

Healthy Living Classes and Resources

Santa Rosa • Rohnert Park



Visit kp.org/santarosa/healtheducation
for more information & how to register



Join Healthy Living classes

With all kinds of health classes and support groups offered at our facilities, there's something for everyone. Some classes may require a fee. Visit kp.org/santarosa/classes or call 707-393-4167 for class dates or to register.

Aging and General Health

- Alcohol and Your Health
- All About Memory
- Caregiving for an Older Adult
- Life Care Planning (Advance Healthcare Directives)
- Plant Based Diet 101
- Sudden Confusion During a Medical Illness
- Tai Chi

Bones, Joints, and Muscles

- For more information on classes, call 707-566-5844 or visit kp.org/santarosa/physicaltherapy
- TMJ (call 707-571-3921)

Chronic Conditions

- Diabetes Basics
- Healthy Eating with Diabetes
- Healthy Habits with Diabetes
- Living Heart Healthy
- Prediabetes and You
- Taking Care of Your Kidneys
- Ways to a Healthier Heart

Mental, Emotional, and Behavioral Health

- Couples Communication
- Improving Your Sleep
- Managing Anger
- Managing Depression
- Managing Your Stress
- Mindfulness Based Stress Reduction
- Pathways to Emotional Wellness
- Understanding Anxiety

Pregnancy and Parenting

- Mid Pregnancy
- Late Pregnancy
- Breastfeeding
- Newborn Care
- Preparing for Childbirth
- Preparing for Childbirth Refresher
- I'm the Big Kid Now: Sibling Preparation
- Infant CPR and Safety (To register, call Kidsake at 707-546-4656)
- Prenatal & Postnatal Yoga (To register, call the YMCA at 707-545-9622 ext. 3138)
- Raising Resilient Children (To register, call CPI at 707-585-6108 ext. 1240)

Weight Management

- Healthy Weight 1 Series
- Healthy Weight 2 Series
- Medical Weight Management (Visit kphealthyweight.com)
- Understanding Emotional Eating
- Weight Loss Surgery Overview

Women's Health

- Menopause: Hot Flashes, Hormones, and Sexuality
- Sex and Sensibility: A Workshop on Female Sexuality
- Women's Night Out (Visit kp.org/santarosa/womensnightout)
- Your Healthy Pelvis: Introduction (Call IMC at 707-284-9200)

Visit kp.org/santarosa/classes for more details



Take part in a wellness program

Take advantage of our wide range of convenient tools to help you stay well—from individual education and counseling to online resources and more.



Online Tools and Programs

- Health Journeys Guided Imagery
kpdoc.org/podcasts
- Healthy Lifestyle Programs
kp.org/healthylifestyle
 - Depression
 - Diabetes
 - Eating healthy
 - Insomnia
 - Losing weight
 - Quitting smoking
 - Reducing stress
- Life Care Planning: My Values, My Choices, My Care
kp.org/lifecareplan
- Live Well with Diabetes
kpdoc.org/diabetes
- Managing Your Back Pain
kpdoc.org/backpainprogram
- Prediabetes: A Healthy Game Plan
kpdoc.org/prediabetes
- Prenatal Nutrition (video)
kpdoc.org/prenatalnutrition
- Tobacco-Cessation Medications
kpdoc.org/tobacco medications
- Your Pregnancy
kp.org/mydoctor/pregnancy



Individual Education & Counseling

- Clinical Health Educators: Adults, Lactation, Ob/Gyn, Prenatal, Pediatrics, & HIV. Call 707-393-4167 to schedule a visit.
- Telephonic Wellness Coaches
kp.org/wellnesscoach or call 1-866-251-4514
- Registered Dietitians (Physician referral required)
- Behavioral Medicine Consultant
Call 707-393-4008



Drop-In Support Groups

Visit **kp.org/santarosa/classes** for location and contact information.

- Breast Cancer Support Group
- Cancer Support Group
- Breastfeeding Support Group
- Breastfeeding and Returning to Work
- Baby and Me Support Groups
- Emotional Well-Being During and After Pregnancy
- Plant Based Diet Support Group
- Senior Life Topics
- Type 2 Diabetes Support Group



Programas y servicios en español

Visite kp.org/santarosa/classes o llame al 707-393-4167 para obtener más información.

- Educadores de Salud
- Dietista Registrado
- Salud para su corazón
- Lo básico sobre la diabetes
- Coma bien con diabetes
- Hábitos saludables con diabetes
- Etapa media del embarazo
- Prepárese para el parto

Visite kp.org/mydoctor/espanol para buscar información de salud.



Healthy Living Centers

Main Campus

401 Bicentennial Way
MOB-1, Suite 145
Santa Rosa
707-393-4167

Mercury Way

2240 Mercury Way, 1st Floor
Santa Rosa
707-393-4167

Program fees are subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage to confirm the services covered under your plan. For questions, call our Member Service Contact Center at 1-800-464-4000, 24 hours a day, 7 days a week (closed holidays).