.5-hour sessions

OAKLAND

Tuesdays, 6:30-9:00pm

Sessions 1-2: 1/21 and 1/28

Sessions 1-2: 2/18 and 2/25

Sessions 1-2: 3/17 and 3/24

Sessions 1-2: 4/21 and 4/28

Sessions 1-2: 5/19 and 5/26

Sessions 1-2: 6/16 and 6/23

Sessions 1-2: 7/21 and 7/28

Sessions 1-2: 8/18 and 8/25

Sessions 1-2: 9/15 and 9/22

Sessions 1-2: 10/20 and 10/27

Sessions 1-2: 11/17 and 11/24

Sessions 1-2: 12/15 and 12/22

PINOLE

Wednesdays, 6:30-9:00pm

Sessions 1-2: 1/8 and 1/15

Sessions 1-2: 3/4 and 3/11

Sessions 1-2: 4/1 and 4/8

Sessions 1-2: 5/6 and 5/13

Sessions 1-2: 6/3 and 6/10

Sessions 1-2: 7/1 and 7/8

Sessions 1-2: 8/5 and 8/12

Sessions 1-2: 11/4 and 11/11

PREPARING FOR POSTPARTUM

Ever wonder what life will be like after your baby is born? Come learn how to N.E.S.T.L.E, or how to take care of postpartum needs such as nutrition, exercise, sleep, time organization, love and everything else for you and your baby. *Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Location: Oakland, Richmond, Pinole

Sessions: One 2.5-hour session

OAKLAND

Tuesdays, 6:30-9:00pm

1/7, 2/4, 3/3, 4/7, 5/5, 6/2, 7/7, 8/4, 9/1, 10/6, 11/3, 12/1

Wednesdays, 6:30-9:00pm

1/8, 2/5, 2/12, 3/4, 3/11, 4/1, 4/8, 5/6, 5/13, 6/3, 6/10, 7/1, 7/8, 8/5, 8/12, 9/2, 9/9, 10/7, 10/14, 11/4, 11/11, 12/2, 12/9

Thursdays, 6:30-9:00pm

1/16, 1/23, 2/20, 2/27, 3/19, 3/26, 4/16, 4/23, 5/21, 5/28, 6/18, 6/25, 7/16, 7/23, 8/20, 8/27, 9/17, 9/24, 10/15, 10/22, 11/19, 12/17

