

Health Enhancement Classes

San Fernando Valley
July, August, September 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
Advance Health Care Directive						
Five Wishes — An advance health care directive lets your physician and family know who you want to make health care decisions for you when you can't, including the type of care you want. Call and register to find out more and to complete the form.						
	Mission Hills	Friday	July 16	12:00 – 1:00pm	818.756.2588	Free
	Van Nuys	Thursday	August 26	12:00 – 1:00pm	818.756.2588	Free
	Roscoe	Thursday	September 16	10:00 – 11:00am	818.756.2588	Free
	West Hills	Friday	September 24	10:00 – 11:00am	818.756.2588	Free
Child Care and Pregnancy						
Baby Care Basics — Learn the ABCs of taking care of your newborn.						
	Van Nuys	Wednesday	July 14	7:00 – 9:00pm	818.756.2588	Free
	Van Nuys	Wednesday	August 11	7:00 – 9:00pm	818.756.2588	Free
	Van Nuys	Wednesday	September 15	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	July 28	7:00 – 9:00pm	818.756.2588	Free
	Van Nuys	Wednesday	August 25	7:00 – 9:00pm	818.756.2588	Free
	Van Nuys	Wednesday	September 29	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	July 7	7:00 – 9:00pm	818.756.2588	Free
	Van Nuys	Wednesday	August 4	7:00 – 9:00pm	818.756.2588	Free
	Van Nuys	Wednesday	September 1	7:00 – 9:00pm	818.756.2588	Free

Class	Location	Day	Date	Time	Information & Registration	Cost
Disease Prevention and Management						
Adult & Pediatric Asthma — For 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
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.						
	Mission Hills	Friday	July 9	9:00 – 11:00am	818-756-2588	Free
	Van Nuys	Wednesday	August 4	6:00 – 7:30pm	818-756-2588	Free
	Mission Hills	Friday	August 20	9:00 – 11:00am	818-756-2588	Free
	Van Nuys	Saturday	September 4	11:00am – 1:00pm	818-756-2588	Free
	Mission Hills	Friday	September 24	9:00 – 11:00am	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	22 de septiembre	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.						
Español	Mission Hills	miércoles	28 de julio	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.						
	West Hills	Wednesdays	July 7 - Aug 4	6:00 – 8:00pm	818.756.2588	Free
	Roscoe	Thursdays	July 8 - Aug 5	10:00am – 12:00pm	818.756.2588	Free
	Van Nuys	Mondays	July 12 - Aug 9	10:00am – 12:00pm	818.756.2588	Free
	Mission Hills	Fridays	July 23 - Aug 20	9:00 – 11:00am	818.756.2588	Free
	Van Nuys	Saturdays	July 31 - Aug 28	11:00am – 1:00pm	818.756.2588	Free
	Roscoe	Thursdays	Aug 12 - Sept 5	5:30 – 7:30pm	818.756.2588	Free
	West Hills	Wednesdays	Aug 25 - Sept 22	6:00 – 8:00pm	818.756.2588	Free
	Mission Hills	Fridays	Aug 27 - Sept 24	9:00 – 11:00am	818.756.2588	Free
	Van Nuys	Saturdays	Sept 18 - Oct 16	11:00am – 1:00pm	818.756.2588	Free

Class	Location	Day	Date	Time	Information & Registration	Cost
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	July 16	9:00 – 11:00am	818.756.2588	Free
	Van Nuys	Monday	August 16	10:00am – 12:00pm	818.756.2588	Free
	Mission Hills	Friday	September 17	1:00 pm – 3:00 pm	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	July 2	11:00am – 12:00pm	818.756.2588	Free
	Van Nuys	Monday	July 12	3:30 – 4:30pm	818-756-2588	Free
	Mission Hills	Friday	July 30	11:30am – 12:30pm	818-756-2588	Free
	Van Nuys	Monday	August 9	3:30 – 4:30pm	818-756-2588	Free
	Mission Hills	Friday	August 27	11:30am – 12:30pm	818-756-2588	Free
	Mission Hills	Friday	September 10	11:30am – 12:30pm	818-756-2588	Free
	Van Nuys	Monday	September 20	3:30 – 4:30pm	818-756-2588	Free

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	Saturday	August 7	11:00am – 1:00pm	818.756.2588	Free
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Diabetes & Exercise — This class provides the guidelines and tips for individuals with diabetes to safely develop and start their own exercise program.

	West Hills	Wednesday	August 11	6:00 – 8:00pm	818.756.2588	Free
	Van Nuys	Saturday	September 4	11:00am – 1:00pm	818.756.2588	Free
	West Hills	Wednesday	September 29	6:00 – 8:00pm	818.756.2588	Free

Health Improvement

Managing High Blood Pressure — Control high blood pressure through proper medication, exercise, and dietary changes.

