



PEDIATRIC WEIGHT MANAGEMENT SERVICES

Hayward, Fremont, and Union City

Clinical Health Educator: Meets with families for individual **basic** education and counseling on healthy eating and exercise. No fee. Station 1, Sleepy Hollow Building, Hayward. For more information, call (510) 784-4344 or (510) 784-4363.

Registered Dietitian: Meets with families for individual **in depth** education and counseling for nutrition assessments.

Fee: Copay. Station 1, Sleepy Hollow Building, Hayward.

Please contact your child's physician for a referral.

Healthy Eating, Active Living for Kids & Families: Overview

Age: 5 to 17 years and parents. Don't know how to take that first step? Take this intro class to healthy eating and physical activity for kids. Get an overview of resources at Kaiser Permanente and in the community. Decide on a "next-step" Action Plan for your child or teen. No fee. One time 2-hour class. Hayward Medical Center or Fremont Medical Center.

For more information, call Health Education (510) 784-4344, (510) 248-3455, or (510) 784-4531.

Real Science: Prevention of Childhood Overweight

Age: All ages and families. Increase your nutritional IQ. Learn about nutritional concepts; red flags for nutritional concerns in children, teens, and adults; body composition and body fat; and Body Positive. Taught by an experienced Registered Dietitian. Open to all family members, including siblings, grandparents, and babysitters. No fee. Weekly session for 3 weeks. English and Spanish sessions. Hayward/Sleepy Hollow Building.

For more information, call Health Education (510) 784-4344.

KP KIDS™: Kids in Dynamic Shape

Age: 5 to 12 years with > 85% BMI, and parents. Change is a family affair! Learn skills to motivate behavior change, encourage your child to be healthy and to get in shape. Learn as a family how to shop for and cook healthy meals, have fun while being physically active, and face related challenges. Discuss building self-esteem. An interactive class taught by a multi-disciplinary team. \$60 KP member, \$48 for 2nd child, or child of KP employee. Weekly session for 6 weeks. English and Spanish sessions. Union City Medical Center.

For more information, call Health Education (510) 784-4344, (510) 248-3455, or (510) 784-4531.

Teen Fitness

Age: 12 to 17 years. One parent/guardian required to attend. This program is a long-term, multidisciplinary approach to weight management that promotes healthy lifestyle changes for your family. Our team focuses on nutrition education and exercise. Fee required.

For more information, call (510) 784-4363.

All classes above require pre-enrollment.



Visit Our Health Education Centers

We have a wide selection of health resources to help you better understand and take care of your health.

These health resources include:

- Video Tapes and DVDs you can view in our centers
- Reference Books
- Internet Access available for medical searches
- Circulating Book and Video Tape Collection
- Free Pamphlets
- Books, Videos, Audio Tapes, and Specialty Items for sale
- Community Resource Information
- Access to Web sites:
members.kp.org
fremont.kp.org
hayward.kp.org
- Anatomical models and charts
- Health Education Class Registration and Information
- Friendly staff to answer your questions and help you find what you need

Visit KP.ORG

**Register today for a healthier way of life.
It's secure. Convenient. Free.**

- E-mail your doctor
- Schedule routine appointments
- Order prescription refills
- View select lab results

LOCATIONS

Location: **Hayward Health Education Center**
27400 Hesperian Boulevard
2nd Floor of the Main Medical Building
above the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.
Wednesday open till 7 p.m.

Phone: (510) 784-4531

Location: **Dr. Spencer Larsen
Pediatric Health Education Desk**
27303 Sleepy Hollow Avenue
1st Floor, Sleepy Hollow Building

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4344

Location: **Union City Health Education Center**
3553 Whipple Rd.
1st Floor next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4531

Location: **Fremont Health Education Center**
39400 Paseo Padre Parkway
Niles Building, 1st Floor
Next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 248-3455