RICHMOND

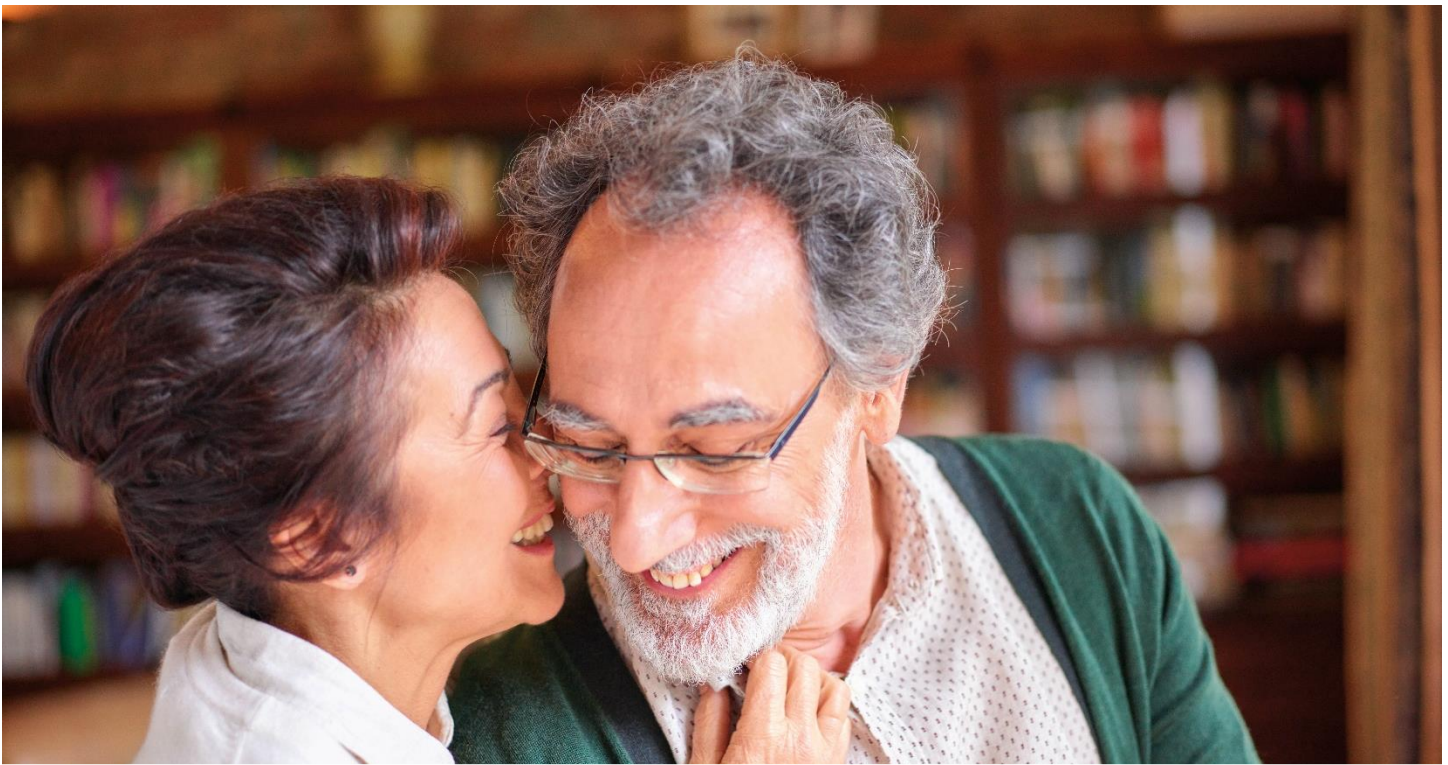
Mondays, 6:30-9:00pm

1/6, 2/3, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, 10/5, 11/2, 12/7

PINOLE

Wednesdays, 6:30-9:00pm

1/29, 2/26, 3/25, 4/22, 5/27, 6/24, 7/22, 8/26, 9/23, 10/28, 12/2



2020 CLASS SCHEDULE

SENIOR HEALTH

Oakland/Alameda (510) 752-6150

Richmond (510) 307-2210

Pinole (510) 243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

*Online Registration for some Health Classes available through your kp.org account under Appointments.

FALL PREVENTION: BALANCE AND HOME SAFETY

Have you fallen recently? Do you feel off balance when you walk or climb stairs? Do you have a fear of falling? In this class we talk about reasons why people tend to fall more as they age, review common home and environmental hazards, provide tips on how to make homes safer, and discuss the importance of exercises to build your balance, flexibility, and strength so you can prevent falls. *Members only.*

Fee: No class fee.

Location: Oakland, Richmond, and Pinole

Sessions: One 2-hour session

OAKLAND

Wednesdays, 10:00am-12:00pm

1/15, 2/19, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18, 12/16

RICHMOND

Tuesdays, 9:30-11:30am

1/28, 2/25, 3/24, 5/26, 6/23, 7/28, 8/25, 9/22, 10/27, 11/24, 12/15

PINOLE

Thursdays, 10:00am-12:00pm

1/23, 3/26, 5/28, 7/23, 9/24

SENIOR HEALTH SEMINARS

Stay current on senior health issues by attending educational workshops about safety, nutrition, kp.org technology, memory loss and much more. This is a covered benefit for members. Offered quarterly. Open to the community.

Fee: No class fee.

Location: Oakland and Richmond

Sessions: One 2-hour session

OAKLAND

Please call (510) 752-6150 for schedule.

RICHMOND

Please call (510) 307-2210 for schedule.



FITNESS AND MOVEMENT RESOURCES

TELEPHONE WELLNESS COACHING

Learn to reach your health goals with a free wellness coach. Whether you're trying to get more active, manage your weight, quit tobacco, or handle stress, a personal health coach can help you create—and stick with—a plan for reaching your goals. You and your coach talk one-on-one by phone, when it's convenient for you.

