



## Patient Education & Health Promotion Classes

Title	Description	Schedule	Fee	Contact
<b><i>Coping with Illness</i></b>				
<b>Breath Easier: Adult Asthma Skills</b>	Learn the skills you need to control your asthma symptoms.	2 Thurs. 6:30-8:30 pm	Members only, no fee	972-3340
<b>The Joy of Health</b>	Learn how to control blood pressure and cholesterol and reduce your risk of heart attacks, strokes, or diabetes.	1 session, 2 hours, dates and times vary	Members only, no fee	972-3340
<b>PHASE: Prevent Heart Attacks and Strokes Everyday</b>	Learn how to prevent heart attacks and strokes with a healthy lifestyle and medication.	1 session, 2 hours, dates and times vary	Members only, no fee	972-3340
<b>Blood Sugar Self-Monitoring</b>	Learn how to use the One Touch Ultra glucose meter..	One session, 1 hour, day and evening classes available	Members only, no fee	972-3486
<b>Living Well with Diabetes: Step by Step</b>	Learn how to successfully manage your diabetes.	3 sessions, 2.5 hours, dates and times vary	Members only, no fee	972-3486 or 362-4740
<b><i>Flexibility &amp; Movement</i></b>				
<b>Beginning T'ai Chi</b>	T'ai Chi is an ancient meditative practice of movement and mind-body alignment which has developed into an exercise meant for relaxation and reduction of stress.	6 Mondays 6:00-7:30 pm	Members, \$60; nonmembers \$120	972-3340
<b>Deep Therapeutic Yoga</b>	Prior yoga experience recommended.	8 Tuesdays, 6:00-7:30 pm or 7:30-9:00 pm	Members, \$90; nonmembers \$180	972-3340
<b>Gentle Flow Yoga</b>	Recommended for those new to yoga as well as experienced practitioners.	8 Mondays 6:00-7:30pm	Members, \$85; nonmembers \$170	972-3340
<b>Prenatal Yoga</b>	Class designed to alleviate many of the common physical discomforts and emotional concerns of pregnancy. All fitness levels.	6 Wednesdays 6:00-8:00 pm	Members, \$65; nonmembers \$90	972-3340
<b>New Moms and Babies- Postpartum Yoga, Movement, and Support</b> <i>Also available: Postpartum Stress Overview One session, 2 hours</i>	Bring your little one! No experience necessary .	6 Fridays 10:00 am-noon	Members, \$65; nonmembers \$90	972-3340

## General Health

<b>The Feldenkrais Method</b>	Provides instruction in movement sequences that improve balance, posture, and range of motion that can reduce pain. Recommended for those with injuries or illnesses that limit mobility..	8 Tuesdays 6:00-7:30 pm	Members, \$50; nonmembers \$100	972-3340
<b>Acupressure</b>	Learn key surface points to stimulate the body's natural healing system.	6 Mondays 6:30- 8:30 pm	Members, \$60; nonmembers \$120	972-3340
<b>One Step Ahead-Advanced Health Care Directives</b>	Learn what an advanced care directive is, why it is important for all patients to have one, and how to fill out the forms.	1 session, 2 hours, day and evening classes available	Members only, no fee	972-3340

## Weight Management

<b>Foundations: Managing Your Weight</b>	Prerequisite for all weight management classes.	1 session	Members only, no fee	972-3340
<b>Healthy Lifestyle and Weight Management</b>	Focuses on eating behavior, physical activity and identifying ways to maintain realistic lifestyle changes. Prerequisite : Foundations: Managing Your Weight	10 sessions, 2 hours, times and dates vary	Members, \$100; non members, \$250	972-3340

## Smoking Cessation

<b>Stop Smoking Program</b>	Intensive group class for people who want to quit smoking.  <b><i>Anxiety and Stress Management classes also available in Health Education.</i></b>	7 sessions 5:00-6:30 pm <u>or</u> 7:00-8:30 pm	Members, no fee; non members, \$85	972-3340
<b>Quit Tobacco Workshop</b>	Single session program	One session monthly, 10:00 -12:30 pm <u>or</u> 2:00-4:30 pm	Members no fee; non members, \$40	972-3340

**Consider these programs for additional support:**

<b>Pathways for Stress Reduction Overview</b>		1 session	No fee	972-3340
<b>Stress Management: A Mind Body Approach</b>		8 sessions	No fee	
<b>Anger Management Series</b>		6 sessions	Fee - \$120	
<b>Depression Management Series</b>		8 sessions	No fee	