

# Staying Healthy

## in mind, body, and spirit

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



### Classes

#### ADHD in Adults

In this six-session class you'll learn how to identify symptoms and behaviors associated with ADD/ADHD (Attention Deficit/Hyperactivity Disorder) and its impact on self-esteem, relationships, and overall functioning.

**Fee:** \$85 members; \$105 nonmembers

#### Managing Anger

You can deal with anger in healthier ways. Join this eight-session class and learn to identify your anger triggers, develop communication skills, and practice new ways to respond – before your emotions take control. Note: This series does not satisfy the court-ordered treatment required for domestic violence.

**Fee:** \$120 members; \$200 nonmembers

#### Understanding Anxiety Series

In this six-session class, you will learn about the different causes of anxiety and dig deeper to understand what triggers anxiety for you and ways to manage your symptoms.

**Fee:** \$80 members; \$108 nonmembers

### Your Health Online

#### Shortcuts to better health at [kp.org](http://kp.org)

[kp.org/depression](http://kp.org/depression) – tools to deal with depression

[kp.org/espanol](http://kp.org/espanol) – content in Spanish

[kp.org/health](http://kp.org/health) – health encyclopedia

[kp.org/healthylifestyles](http://kp.org/healthylifestyles) – personalized assessments and action plans for total health

- Manage depression
- Manage insomnia
- Quit smoking
- Reduce stress

[kp.org/healthyliving](http://kp.org/healthyliving) – tools to help you live well

[kp.org/listen](http://kp.org/listen) – listen to and download health podcasts

[kp.org/medications](http://kp.org/medications) – drug encyclopedia

[kp.org/mentalhealth](http://kp.org/mentalhealth) – information about depression and mental health

[kp.org/mindbody](http://kp.org/mindbody) – learn about how your thoughts can affect your health

[kp.org/mydoctor](http://kp.org/mydoctor) –

- Select and communicate with your doctor
- View mental health resources
- Watch a video on anger, anxiety, or depression

See reverse side for additional resources to keep you healthy

KAISER PERMANENTE  thrive

**Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.**

### **Couples Communication Series**

Learn more effective ways to talk about difficult topics, reduce defensiveness, and understand each other's perspective. You'll learn problem-solving techniques and ways to increase pleasure and positive interactions. This six-session class is for couples in committed relationships.

**Fee:** \$120 members; \$180 nonmembers

### **Managing Depression Series**

Depression is a common treatable condition that affects more than 19 million Americans. Join this six-session program to learn about depression – how it starts, what resources are available, and what you can do to feel better.

**Fee:** No fee for members; \$108 nonmembers

### **Mindfulness Meditation**

This eight-session class teaches mindfulness meditation techniques and gentle yoga to increase mind-body awareness and improve your ability to cope with stress, pain, and illness. This course is modeled after the Stress Reduction Clinic developed by Jon Kabat-Zinn, PhD.

**Fee:** \$185 members; \$260 nonmembers

### **Mind-Body Medicine for Stress**

In this six-session series, you will learn to recognize the sources of stress in your life and how to help manage stress-related symptoms and illnesses. You'll learn ways to relax and develop healthy lifestyle habits to take better care of yourself and enjoy life more.

**Fee:** No fee for members; \$108 nonmembers



Program fees listed are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage (EOC)* to confirm the services covered under your plan. For additional information call 1-800-390-3507. Kaiser Permanente Medi-Cal fees are the same as member fees.

## **Health Education Centers**

**1-866-248-0721**

Health Education Centers are open to members and the community. We carry a variety of health information to support your mental health. Register for a class or check out a DVD, such as *Anger Management: Choose to Make the Journey* or *Couples Skills*.

Our Health Store products include stress balls and guided imagery CDs. Call or visit us at the following locations:

### **Antioch Medical Center**

4501 Sand Creek Road  
Antioch, CA 94531

### **Delta Fair Medical Offices**

3400 Delta Fair Boulevard  
Delta Square, Building C, #3662  
Antioch, CA 94509

### **Livermore Medical Offices**

3000 Las Positas Road  
Livermore, CA 94551

### **Martinez Medical Offices**

200 Muir Road  
Ensenada Building  
Martinez, CA 94553

### **Park Shadelands Medical Offices**

320 Lennon Lane  
Yosemite Building  
Walnut Creek, CA 94598

### **Pleasanton Medical Offices**

7601 Stoneridge Drive  
South Building  
Pleasanton, CA 94588

### **Walnut Creek Medical Center**

1425 South Main Street  
Walnut Creek, CA 94596

# Staying Healthy

## with exercise and movement

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### Classes

#### Acupressure

This four-session class is designed to teach members a form of self-help massage that uses finger pressure on points in the body to relieve a variety of conditions. These include; arthritis, insomnia, neck and shoulder muscle stiffness, pain and stress.

**Fee:** \$60 members; \$80 nonmembers

#### Acu-Yoga

This four-session class combines techniques of acupressure self-massage with gentle yoga for deep relaxation. The yoga poses practiced in class are appropriate for beginners.

**Fee:** \$60 members; \$80 nonmembers

#### Feldenkrais®

Learn gentle movement sequences designed to improve mobility, flexibility, balance, coordination, comfort, posture, and breathing for anyone experiencing muscle pain, recovering from injuries, or dealing with neurological disorders. This is a six-session class.

**Fee:** \$60 members; \$80 nonmembers

### Your Health Online

#### Shortcuts to better health at kp.org

**kp.org/espanol** – content in Spanish

**kp.org/fitness** – tools to help you stay active

**kp.org/health** – health encyclopedia

**kp.org/healthylifestyles** – personalized assessments and action plans for total health

- Eat healthy
- Lose weight
- Manage back pain
- Reduce stress

**kp.org/healthyliving** – tools to help you live well

**kp.org/listen** – listen, relax and unwind with online audio programs

**kp.org/mindbody** – learn about how your thoughts can affect your health

**kp.org/mydoctor** – select and communicate with your doctor

**kp.org/watch** – videos to show you how to safely perform simple exercises, including lunges, squats, yoga poses, and deep breathing

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### **Prenatal Yoga**

This six-session program prepares your body and mind for birth and beyond with yoga postures, breathing techniques, meditation, and body awareness. Taught by a certified prenatal yoga instructor, this class is appropriate for all stages of pregnancy.

**Fee:** \$80 members; \$90 nonmembers

### **Tai Chi**

Calm your mind and body with the gentle, flowing movements of Tai Chi. Improve strength, flexibility, and balance, which can help prevent falls. This six-session course includes breathing and meditation instruction.

**Fee:** \$75 members; \$90 nonmembers

### **Yoga**

Yoga can be beneficial to every body, regardless of flexibility or strength. Through this beginning six-session program, you will learn to increase awareness through breathing, increase mobility in joints, and build stability in your body. Each class will end with a deep relaxation exercise.

**Fee:** \$80 members; \$90 nonmembers



## **Health Education Centers**

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Health Education Centers are open to members and the community. We carry a variety of health information to support your mental and physical health. Register for a class or check out a DVD on Yoga or Tai Chi.

Our Health Store products include yoga mats and exercise bands. Call or visit us at the following locations:

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4501 Sand Creek Road  
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