Fee: No fee

Contact: 1-866-251-4514

6 a.m. to 7 p.m. daily to schedule a coaching appointment.

COMMUNITY PARKS & RECREATIONAL PROGRAMS

East Bay Regional Park District	(888) 327-2757
Alameda Recreation and Parks Department	(510) 747-7529
Albany Recreation and Community Services	(510) 524-9283
Albany YMCA	(510) 525-1130
City of Berkeley Parks, Recreation and Waterfront	(510) 981-5150
Downtown Berkeley YMCA	(510) 848-9622
El Cerrito Recreation Department	(510) 559-7000

Hercules Parks and Recreation	(510) 799-8291
Martinez Recreation and Community Services	(925) 372-3510
Oakland Parks and Recreation	(510) 238-7275
Downtown Oakland YMCA	(510) 451-9622
Pinole Parks and Recreation	(510) 724-9062
Richmond Community Services	(510) 620-6793
Hilltop YMCA	(510) 222-9622

FEATURED COMMUNITY PROGRAM

The Trails Challenge: This annual program is self-paced and designed to get people outdoors and into natural surroundings by exploring trails of the East Bay Regional Park District's sixty-five parklands. Registration includes access to the downloadable guide booklet, a free organic t-shirt*, and commemorative pin for those who complete the Challenge.

(*while supplies last) Call the EB **Membership Program** for more information (510) 544-2220.

ONLINE RESOURCES

- Kids: Your guide to care **kp.org/children**
- Information in Spanish **kp.org/espanol**
- East Bay Community Pools & Swim Centers **7x7.com/where-to-go-swimming-in-the-east-bay**
- Nature Rocks! Let's Go Explore! **naturerocks.org**
- Sports and Fitness for Kids **pbs.org/parents**
- Search "sports and fitness" to find online exercises and other fitness resources **LIVESTRONG.com**

[Disclaimer]: This list is a compilation of local community resources intended for class participant informational purposes only. Please note that all information provided is not operated, sponsored, or monitored by Kaiser Permanente, and is not a substitute for medical care or advice. If you need medical care or advice, please call the Kaiser Permanente Appointment and Advice line (24/7) toll-free at 1 (800) 464-4000.



TOBACCO CESSATION RESOURCES

Telephone Wellness Coaching

Learn to reach your health goals with a free wellness coach. Whether you're trying to get more active, manage your weight, quit tobacco, or handle stress, a personal health coach can help you create—and stick with—a plan for reaching your goals. You and your coach talk one-on-one by phone, when it's convenient for you.

Fee: This is a covered benefit for members. Members only.

Contact: 1-866-251-4514

6 a.m. to 7p.m. daily to schedule a coaching appointment.

Online Resources

BREATHE: A personalized assessment and smoking cessation program

kp.org/healthylifestyles

Medications to Help Quit Smoking

kpdoc.org/tobacomedications – An interactive overview of medications to help quit smoking. Tobacco cessation medications are important part of an overall quit plan. Using tobacco cessation aids will not automatically result in quitting, but they can increase your chances of being successful

Smoker's Telephone Helpline (1-800-NO-BUTTS)

- Free, confidential telephone counseling.
- Convenient hours: days, evenings, weekends
- Offered in English, Spanish, Vietnamese, Cantonese, Mandarin, Korean, TDD/ TTY



2020 CLASS SCHEDULE

Clases en Español

Oakland/Alameda (510) 752-6150

Richmond (510) 307-2210

Pinole (510) 243-4020

Registración Obligatoria para todas las clases. Las fechas y horarios están sujetos a cambios sin previo aviso.

*La registración por la internet para alguna de las clases, están disponibles a través de su cuenta personal de kp.org bajo citas.

DIABETES

Pre-diabetes

Entérese de cómo puede ayudar a prevenir o demorar la diabetes. En esta clase usted recibirá información y herramientas para un plan personal de prediabetes. *Abierta solo a los miembros de Kaiser Permanente*

Costo: Gratis. Este es un beneficio cubierto para los miembros.

