

Health Enhancement Classes

Los Angeles, San Gabriel Valley
January, February, March 2010

Classes include:

- Asthma and COPD
- Diabetes Management
- Congestive Heart Failure
- Weight Management
- Senior Exercise and Fitness
- Cholesterol Management
- Kidney Health
- High Blood Pressure



HealthCare Partners offers day and evening Health Enhancement classes with free or low-cost registration. For a complete list, ask your doctor or patient liaison or visit healthcarepartners.com

Some classes are available in Spanish



HealthCare Partners.
Medical Group and Affiliated Physicians

The Right Doctors Make All The Difference

Health Enhancement Classes

Class	Location	Day	Date	Time	Information & Registration	Cost
Disease Prevention and Management						
Asthma or Chronic Obstructive Pulmonary Disease (COPD) — Personalized instruction on disease management. A co-pay may be required by your health plan. Please Call Health Enhancement Department at 800.335.3362.						
Congestive Heart Failure (CHF) Disease Management Program — This program addresses lifestyle management, recognition of signs and symptoms, dietary education, and medication review for congestive heart failure patients.						
	Los Angeles	Wednesdays	Jan 6 - 20	1:30 – 3:00pm	1.800.335.3362	Free
	Monrovia	Wednesdays	Feb 3 - 17	1:30 – 3:00pm	1.800.335.3362	Free
	Los Angeles	Wednesdays	Mar 3 - 17	1:30 – 3:00pm	1.800.335.3362	Free
Cholesterol Management — Keep your arteries clear with this informative class. Learn about factors that affect cholesterol levels and how healthy food choices can help you prevent heart disease.						
	Arcadia	Wednesday	January 20	6:30 – 8:30pm	1.800.335.3362	Free
	Arcadia	Wednesday	February 24	6:30 – 8:30pm	1.800.335.3362	Free
Diabetes Management — This multi-session class provides information on diabetes, meal planning, exercise, and controlling blood sugar to prevent complications. Diabetics and family members are welcome.						
	Arcadia	Thursdays	Jan 7 - Feb 4	6:30 – 8:30pm	1.800.335.3362	Free
	Montebello	Thursdays	Feb 4 & 11	6:00 – 8:00pm	1.800.335.3362	Free
	Glendora	Tuesdays	Feb 9 - Mar 9	6:30 – 8:30pm	1.800.335.3362	Free
	Arcadia	Wednesdays	Feb 17 - Mar 17	9:00 – 11:00am	1.800.335.3362	Free
	Los Angeles	Thursday	February 18	3:00 – 4:30pm	1.800.335.3362	Free
	Arcadia	Thursdays	Mar 25 - Apr 22	6:30 – 8:30pm	1.800.335.3362	Free
Control de la Diabetes — Este programa consiste en varias sesiones y proporciona información sobre la diabetes, planificación de comidas, ejercicio y control del azúcar sanguíneo. Las personas que padecen diabetes y su familia pueden participar en el programa.						
	Montebello	jueves	enero 7 & 14	6:00 – 8:00pm	1.800.335.3362	Gratis
	Los Angeles	jueves	enero 21	3:00 – 4:30pm	1.800.335.3362	Gratis
	Montebello	jueves	marzo 4 & 11	6:00 – 8:00pm	1.800.335.3362	Gratis
	Los Angeles	jueves	marzo 18	3:00 – 4:30pm	1.800.335.3362	Gratis

Class	Location	Day	Date	Time	Information & Registration	Cost
-------	----------	-----	------	------	----------------------------	------

Diabetes Nutrition — Learn how to incorporate healthy, satisfying meals into a successful diabetes management plan in this course taught by a registered dietitian.

	Arcadia	Wednesdays	Jan 6 & 13	9:00 – 11:00am	1.800.335.3362	Free
	Arcadia	Wednesdays	Jan 27 & Feb 3	4:00 – 6:00pm	1.800.335.3362	Free
	Arcadia	Wednesdays	Feb 3 & 10	9:00 – 11:00am	1.800.335.3362	Free
	Montebello	Saturday	February 13	9:00 – 11:00am	1.800.335.3362	Free
	Montebello	Saturday	March 6	9:00 – 11:00am	1.800.335.3362	Free
	Arcadia	Wednesdays	Mar 24 & 31	6:30 – 8:30pm	1.800.335.3362	Free

Meter Instruction Class — People beginning blood glucose testing and those changing to a new meter will learn basic information about controlling blood sugar levels and using a meter.

