

Health Enhancement Classes

San Fernando Valley
January, February, March 2010

Classes include:

- Asthma and COPD
- Diabetes Management
- Congestive Heart Failure
- Cholesterol Management
- Pregnancy and Childcare
- 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

Class	Location	Day	Date	Time	Information & Registration	Cost
Child Care and Pregnancy						
Baby Care Basics — Learn the ABCs of taking care of your newborn.						
	Van Nuys	Wednesday	January 20	7:00 – 9:00pm	818.756.2588	Free
	Van Nuys	Wednesday	February 10	7:00 – 9:00pm	818.756.2588	Free
	Van Nuys	Wednesday	March 10	7:00 – 9:00pm	818.756.2588	Free
Breastfeeding — As a new mother, your success with breastfeeding may be partially determined by your feelings about it. Make the transition to this special time smoother by taking advantage of our group education class.						
	Van Nuys	Wednesday	January 27	7:00 – 9:00pm	818.756.2588	Free
	Van Nuys	Wednesday	February 24	7:00 – 9:00pm	818.756.2588	Free
	Van Nuys	Wednesday	March 24	7:00 – 9:00pm	818.756.2588	Free
Healthy Pregnancy — This class covers how to have a healthy pregnancy and to give your baby the best of health from the beginning.						
	Van Nuys	Wednesday	January 13	7:00 – 9:00pm	818.756.2588	Free
	Van Nuys	Wednesday	February 3	7:00 – 9:00pm	818.756.2588	Free
	Van Nuys	Wednesday	March 3	7:00 – 9:00pm	818.756.2588	Free
How to Feed Your Child — Discover how to start your children off eating healthy! Learn practical and quick tricks to healthy eating. The very best gift you can give your child is good health.						
	Van Nuys	Saturday	February 6	10:00am – 12:00pm	818.756.2588	Free
Disease Prevention and Management						
Adult Asthma Class — For adult asthma patients and their families, this class discusses signs and symptoms of asthma, strategies to avoid asthma triggers, and medications.						
		Call	for	information	818-756-2588	Free
Pediatrics Asthma Class — For pediatric asthma patients and their families, this class discusses signs and symptoms of asthma, strategies to avoid asthma triggers, and medications.						
		Call	for	information	818-756-2588	Free
Congestive Heart Failure (CHF) Disease Management Program — This two day program addresses lifestyle management, recognition of signs and symptoms, dietary education, and medication review for congestive heart failure patients.						
	Van Nuys	Saturday	February 20	11:00am – 1:00pm	818-756-2588	Free

Class	Location	Day	Date	Time	Information & Registration	Cost
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.						
	Van Nuys	Tuesday	January 5	7:30 – 9:00pm	818.756.2588	Free
	West Hills	Thursday	January 7	6:00 – 7:30pm	818-756-2588	Free
	Van Nuys	Saturday	January 16	10:00am – 12:00pm	818-756-2588	Free
	Van Nuys	Tuesday	January 19	7:30 – 9:00pm	818-756-2588	Free
	Mission Hills	Wednesday	January 20	6:00 – 7:30pm	818-756-2588	Free
	Van Nuys	Saturday	January 30	1:00 – 3:00pm	818-756-2588	Free
	Van Nuys	Tuesday	February 2	7:30 – 9:00pm	818-756-2588	Free
	Van Nuys	Tuesday	February 16	7:30 – 9:00pm	818-756-2588	Free
	Mission Hills	Wednesday	February 17	6:00 – 7:30pm	818-756-2588	Free
	Van Nuys	Tuesday	March 2	7:30 – 9:00pm	818-756-2588	Free
	Van Nuys	Tuesday	March 16	7:30 – 9:00pm	818-756-2588	Free
	Van Nuys	Tuesday	March 30	7:30 – 9:00pm	818-756-2588	Free
Manejo de Colesterol (Cholesterol) – Mantenga sus arterias limpias con esta clase informativa. Aprenda sobre los factores que afectan los niveles de colesterol y de cómo la selección de alimentos saludables pueden ayudar a prevenir enfermedades del corazón.						
Español	Mission Hills	miércoles	marzo 31	6:00 – 7:30pm	818-756-2588	Gratis
Control de Diabetes — Este programa consiste proporciona informacion sobre la diabetes, planificacion de comidas, ejercicio y control del azucar sanguieno. Las personas que padecen diabetes y su familia pueden participar en la programa.						
Español	Mission Hills	miércoles	febrero 24	6:00 – 7:30pm	818-756-2588	Gratis
Diabetes Management Series — This five-session class provides information on diabetes, meal planning, carbohydrate counting, exercise, and controlling blood sugar to prevent complications. Diabetics and family members are welcome.						
	Mission Hills	Fridays	Jan 8 - Feb 5	9:00 – 11:00am	818.756.2588	Free
	Van Nuys	Saturdays	Jan 16 - Feb 13	10:00am – 12:00pm	818.756.2588	Free
	West Hills	Wednesdays	Jan 27 - Feb 24	6:00 – 8:00pm	818.756.2588	Free
	Mission Hills	Fridays	Feb 12 - Mar 12	9:00 – 11:00am	818.756.2588	Free
Diabetes Nutrition — Learn how to incorporate healthy, satisfying meals into a successful diabetes management plan in this two day course taught by a registered dietitian.						
	Van Nuys	Wednesday	Feb 3 & 10	6:00 – 7:30pm	818.756.2588	Free
	Mission Hills	Friday	Mar 19 & 26	9:00 – 11:00am	818.756.2588	Free

