

HEALTH EDUCATION at a glance

BACK PAIN



Fairfield: 707.427.4466 • Napa: 707.258.4490 • Vacaville: 707.624.2225 • Vallejo: 707.651.2692  
[kp.org/napasolano/healthed](http://kp.org/napasolano/healthed) • [twitter.com/kphealthed](https://twitter.com/kphealthed) • [askahealtheducator@kp.org](mailto:askahealtheducator@kp.org)

Program	Description	Referral Needed	Location	Cost
Yoga for Emotional Health	A combination of breathing practices, gentle yoga postures, and guided visualizations. This class is suitable for individuals with physical limitations and chronic conditions.	No	Vacaville, Vallejo	\$35/ 6 weeks*
Qi Gong	A series of movements designed to promote healthy circulation. Qi gong can be modified for persons with physical limitations.	No	Vallejo	\$35/ 4 weeks*
Exercise Equipment	Equipment available in the store at Health Education. Items Include: Back Support, foam rollers, exercise balls, and more.	No	Fairfield, Napa, Vacaville	Varied
Managing Your Back Pain	An online program for back pain including ongoing recommendations for exercise. To access, go to your provider's homepage on <a href="http://kp.org/mydoctor">kp.org/mydoctor</a> , under the tab "tools and classes," click "interactive programs."	No	Online	Free
Spine Care Exercise Videos	Four online videos to help you appropriately exercise your back and relieve pain. To access, go to your physical therapist's homepage on <a href="http://kp.org/mydoctor">kp.org/mydoctor</a> under the tab "tools and classes," click "videos."	No	Online	Free
Care for your Back and Care for Pain Programs	Online programs to help you to address pain or specifically back pain in your life. Ongoing interaction with the computer. <a href="http://kp.org/careforyourback">kp.org/careforyourback</a> , <a href="http://kp.org/careforpain">kp.org/careforpain</a>	No	Online	Free
Podcast: Ease Pain	Free podcasts that you can download to your computer or just listen to online. Go to <a href="http://kp.org/listen">kp.org/listen</a> , click "podcasts."	No	Online	Free
Twitter	Follow us on Twitter. <a href="https://twitter.com/kphealthed">twitter.com/kphealthed</a>	No	Online	Free

\*Program fees are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage (EOC)* to confirm the services covered under your plan.