Ubicación: Oakland, Richmond

Sesiones: Una sola clase de 2 horas en Oakland; Una sola clase de 2 horas en Richmond

OAKLAND

Sábado, 9:30-11:30am

1/11, 2/8, 3/14, 4/11, 5/9, 6/13, 7/11, 8/8, 9/12, 10/10, 11/14, y 12/12

RICHMOND

Miércoles, 5:30-7:30pm

1/8, 2/12, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12, 9/9, 10/14, 11/11, y 12/9

Datos básicos sobre la diabetes

(Diabetes Basics)

Usted podrá sentirse mejor, al aplicar lo básico del manejo de la diabetes tipo 2. En esta clase, nosotros le daremos un análisis general de las 5 áreas del manejo de la diabetes tipo 2: alimentación saludable, ejercicio, monitoreo de sus niveles de azúcar en la sangre, uso adecuado de los medicamentos y manejo de su estrés.

Costo: Gratis, *abierta solo a los miembros de Kaiser Permanente*

Ubicación: Oakland, Richmond

Sesiones: Una sola clase de 2 horas

OAKLAND

Sábado, 10:00-12:00pm

1/18, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, y 11/21

Jueves, 6:30-8:30pm

1/2, 1/23, 2/6, 3/5, 3/26, 4/2, 5/7, 6/4, 7/2, 8/6, 9/3, 10/1, 11/5, y 12/3

RICHMOND

Sábado, 9:00-11:00am

1/11, 2/8, 3/14, 4/11, 5/9, 6/13, 7/11, 8/8, 9/12, 10/10, 11/14, y 12/12

Jueves, 5:30-7:30pm

1/23, 2/27, 3/26, 4/23, 5/28, 6/25, 7/23, 8/27, 9/24, y 10/22

Cita en grupo para enseñanza de medidor

(Group Meter Teach Appointment)

En este taller, usted aprenderá como usar correctamente su medidor de glucosa, como analizar sus resultados de glucosa y como compartir sus resultados electrónicamente con su médico. Entrenamiento de medidores solo para **ONE TOUCH Verio Flex**. *Por favor de traer su medidor de glucosa a clase*

Costo: Gratis, *abierta solo a los miembros de Kaiser Permanente*

Ubicación: Oakland, Richmond

Sesiones: Una sola clase de 1 hora

OAKLAND

Sábado, 9:00-10:00am

1/18, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, y 11/21

Jueves, 5:30-6:30pm

1/2, 1/23, 2/6, 2/27, 3/5, 3/26, 4/2, 4/23, 5/7, 5/28, 6/4, 6/25, 7/23, 8/6, 8/27, 9/3, 9/24, 10/1, 10/22, 11/5, y 12/3

RICHMOND

Sábado, 9:00-11:00am

1/11, 2/8, 3/14, 4/11, 5/9, 6/13, 7/11, 8/8, 9/12, 10/10, 11/14, y 12/12

Jueves, 5:30-7:30pm

1/23, 2/27, 3/26, 4/23, 5/28, 6/25, 7/23, 8/27, 9/24, y 10/22

Coma bien con diabetes*

(Diabetes Healthy Eating)

En esta clase, usted recibirá consejos para planificar sus comidas, contar carbohidratos y leer las etiquetas de los alimentos. Aprenda nuevas maneras de preparar sus comidas favoritas y a disfrutar saludablemente lo que come fuera de casa.

Costo: Gratis, *abierta solo a los miembros de Kaiser Permanente*

Ubicación: Oakland, Richmond

Sesiones: Una sola clase de 2 horas

OAKLAND

Sábado, 9:30-11:30am

1/4, 2/1, 3/7, 4/4, 5/2, 6/6, 8/1, 10/3, 11/7 y 12/5

Jueves, 5:30-7:30pm

1/16, 2/20, 3/19, 4/16, 5/21, 6/18, 7/16, 8/20, 9/17, 10/15, 11/19, y 12/17

RICHMOND

Martes, 5:30-7:30pm

1/21, 2/18, 3/17, 4/21, 5/19, 6/16, 7/21, 8/18, 9/15, 10/20, 11/17, y 12/15

Sábado, 9:00-11:00am

1/4, 2/1, 3/7, 4/4, 5/2, 6/6, 7/25, 8/1, 9/26, 10/3, 11/7 y 12/5

Nutrición avanzada para la diabetes

(Advanced Diabetes Nutrition)

Esta clase avanzada usted recibirá más practica en planear sus comidas, contar carbohidratos, y leer etiquetas. Se recomienda tomar clases “lo básico sobre la diabetes”, “coma bien con diabetes”, “habitos saludables con diabetes” antes de tomar esta clase.