Health Enhancement Classes

Class	Location	Day	Date	Time	Information & Registration	Cost
Pre-Diabetes/Síndrome Metabólico — Este curso da los que pueden estar en peligro de la diabetes reveladora o información vascular de enfermedad en la gestión de peso, en reducción de colesterol, y en control de tensión.						
Español	Mission Hills	miércoles	enero 27	6:00 – 7:30pm	818.756.2588	Gratis
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.						
	Mission Hills	Friday	January 15	1:00 – 3:00pm	818.756.2588	Free
	West Hills	Thursday	January 21	6:00 – 7:30pm	818.756.2588	Free
	Van Nuys	Saturday	January 23	1:00 – 3:00pm	818.756.2588	Free
	Mission Hills	Friday	February 19	1:00 – 3:00pm	818.756.2588	Free
	Van Nuys	Wednesday	March 17	6:00 – 7:30pm	818.756.2588	Free
	Mission Hills	Friday	March 26	1:00 – 3:00pm	818.756.2588	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.						
	Mission Hills	Friday	January 8	11:30am – 12:30pm	818.756.2588	Free
	Mission Hills	Friday	January 15	11:30am – 12:30pm	818-756-2588	Free
	Mission Hills	Friday	January 29	11:30am – 12:30pm	818-756-2588	Free
	Mission Hills	Friday	February 5	11:30am – 12:30pm	818-756-2588	Free
	Mission Hills	Friday	February 12	11:30am – 12:30pm	818-756-2588	Free
	Mission Hills	Friday	February 19	11:30am – 12:30pm	818-756-2588	Free
	Mission Hills	Friday	March 5	11:30am – 12:30pm	818-756-2588	Free
	Mission Hills	Friday	March 12	11:30am – 12:30pm	818-756-2588	Free
	Mission Hills	Friday	March 19	11:30am – 12:30pm	818-756-2588	Free
	Mission Hills	Friday	March 26	11:30am – 12:30pm	818-756-2588	Free
Diabetes Rap Group – Have you previously attended a diabetes class at HealthCare Partners and would like additional information and support? Let's talk about it! Join our rap group to discuss your concerns and share your experiences.						
	Mission Hills	Friday	January 22	1:00 – 2:00pm	818-756-2588	Free
	Mission Hills	Friday	February 26	1:00 – 2:00pm	818-756-2588	Free

Class	Location	Day	Date	Time	Information & Registration	Cost
Exercise and Fitness						
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.						
	Van Nuys	Wednesday	January 20	6:30 – 8:30pm	818.756.2588	Free
	Van Nuys	Saturday	March 6	11:00am – 1:00pm	818.756.2588	Free
Health Improvement						
Managing High Blood Pressure — Control high blood pressure through proper medication, exercise, and dietary changes.						
	Van Nuys	Tuesday	January 26	7:30 – 9:00pm	818.7562588	Free
	Van Nuys	Tuesday	February 23	7:30 – 9:00pm	818.7562588	Free
	Van Nuys	Tuesday	March 23	7:30 – 9:00pm	818.7562588	Free
Senior Programs						
Senior Fitness – Start the new year off right with some fitness goals. Light lunch will be provided.						
	Mission Hills	Tuesday	January 19	12:00 – 1:30pm	818-756-2588	Free
Healthy Aging – Learn the newest research on what leads to a long and healthy life. Light lunch will be provided.						
	Mission Hills	Tuesday	March 23	12:00 – 1:30pm	818-756-2588	Free
Weight Management						
Coordinated Approach to Weight Loss (CAWL) — Thirteen-week intensive weight management program involving water aquatics and group meetings with a nutritionist and psychologist.						
	Van Nuys/CSUN	Mondays, Wednesdays, & Thursdays	Feb 1 - May 6	6:00 – 7:30pm	818-756-2588	Call

