

Healthy Weight

Adult Weight Control

Innovative approach to weight loss integrates eating awareness, nutrition, physical activity, self-knowledge, and overcoming barriers to healthful eating. Sixteen (16) weekly sessions, 1.5 hours each. Intermediate level classes also available for long-term support.

Location: The Center **To register:** Call (707) 575-6043

Tuesdays, 1/9-4/24, 5:00-6:30pm

Tuesdays, 1/9-4/24, 7:00-8:30pm

Mondays, 1/22-5/14, 11:30am-1:00pm

Thursdays, 3/15-6/28, 3:00-4:30pm

Weight Control Follow-up

For graduates of the weight control class, this series will maintain the momentum of improved health and fitness by continuing nutrition education and expanding exercise and self-care methods in a supportive environment.

Location: The Center **To register:** Call (707) 575-6043

Please call for upcoming schedule

Weight Control for Executives

Learn to increase physical activity and enjoy delicious, healthy food despite your busy life. Join other executives in weekly meetings and begin to change your health habits to increase productivity and longevity. Fourteen (14) weekly sessions, 90 minutes each.

Location: The Center **To register:** Call (707) 575-6043

Please call for upcoming schedule

Nutritional Counseling

Medical nutrition therapy is provided by a Registered Dietician. Self-referral and physician referrals are welcome. Individual diet assessment and counseling is provided. English/Spanish.

Location: The Center **To register:** Call (707) 575-6043

Heart Health

Cardiac Rehabilitation Phase II

During Phase II, a fully monitored, individualized exercise and education program. This phase lasts from 3 to 12 weeks. Classes are scheduled during usual business hours. Medical assessments include EKG monitoring, blood pressure measurement, oxygen saturation and body composition.

Location: HeartWorks **To register:** Call (707) 573-6161

Cardiac Rehabilitation Phase III

A supervised exercise program to help people with a history of cardiac disease improve their wellness. Two 75 minute sessions per week, morning and afternoon times available. Begin anytime.

Location: HeartWorks **To register:** Call (707) 573-6161

Preventing Diabetes and Heart Disease

Learn what you can do through knowledge, food choices and exercise to reduce your risk of heart disease and diabetes and live a healthier life. This class is for people with Insulin Resistance, pre-diabetes, and/or high cholesterol. Four 2 hour sessions.

Location: The Center **To register:** Call (707) 575-6043

Wednesdays, 1/10-1/31, 6:15-8:15pm

Wednesdays, 2/21-3/14, 6:15-8:15pm

Movement

Yoga! Mindful Movement for Vitality

This class will introduce you to mindful movement to improve vitality. No yoga experience is required. The Center's class will use the wall, the floor and other props to help you enjoy a life of more ease.

Location: The Center **To register:** Call (707) 575-6043

Ongoing classes, every Tuesday, 11:00am-12:00pm

Moving Through Pain

A gentle, guided exercise class focused on body awareness and relaxation techniques for pain management. Ongoing weekly sessions.

Location: The Center **To register:** Call (707) 575-6043

Ongoing classes, every Thursday, 11:00am-12:15pm

Smoking & Tobacco Cessation

Smoking Cessation

Learn how to quit in a positive and supportive atmosphere with the Freedom From Smoking program, taught by American Lung Association trained and certified cessation educators. Seven weeks, eight 2-hour sessions. Scholarships available.

Location: The Center **To register:** Call (707) 575-6043

Wednesday, 1/17-2/28, 3:00-5:00pm

Wednesday, 3/14-4/25, 3:00-5:00pm

Smoke-Free Babies: Smoking Cessation During Pregnancy

Program to help pregnant women and new mothers quit smoking. Individual counseling and support group. No fee. English/Spanish.

Location: The Center **To register:** Call (707) 575-6043

Community Health Promoter/ Promotor(a) de Salud

We are looking for volunteers interested in receiving training in nutrition and health education. After attending all training sessions, you will be eligible for our Community Health Promoter/ Promotor(a) de Salud certification, which in turn allows you to teach in community. Our Health Promotion team conducts nutrition, physical activity and tobacco education to diverse, primarily low-income communities throughout Sonoma County. As a Community Health Promoter/ Promotor(a) de Salud, you can play a vital role in improving the health of your community!

WINTER 2018 Wellness Class Schedule

CLASS REGISTRATION

Online: www.norcalwellbeing.org

Phone
(707) 575-6043

CLASS LOCATIONS

Center for Well-Being
101 Brookwood Ave., Suite A, Santa Rosa

HeartWorks Cardiac Rehab Center
3536 Mendocino Ave., Suite 260, Santa Rosa



CENTER FOR
WELL-BEING

DEFEATING CHRONIC DISEASE IN THE NORTH BAY.

The Center for Well-Being, North Bay's premier health education and wellness center assists in improving the quality of life and health of our community through evidence-based preventive services and self-care classes.

Children's Health

Taking Steps Family-based Childhood Obesity Prevention*

A family-based approach to weight control for families with kids between the ages of 7-13. Learn to develop new eating habits; ways to incorporate physical activity into your daily life; strategies to reduce screen time such as participating in family meals and activities. Weekly 2-hour sessions for 6 weeks.

Location: The Center **To register:** Call (707) 575-6043
Thursdays, 2/8-3/15, 5:30pm-7:30pm
Thursdays, 3/29-5/3, 5:30pm-7:30pm

Tomando Pasos: Prevención de la Obesidad Infantil en la Familia

Un programa para padres de familia y niños de 7-13 años de edad. Aprenda a comer más saludablemente; maneras de incorporar más actividad física a su rutina diaria; estrategias para reducir el tiempo que pasamos frente a un monitor o pantalla, como comer junto a la familia y otras actividades.