Costo: Gratis, abierta solo a los miembros de Kaiser Permanente

Ubicacion: Oakland, Richmond

Sesiones: Una sola clase de 2.5 horas

OAKLAND

Sábado, 1:00-3:30pm

1/18, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/21, y 12/19

RICHMOND

Sábado, 11:30-1:30pm

1/4, 2/1, 3/7, 4/4, 5/2, 6/6, 7/25, 8/1, 9/26, 10/3, 11/7, y 12/5

CONTROLANDO SU PESO

Un peso saludable, una vida saludable

(Spanish Weight Management)

Usted aprenderá lo que debe saber acerca de la nutrición y cómo alimentarse saludablemente; cómo comenzar un programa de ejercicio y seguir en él; cómo adaptar sus recetas favoritas; consejos para mejorar su elección de alimentos al ir de compras y disfrutar de sus reuniones familiares preparando platillos saludables. *Abierta a la comunidad.*

Costo: No hay cuota de clase para miembros; no miembros, \$40.

Ubicación: Oakland, Richmond

Sesiones: Cuatro sesiones de 2 horas cada sesión durante cuatro semanas

OAKLAND

Miércoles, 5:30-7:30pm

Sesiones 1-4: 1/8, 1/15, 1/22, 1/29

Sesiones 1-4: 3/4, 3/11, 3/18, 3/25

Sesiones 1-4: 5/6, 5/13, 5/20, 5/27

Sesiones 1-4: 6/3, 6/10, 6/17, 6/24

Sesiones 1-4: 7/1, 7/8, 7/15, 7/22

Sesiones 1-4: 9/2, 9/9, 9/16, 9/23

Sesiones 1-4: 11/4, 11/11, 11/18, 11/25

RICHMOND

Por favor llame (510) 307-2210 para los horarios de la clase.

Alimentación saludable para la buena salud del corazón y presión arterial

(Living Heart-Healthy)

Descubra como el colesterol y la hipertensión arterial afectan su salud. Compare sus resultados con los recomendados y establezca metas para su situación personal. Aprenda a comer más saludablemente, cual es la importancia del ejercicio y a leer las etiquetas de los alimentos.

Costo: Gratis, Abierta solo a los miembros de Kaiser Permanente

Ubicación: Richmond

Sesiones: Una sola clase de 2 horas

RICHMOND

Por favor llame (510) 307-2210 para los horarios de la clase.

PRENATAL

Guía de Centros de Parto

(Labor and Delivery Tour)

Un educador de nacimientos les enseñará a usted y a la persona que le acompañe, la planta, la sala de partos y la Unidad de Cuidado Familiar para ayudarles a familiarizarse y prepararse para el día del nacimiento. *Sólo miembros.*

Costo: Sin costo de la clase.

Ubicación: Oakland Visitas: una vez al mes

Sesiones: Una sola clase de 2 horas

OAKLAND

Jueves, 6:30-8:30pm

1/9, 2/13, 3/12, 4/9, 5/14, 6/11, 8/13, 9/10, 10/8, 11/12, 12/10

SALUD MENTAL Y AFECTIVA

Caminos hacia una buena salud emocional

(Spanish Pathways)

La vida diaria le puede estresar y afectar su bienestar. En esta clase le ayudaremos a identificar sus fuentes de estrés y aprender técnicas simples para que se sienta más relajado, enfrente mejor la ansiedad y reduzca los síntomas de depresión. También le daremos un resumen de los recursos disponibles. Este es un beneficio cubierto para los miembros. *Abierta a la comunidad.*

Costo: Gratis

Ubicación: Richmond

Sesiones: Una sola clase de 2.5 horas

RICHMOND

Sábado, 12:30pm-3:00pm

1/11, 3/14, 5/9, 7/11, 9/12, y 11/14