



It's All About You

Moving Toward Wellness Series 2006

Milpitas Recreation Services and Kaiser Permanente Milpitas have partnered to provide a series of wellness conversations just for you! Health professionals from Kaiser Permanente and the community will provide helpful information on a variety of topics for everyone in your family. Programs are free, open to all, and you don't need to register.

Shake, Rattle, and Roll: Is Your Family Prepared for a Disaster?

Wednesday, April 26, 2006 – 7 p.m.
Milpitas Sports Center

While we cannot predict when the next natural disaster will strike, we can take steps to be better prepared. Mihir Meghani, MD, of Kaiser Permanente will help you determine survival needs for you and your family and Robin Sifield, community disaster educator from the American Red Cross, will describe Bay Area and local planning for disaster preparedness.

Building Bridges between Eastern and Western Medicine

(Presentation in Mandarin)
Thursday, May 4, 2006 – 10:30 a.m.
Milpitas Senior Center

Are you curious about how Eastern and Western medicine can treat health problems? In our culturally rich community, integrating Chinese medicine with western treatments can be complimentary. Hong Tao, MD, from Kaiser Permanente will help you use the best of both worlds to enhance your health.

Your Prescription to Thrive!: How Healthy Eating and an Active Lifestyle Can Be Yours

Wednesday, June 7, 2006 – 7 p.m.
Milpitas Sports Center

With so many people trying to lose weight and keep it off, it's no wonder trendy diets are so popular. You'll learn how to tailor your eating and exercise regimens and make lifestyle changes that you can live with every day. Sheila Chang, MD, from Kaiser Permanente will help you make a plan so you will never have to diet again!

Thriving for Teens!

Wednesday, July 19, 2006 – 6 p.m.
Milpitas Teen Center

Shelley Ash, MPH, from Kaiser Permanente Milpitas and Mary Patterson, MPH, from Project Cornerstone will help you identify the pluses in your life and think of ways to build upon the strengths of your family and your community. A lively evening of fun and self-esteem building just for teens!

Heart Health: Making Every Beat Count

Wednesday, August 9, 2006 – 7 p.m.
Milpitas Sports Center

Do you need clarification about what is normal blood pressure versus low or high? How would you know if you had a problem? If you'd like to learn how to improve your blood pressure, this workshop is for you! Bill Jue, MD, of Kaiser Permanente will clarify the best ways to control blood pressure and help you think about your next steps.

Move More. Live Better

Thursday, September 7, 2006 – 10:30 a.m.
Milpitas Senior Center

Get ready for some fun as a Kaiser Permanente physical therapist leads you through a seated exercise program! You'll lift your spirits as you elevate your heart rate and stretch your mind and your muscles. This is a real confidence booster. Please wear clothing that allows freedom of movement.

Small Steps to Healthier Families

Tuesday, October 10, 2006 – 7 p.m.
Milpitas Community Center

Kids are becoming heavier as they eat junk food and exercise less. How can you stop this trend in your family? Mandira Matta, MD, from Kaiser Permanente will help you take back control, build healthy meals that kids will eat, and carve out time for exercise to move your family toward life-long health.