	Mission Hills	Friday	August 13	9:00 – 11:00am	818.7562588	Free
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Class	Location	Day	Date	Time	Information & Registration	Cost
Senior Programs						
Chair Dancing — Come learn a unique, fun, convenient, and beneficial way to exercise that will improve muscle tone, flexibility, and cardiovascular endurance without impact or special equipment. A light lunch will be served.						
	Mission Hills	Tuesday	August 17	12:00 – 1:30pm	818-756-2588	Free
Support Groups						
Bereavement Support Group — We each grieve in our own way. Many find it beneficial from being with others who have experienced loss and can share their feelings while providing support. Group sessions led by a Marriage & Family Therapist.						
	Mission Hills	Tuesday	July 6	9:30 – 10:30am	818-756-2588	Free
	Mission Hills	Tuesday	July 20	9:30 – 10:30am	818-756-2588	Free
	Mission Hills	Tuesday	August 3	9:30 – 10:30am	818-756-2588	Free
	Mission Hills	Tuesday	August 17	9:30 – 10:30am	818-756-2588	Free
	Mission Hills	Tuesday	September 7	9:30 – 10:30am	818-756-2588	Free
	Mission Hills	Tuesday	September 21	9:30 – 10:30am	818-756-2588	Free
Diabetes Support Group — Have you previously attended the diabetes class series at HealthCare Partners and would like additional information and support? Let's talk about it! Join our support group to discuss your concerns and share your experiences.						
	Mission Hills	Friday	July 2	9:30 – 11:00am	818.756.2588	Free
	Van Nuys	Monday	July 26	3:30 – 4:30pm	818-756-2588	Free
	Mission Hills	Friday	August 6	9:30 – 11:00am	818-756-2588	Free
	Van Nuys	Monday	August 30	3:30 – 4:30pm	818-756-2588	Free
	Mission Hills	Friday	September 3	9:30 – 11:00am	818-756-2588	Free
	Van Nuys	Monday	September 27	3:30 – 4:30pm	818-756-2588	Free

Health Enhancement Classes



HealthCare Partners
Medical Group and Affiliated Physicians

Class	Location	Day	Date	Time	Information & Registration	Cost
Weight Management						
Coordinated Approach to Weight Loss (CAWL) — Thirteen week intensive weight management program involving water aquatics and group meetings with a Registered Dietitian and Psychologist.						
	West Hills/CSUN	Mondays, Wednesdays, & Thursdays	Sept 8 - Dec 2	6:00 – 7:30pm	818.756.2588	Call
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	July 19 – Sept 13	6:00 – 7:30pm	818.756.2588	\$65
	Van Nuys	Mondays	Sept 20 – Nov 8	6:00 – 7:30pm	818.756.2588	\$65
Changing Weighs Follow-Up — Have you previously taken a weight management class at HealthCare Partners and would like additional information and support? Join our Weight Management Follow-Up class/support group. \$30 for six sessions.						
	Van Nuys	Monday	July 19	8:00 – 9:00pm	818.756.2588	
	Van Nuys	Monday	August 2	8:00 – 9:00pm	818.756.2588	
	Van Nuys	Monday	August 16	8:00 – 9:00pm	818.756.2588	
	Van Nuys	Monday	August 30	8:00 – 9:00pm	818.756.2588	
	Van Nuys	Monday	September 13	8:00 – 9:00pm	818.756.2588	
	Van Nuys	Monday	September 27	8:00 – 9:00pm	818.756.2588	
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	July 10	11:00am – 1:00pm	818-756-2588	Free
	Mission Hills	Friday	July 23	9:00 – 11:00am	818-756-2588	Free
	Van Nuys	Wednesday	August 11	6:00 – 7:30pm	818-756-2588	Free
	Mission Hills	Friday	August 27	9:00 – 11:00am	818-756-2588	Free
	Mission Hills	Friday	September 17	11:00am – 1:00pm	818-756-2588	Free
Alimentacion Saludable – Esta clase promueve el control del peso y el colesterol durante el desarrollo de los habitos de alimentos saludables. Los temas incluyen el concinar con baja grasa, las compras, salir a cenar, hacer ejercicio, y más.						
Español	Mission Hills	miércoles	25 de agosto	6:00 – 7:30pm	818-756-2588	Gratis
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	Wednesdays	Aug 18 - Sept 29	5:30 – 7:00pm	818-756-2588	\$65

Class Information and Registration

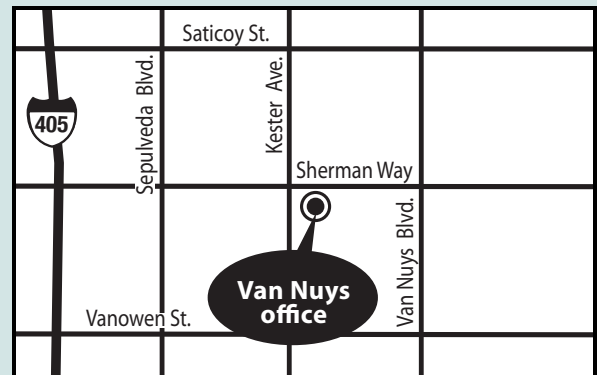
HealthCare Partners is a leader in the promotion of health and wellness. We offer a variety of programs promoting wellness and the prevention of illness. Our health enhancement programs will help you lead a healthier life by providing you with the tools and information you need to stay healthy. Most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

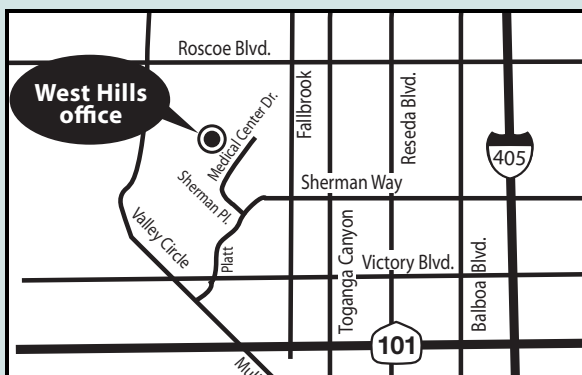
HealthCare Partners es uno de los líderes en la promoción de salud y bienestar. Ofrecemos una variedad de programas que promueven el bienestar de una vida saludable y la prevención de enfermedades. Nuestros programas de educación en salud pueden ayudarle a llevar una vida más saludable proporcionándole 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, #100
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



Roscoe Office
18433 Roscoe Blvd., #206
Northridge, CA 91324
818.341.1540

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