

Health Enhancement Classes

South Bay

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.						
	Mariner	Tuesdays	Jan 5 & 12	10:30am – 12:00pm	310.371.0813	Free
	Mariner	Tuesdays	Feb 2 & 9	10:30am – 12:00pm	310.371.0813	Free
	Mariner	Tuesdays	Mar 2 & 9	10:30am – 12:00pm	310.371.0813	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.						
	Mariner	Wednesday	January 6	5:30 – 8:00pm	310.371.0813	\$10
	Mariner	Wednesday	January 20	2:00 – 4:30pm	310.371.0813	\$10
	Mariner	Thursday	February 11	5:30 – 8:00pm	310.371.0813	\$10
	Mariner	Wednesday	February 17	2:00 – 4:30pm	310.371.0813	\$10
	Mariner	Monday	March 15	5:30 – 8:00pm	310.371.0813	\$10
	Mariner	Wednesday	March 17	2:00 – 4:30pm	310.371.0813	\$10
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.						
	Mariner	Mondays	Jan 4 & 11	2:30 – 4:30pm	310.371.0813	Free
	Mariner	Mondays	Jan 4 & 11	6:30 – 8:30pm	310.371.0813	Free
	Mariner	Mondays	Feb 1 & 8	6:30 – 8:30pm	310.371.0813	Free
	Mariner	Mondays	Feb 1 & 8	2:30 – 4:30pm	310.371.0813	Free
	Mariner	Mondays	Mar 1 & 8	2:30 – 4:30pm	310.371.0813	Free
	Mariner	Mondays	Mar 1 & 8	6:30 – 8:30pm	310.371.0813	Free

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.						
	Mariner	Wednesdays	Jan 20 & 27	6:30 – 8:30pm	310.371.0813	Free
	Mariner	Thursdays	Jan 21 & 28	2:30 – 4:30pm	310.371.0813	Free
	Mariner	Wednesdays	Feb 17 & 24	6:30 – 8:30pm	310.371.0813	Free
	Mariner	Thursdays	Feb 18 & 25	2:30 – 4:30pm	310.371.0813	Free
	Mariner	Thursdays	Mar 18 & 25	2:30 – 4:30pm	310.371.0813	Free
	Mariner	Wednesdays	Mar 24 & 31	6:30 – 8:30pm	310.371.0813	Free
Pre-Diabetes/Metabolic Syndrome — This course gives those who may be at risk of developing diabetes or vascular disease information on weight management, cholesterol reduction, and blood pressure control.						
	Mariner	Thursday	January 14	6:00 – 7:30pm	310.371.0813	Free
	Mariner	Thursday	February 25	6:00 – 7:30pm	310.371.0813	Free
	Mariner	Wednesday	March 24	6:00 – 7:30pm	310.371.0813	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.						
	Mariner	Tuesdays	Weekly	9:30 – 11:00am	310.371.0813	Free
	Mariner	Tuesdays	Weekly	6:00 – 8:00pm	310.371.0813	Free
Exercise and Fitness						
Arthritis Exercise — Gentle, non-demanding exercises to increase joint flexibility, muscle strength, and overall physical endurance will be taught.						
	Redondo Beach	Tuesdays & Fridays	Weekly	10:00 – 11:00am	310.371.0813	Free
Back Class — Learn how the spine works and how to reduce or eliminate aches and pains. Course includes information on posture, body mechanics, and general fitness principles.						
	Skypark	Tuesdays	2 nd & 4 th Tuesday, Monthly	5:30 – 6:30pm	310.371.0813	Free