	Arcadia	Wednesday	January 20	3:00 – 4:30pm	1.800.335.3362	Free
	Arcadia	Thursday	February 18	3:00 – 4:30pm	1.800.335.3362	Free
	Montebello	Thursday	February 18	6:00 – 7:00pm	1.800.335.3362	Free
	Arcadia	Thursday	March 18	3:00 – 4:30pm	1.800.335.3362	Free

Clase de instrucción en el uso de medidores — Este curso ha sido diseñado para las personas que empiezan las pruebas para monitorear el nivel de glucosa en la sangre o que cambian a un medidor nuevo. Aprenderá información básica acerca de cómo controlar el nivel de glucosa en la sangre y recibirá entrenamiento práctico en el uso de su medidor.

	Montebello	jueves	enero 21	6:00 – 7:00pm	1.800.335.3362	Gratis
	Los Angeles	jueves	enero 28	3:00 – 4:00pm	1.800.335.3362	Gratis
	Montebello	jueves	marzo 18	6:00 – 7:00pm	1.800.335.3362	Gratis
	Los Angeles	jueves	marzo 25	3:00 – 4:00pm	1.800.335.3362	Gratis

Senior Programs

Walking Group — This group meets twice a week for stretching and cardiovascular exercise. Walking Group Orientation Class is required prior to joining this group.

	Los Angeles	Mons & Weds	weekly	8:00 – 9:00am	1.800.335.3362	Free
--	-------------	-------------	--------	---------------	----------------	------

Class	Location	Day	Date	Time	Information & Registration	Cost
Weight Management						
Healthy Eating — This class promotes weight control and cholesterol management through the development of healthy eating habits. Topics include low-fat cooking, shopping, dining out, exercise, and more.						
	Arcadia	Friday	January 8	9:30 – 11:30am	1.800.335.3362	Free
	Montebello	Saturday	January 9	9:00 – 11:00am	1.800.335.3362	Free
	Arcadia	Wednesday	January 13	6:30 – 8:30pm	1.800.335.3362	Free
	Arcadia	Friday	February 5	9:30 – 11:30am	1.800.335.3362	Free
	Los Angeles	Thursday	February 11	3:00 – 4:30pm	1.800.335.3362	Free
	Arcadia	Wednesday	February 17	6:30 – 8:30pm	1.800.335.3362	Free
	Arcadia	Friday	March 5	9:30 – 11:30am	1.800.335.3362	Free
	Arcadia	Wednesday	March 10	6:30 – 8:30pm	1.800.335.3362	Free
*Alimentación Sana (Healthy Eating) — Esta clase la da un dietista registrado. Mostrará cómo puede usted controlar su peso y colesterol desarrollando hábitos alimenticios sanos. Se hablará de temas como cocinar con poca grasa, compra de comestibles, comer fuera, ejercicio y más.						
	Los Angeles	jueves	enero 14	3:00 – 4:30pm	1.800.335.3362	Gratis
	Montebello	jueves	febrero 25	6:00 – 8:00pm	1.800.335.3362	Gratis
	Los Angeles	jueves	marzo 11	3:00 – 4:30pm	1.800.335.3362	Gratis
Changing Weighs — A multi-session program promoting weight control through healthy eating habits and behavior modification. Topics include low-fat cooking, understanding labels, and more.						
	Arcadia	Tuesdays	Jan 5 - Mar 2	7:00 – 9:00pm	1.800.335.3362	\$65
	Arcadia	Monday	Feb 22 - Apr 12	6:00 – 8:00pm	1.800.335.3362	\$65
Changing Weighs Follow-Up — Have you previously taken a weight management class at HealthCare Partners and would like additional information and support? Join one of our Weight Management Follow-up classes/support groups.						
	Arcadia	Tuesdays	Feb 23, Mar 9 & 23	5:45 – 6:45pm	1.800.335.3362	\$30
Nutrition and Exercise for Kids — This six-week program for children from 8 to 12 years of age focuses on making better food choices, behavior modification, and exercise. Program includes six monthly follow-up group meetings.						
	Arcadia	Tuesdays	Mar 9 - Apr 20	6:45 – 8:15pm	1.800.335.3362	\$65
Follow-Up to Nutrition and Exercise for Kids — For children who have participated in the Nutrition and Exercise Program for Kids. This course will offer additional information and support.						
	Arcadia	Thursdays	Jan 14, Feb 11 & Mar 11	6:45 – 8:15pm	1.800.335.3362	Free

