

Health Enhancement Classes

Long Beach

January, February, March 2010

Classes include:

- Asthma and COPD
- Diabetes Management
- Congestive Heart Failure
- Weight Management
- Cholesterol Management
- Kidney Health



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



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The Right Doctors Make All The Difference

Health Enhancement Classes

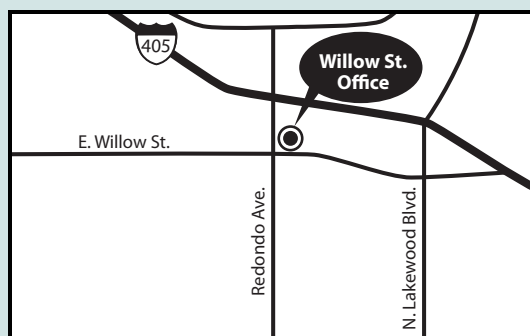
Class	Location	Day	Date	Time	Information & Registration	Cost
Disease Prevention and Management						
Asthma or Chronic Obstructive Pulmonary Disease (COPD) — Personalized instruction on disease management. A co-pay may be required by your health plan. Please Call Health Enhancement Department at 800.335.3362.						
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.						
	Willow	Monday	January 11	10:00am – 12:00pm	562.988.7272	Free
	Willow	Mondays	Feb 1 & 8	10:00am – 12:00pm	562.988.7272	Free
	Willow	Mondays	Mar 15 & 22	10:00am – 12:00pm	562.988.7272	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.						
	Willow	Monday	January 4	6:00 – 8:00pm	562.988.7272	Free
	Willow	Tuesday	January 12	10:00am – 12:00pm	562.988.7272	Free
	Willow	Monday	February 1	6:00 – 8:00pm	562.988.7272	Free
	Willow	Tuesday	February 9	10:00am – 12:00pm	562.988.7272	Free
	Willow	Monday	March 1	6:00 – 8:00pm	562.988.7272	Free
	Willow	Tuesday	March 9	10:00am – 12:00pm	562.988.7272	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.						
	Willow	Thursday	January 7	6:00 – 8:00pm	562.988.7272	Free
	Willow	Wednesdays	Jan 20 & 27	6:00 – 8:00pm	562.988.7272	Free
	Willow	Thursdays	Jan 21 & 28	10:00am – 12:00pm	562.988.7272	Free
	Willow	Thursdays	Feb 4 & 11	6:00 – 8:00pm	562.988.7272	Free
	Willow	Wednesdays	Feb 17 & 24	6:00 – 8:00pm	562.988.7272	Free
	Willow	Thursdays	Feb 18 & 25	10:00am – 12:00pm	562.988.7272	Free
	Willow	Thursdays	Mar 4 & 11	6:00 – 8:00pm	562.988.7272	Free
	Willow	Wednesdays	Mar 17 & 24	6:00 – 8:00pm	562.988.7272	Free
	Willow	Thursdays	Mar 18 & 25	10:00am – 12:00pm	562.988.7272	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.						
	Willow	Wednesdays	Jan 6 & 13	10:00am – 12:00pm	562.988.7272	Free
	Willow	Wednesdays	Jan 6 & 13	6:00 – 8:00pm	562.988.7272	Free
	Willow	Monday	January 25	6:00 – 8:00pm	562.988.7272	Free
	Willow	Wednesdays	Feb 3 & 10	10:00am – 12:00pm	562.988.7272	Free
	Willow	Wednesdays	Feb 3 & 10	6:00 – 8:00pm	562.988.7272	Free
	Willow	Monday	February 22	6:00 – 8:00pm	562.988.7272	Free
	Willow	Wednesdays	Mar 3 & 10	10:00am – 12:00pm	562.988.7272	Free
	Willow	Wednesdays	Mar 3 & 10	6:00 – 8:00pm	562.988.7272	Free
	Willow	Mondays	Mar 22 & 29	6:00 – 8:00pm	562.988.7272	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.						
	Willow	Thursday	January 7	10:00am – 12:00pm	562.988.7272	Free
	Willow	Thursday	January 21	6:00 – 8:00pm	562.988.7272	Free
	Willow	Wednesday	January 27	1:00 – 3:00pm	562.988.7272	Free
	Willow	Thursday	February 4	10:00am – 12:00pm	562.988.7272	Free
	Willow	Thursday	February 18	6:00 – 8:00pm	562.988.7272	Free
	Willow	Wednesday	February 24	1:00 – 3:00pm	562.988.7272	Free
	Willow	Thursday	March 4	10:00am – 12:00pm	562.988.7272	Free
	Willow	Thursday	March 18	6:00 – 8:00pm	562.988.7272	Free
	Willow	Wednesday	March 24	1:00 – 3:00pm	562.988.7272	Free
Pre-Diabetes Class — 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.						
	Willow	Tuesday	January 5	6:00 – 8:00pm	562.988.7272	Free
	Willow	Monday	February 8	6:00 – 8:00pm	562.988.7272	Free
	Willow	Monday	March 8	6:00 – 8:00pm	562.988.7272	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.						
	Willow	Monday	January 11	3:00 – 5:00pm	562.988.7272	Free
	Willow	Monday	February 8	3:00 – 5:00pm	562.988.7272	Free
	Willow	Monday	March 15	3:00 – 5:00pm	562.988.7272	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.						
	Willow	Tuesdays	Jan 12 - Mar 2	6:00 – 7:30pm	562.988.7272	\$65
Nutrition and Exercise for Kids — This program for children 8 to 12 years of age focuses on making better food choices, behavioral modifications and exercise.						
	Willow	Thursdays	Jan 14 & 28	5:30 – 7:00pm	562.988.7272	\$20

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.



Willow Office
 2600 Redondo Avenue
 Long Beach, CA 90806
562.988.7272

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