Health Enhancement Classes

Class	Location	Day	Date	Time	Information & Registration	Cost
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.						
	Van Nuys	Saturday	January 9	10:00am – 12:00pm	818-756-2588	Free
	Van Nuys	Tuesday	January 12	7:30 – 9:00pm	818-756-2588	Free
	Mission Hills	Wednesday	January 13	6:00 – 7:30pm	818-756-2588	Free
	Van Nuys	Tuesday	February 9	7:30 – 9:00pm	818-756-2588	Free
	Van Nuys	Saturday	February 20	10:00am – 12:00pm	818-756-2588	Free
	Mission Hills	Wednesday	March 3	6:00 – 7:30pm	818-756-2588	Free
	Van Nuys	Tuesday	March 9	7:30 – 9:00pm	818-756-2588	Free
	Van Nuys	Saturday	March 20	10:00am – 12:00pm	818-756-2588	Free
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.						
	Van Nuys	Mondays	Jan 4 - Mar 8	5:30 – 7:00pm	818.756.2588	\$65
	Van Nuys	Mondays	Feb 22 - Apr 12	7:30 – 9:00pm	818.756.2588	\$65
Changing Weighs & CAWL Follow-Up — Have you previously taken a weight management class at HealthCare Partners and would like additional information and support? Join our Lifestyle Support group that meets on Thursdays in West Hills. Call for details.						
	Van Nuys	Monday	January 11	7:30 – 8:30pm	818-756-2588	Free
	Van Nuys	Monday	February 8	7:30 – 8:30pm	818-756-2588	Free
	Van Nuys	Monday	March 8	7:30 – 8:30pm	818-756-2588	Free
Nutrition & Exercise for Kids — This seven-week program for children from 7-12 years of age and their parents focuses on making better food choices, behavior modification and including exercise into daily life.						
	Van Nuys	Tuesdays	Jan 5 - Feb 16	5:30 – 7:00pm	818-756-2588	\$65
	Van Nuys	Tuesdays	Feb 23 - Apr 6	5:30 – 7:00pm	818-756-2588	\$65

Class Information and Registration

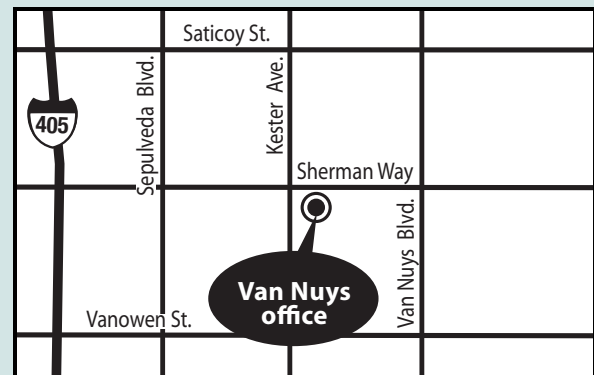
HealthCare Partners is a leader in the promotion of health and wellness. We offer a variety of programs promoting wellness and the prevention of illness. Our health enhancement programs will help you lead a healthier life by providing you with the tools and information you need to stay healthy. Most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

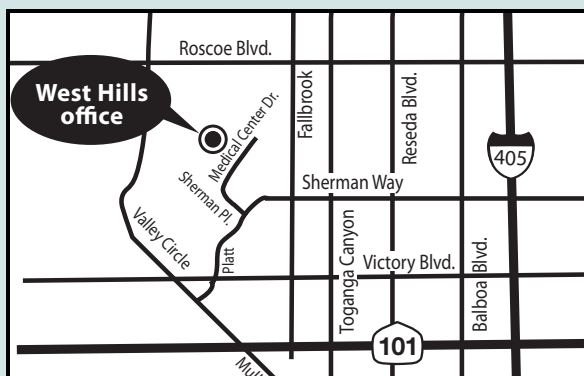
HealthCare Partners es uno de los líderes en la promoción de salud y bienestar. Ofrecemos una variedad de programas que promueven el bienestar de una vida saludable y la prevención de enfermedades. Nuestros programas de educación en salud pueden ayudarle a llevar una vida más saludable proporcionándole 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 orden 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.



Mission Hills Office
11600 Indian Hills Road, #200
Mission Hills, CA 91345
818.838.4500



Van Nuys Office
14600 Sherman Way, #300
Van Nuys, CA 91405
818.781.7097



West Hills Office
7301 Medical Center Drive, #500
West Hills, CA 91307
818.226.3666

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