Class Information and Registration

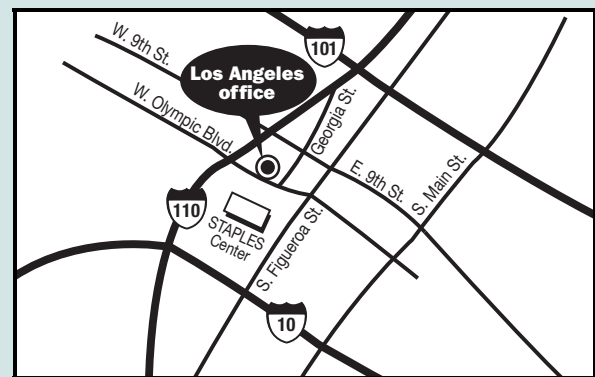
HealthCare Partners is a leader in the promotion of health and wellness. We offer a variety of programs promoting wellness and the prevention of illness. Our health enhancement programs will help you lead a healthier life by providing you with the tools and information you need to stay healthy. Most classes are free to HealthCare Partners patients and guests. Class registration is available on a first-come, first-served basis, with priority given to HealthCare Partners patients. Class dates and locations are subject to change. Pre-registration is required for all classes. For more information or to register, call the Health Enhancement Department at the number listed next to the class.

Información de Clases y Registración de Programas

HealthCare Partners es uno de los líderes en la promoción de salud y bienestar. Ofrecemos una variedad de programas que promueven el bienestar de una vida saludable y la prevención de enfermedades. Nuestros programas de educación en salud pueden ayudarle a llevar una vida más saludable proporcionándole las herramientas y la información que usted necesita para mantenerse saludable. La mayoría de las clases se ofrecen gratuitamente a los pacientes e invitados de HealthCare Partners. La inscripción para las clases está disponible según la orde de llegada, con prioridad otorgada a los pacientes de HealthCare Partners. Las fechas y locales se pueden cambiar. Por favor inscribese antes de asistir. Llame a nuestra oficina de Educación en la Salud listado junto a la clase para obtener más información o inscribir.



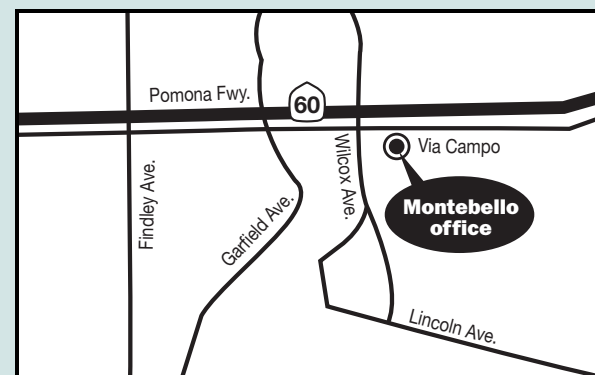
Arcadia Office
450 E. Huntington Drive
Arcadia, CA 91006
626.462.1884



Los Angeles Office
1025 W. Olympic Boulevard
Los Angeles, CA 90015
213.623.2225



Monrovia Office
831 E. Huntington Drive, #101
Monrovia, CA 91016
626.358.0269



Montebello Office
2603 Via Campo
Montebello, CA 90640
323.720.1144

This schedule can be found at www.healthcarepartners.com and click on "Health Education Classes"