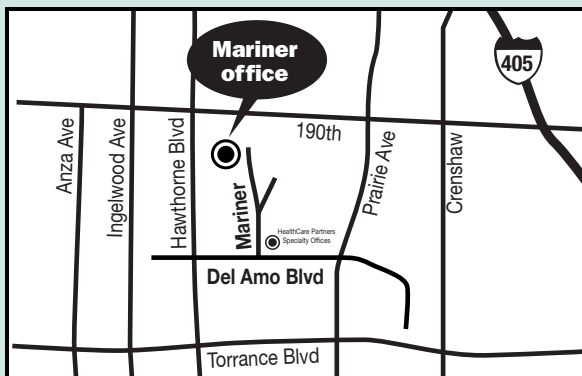
Class	Location	Day	Date	Time	Information & Registration	Cost
Health Improvement						
Kidney Class — This class is for people with Chronic Kidney Disease, stages 2-4. Your doctor will determine whether this class is appropriate for you. Participants will learn about kidney functions.						
	Mariner	Thursday	January 7	3:00 – 5:00pm	310.371.0813	Free
	Mariner	Thursday	February 4	3:00 – 5:00pm	310.371.0813	Free
	Mariner	Wednesday	March 10	3:00 – 5:00pm	310.371.0813	Free
Managing High Blood Pressure — Control high blood pressure through proper medication, exercise, and dietary changes.						
	Mariner	Wednesday	March 17	3:00 – 5:00pm	310.371.0813	Free
Weight Management						
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.						
	Mariner	Wednesdays	Jan 13 - Mar 3	6:00 – 7:30pm	310.371.0813	\$65
	Mariner	Saturdays	Jan 30 - Mar 20	11:00am – 12:30pm	310.371.0813	\$65
Changing Weighs for Teens — This six-week class helps teens from 13 to 18 make healthier lifestyle choices. Physical activities help teach participants how to balance exercise with diet.						
	Mariner	Thursdays	Feb 18 - Mar 25	5:30 – 7:00pm	310.371.0813	\$40
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.						
	Mariner	Thursdays	Jan 7 - Feb 11	5:30 – 7:00pm	310.371.0813	\$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.						
	Mariner	Wednesdays	Once a month, for 6 months	5:45 – 7:00pm	310.371.0813	Free
Health and Weight Management Program						
Medically Supervised Program — Physician-monitored weight loss program intended for those who have taken the orientation course. Participants attend weekly nutrition classes. HMR meal replacement products required.						
	Torrance	Mondays	Weekly	TBD at Orientation	310.371.0813	Call
	Torrance	Tuesdays	Weekly	TBD at Orientation	310.371.0813	Call
Orientation — A registered dietician leads the introductory course for the health and weight management program for individuals who are 40 pounds or more over their ideal weight.						
	Mariner	Thursdays	Call for Date	6:00 – 7:30pm	310.371.0813	Free

Class Information and Registration

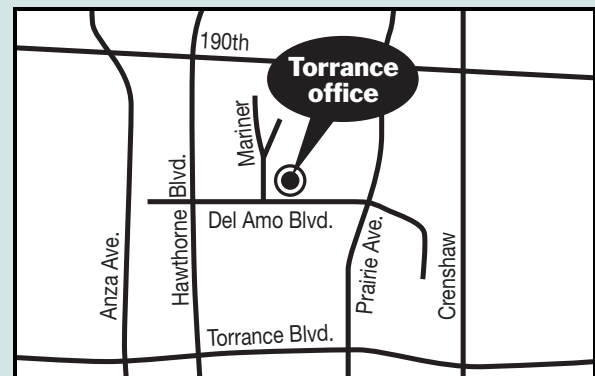
HealthCare Partners is a leader in the promotion of health and wellness. We offer a variety of programs promoting wellness and the prevention of illness. Our health enhancement programs will help you lead a healthier life by providing you with the tools and information you need to stay healthy. Most 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

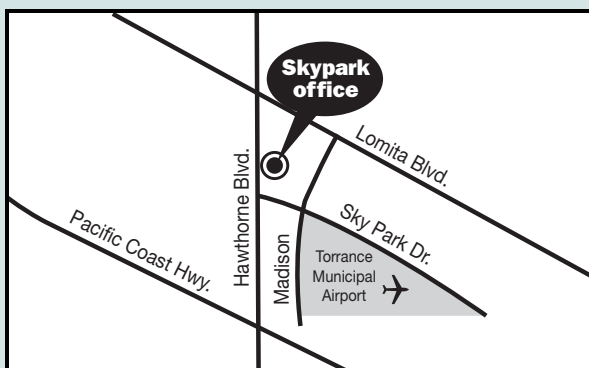
HealthCare Partners es uno de los líderes en la promoción de salud y bienestar. Ofrecemos una variedad de programas que promueven el bienestar de una vida saludable y la prevención de enfermedades. Nuestros programas de educación en salud pueden ayudarle a llevar una vida más saludable proporcionándole 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 inscribáse antes de asistir. Llame a nuestra oficina de Educación en la Salud listado junto a la clase para obtener más información o inscribir.



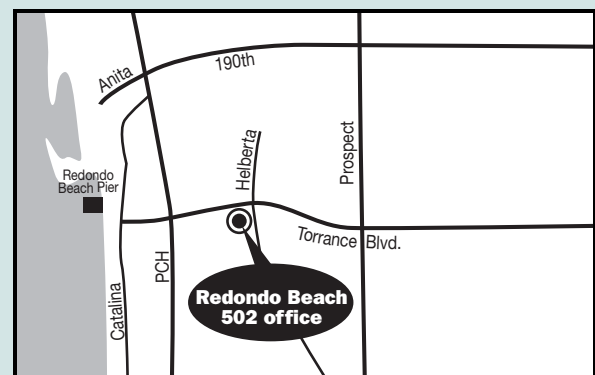
Mariner Office
19601 Mariner Avenue
Torrance, CA 90503
310.371.0813



Torrance Office
3565 Del Amo Boulevard
Torrance, CA 90503
310.214.0811



Skypark Office
23430 Hawthorne Boulevard, Bldg. 3, #105
Torrance, CA 90505
310.791.3812



Redondo Beach Office
502 Torrance Boulevard
Redondo Beach, CA 90277
310.316.0811

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