Clases se llevarán a cabo en: El Centro de Bienestar
Para registrarse: (707) 575-6043
Los jueves, 2/8-3/15, 5:30pm-7:30pm
Los jueves, 3/29-5/3, 5:30pm-7:30pm

Chronic Conditions

Arthritis, Fibromyalgia and Chronic Pain Self-Help

Based on a program originally developed at Stanford, this self-management program is proven to decrease pain, reduce disability, and improve overall health. Six 2-hour sessions.

Location: The Center **To register:** Call (707) 575-6043
Please call for upcoming schedule

Healthier Living—Managing Chronic Conditions

Living with an ongoing health condition such as diabetes, obesity, arthritis, or anxiety doesn't mean you have to be ruled by it. This six week interactive workshop can help you accomplish habit changing behaviors, maintain or increase life's activities, learn coping strategies to deal with frustration, fatigue, pain and isolation, and communicate effectively with family, friends and health professionals.

Location: The Center **To register:** Call (707) 575-6043
Please call for upcoming schedule

* Offered in English and Spanish

Cooking

Cooking Class

Please call for more information.

Location: The Center **To register:** Call (707) 575-6043
Please call for upcoming schedule

Diabetes

Diabetes Prevention Program

A Center for Disease Prevention and Control (CDC) program that provides a year of education and support on lifestyle changes to reduce the risks of developing type 2 diabetes. Class meets for a total of 22 sessions over the course of a year: 16 sessions during the first 6 months and once a month follow ups for the following 6 months.

Un programa del Centro de Prevención y Control de Enfermedades (CDC) que ofrece un año de educación y apoyo en los cambios de estilo de vida para reducir el riesgos de desarrollar diabetes tipo 2. La clase se reúne por un total de 22 sesiones en el transcurso de un año: 16 sesiones durante los primeros 6 meses y seguimientos de una vez al mes durante los siguientes 6 meses.

Location: The Center **To register:** Call (707) 575-6043
Please call for upcoming schedule

Preventing Diabetes and Heart Disease

Learn what you can do through knowledge, food choices and exercise to reduce your risk of heart disease and diabetes and live a healthier life. This class is for people with Insulin Resistance, pre-diabetes, and/or high cholesterol. Four classes, 2 hour sessions.

Location: The Center **To register:** Call (707) 575-6043
Wednesdays, 1/10-1/31, 6:15-8:15pm
Wednesdays, 2/21-3/14, 6:15-8:15pm

Living Well With Type 2 Diabetes

This American Diabetes Association recognized program taught by certified diabetes educators helps you manage diabetes, prevent complications and improve your health and well-being. 9 hours of group sessions, 1 hour individual orientation session and group follow-up.

Location: The Center **To register:** Call (707) 575-6043
Mondays, 1/8-2/5, 3:00-5:15pm
Mondays, 1/22-2/12, 6:00-8:15pm
Mondays, 2/26-3/19, 3:00-5:15pm
Mondays, 2/26-3/19, 6:00-8:15pm
Mondays, 3/26-4/16, 3:00-5:15pm

Diabetes Meal Planning

Fine-tune your diabetes meal planning skills with this in-depth series of nutrition classes. Six 90-minute sessions.

Location: The Center **To register:** Call (707) 575-6043
Mondays, 1/22-3/5, 3:00-4:30pm
Mondays, 2/26-4/2, 6:00-7:30pm
Mondays, 3/26-4/30, 3:00-4:30pm

Individual Diabetes Education

Improve your diabetes through diet and lifestyle change. Includes diet assessment and counseling by a Registered Dietitian. Insulin instruction also provided.

Location: The Center **To register:** Call (707) 575-6043

Diabetes Support Group

Location: The Center **To register:** Call (707) 575-6043
Please call for upcoming schedule

La Diabetes y Su Salud (Diabetes and Your Health)

Información práctica y guía para el cuidado de sí mismo sobre el control de su nivel de azúcar y la importancia de la actividad física; como evitar complicaciones en su salud; y alimentación para tener mas energía. ¡Venga y aprenda como controlar su diabetes con éxito! La clase se ofrese por cuatro semanas 2.25 horas. Escala móvil disponible.

Clases se llevarán a cabo en: El Centro de Bienestar
Para registrarse: (707) 575-6043

Los sábados, 1/13-1/27, 10:00am-12:30pm
Los martes, 2/20-3/13, 6:00-8:15pm
Los sábados, 3/24-4/7, 10:00am-12:30pm

Planificando Comidas

Este curso de nutrición pondrá a punto todos sus conocimientos sobre la planificación de comidas aptas para personas con diabetes. El curso consta de seis clases de 90 minutos cada una.

Clases se llevarán a cabo en: El Centro de Bienestar
Para registrarse: (707) 575-6043
Los miércoles, 1/31-3/7, 6:00-7:30pm
Los miércoles, 3/21-4/25, 6:00-7:30pm

Fitness For Life

Personal Fitness Training

Personalized instruction with trained and knowledgeable exercise physiologists, designed with your physical needs and preferences in mind. Sessions can be weekly or biweekly.

Location: HeartWorks **To register:** Call (707) 573-6161

Lifetime Fitness Program

Structured exercise program for people who want to be more physically active but have health concerns.

Location: HeartWorks **To register:** Call (707) 573-6161
Ongoing, Tuesdays & Thursdays, 11:45am-1:00pm,
2:45-4:00pm, and 4:30-5:45pm

Balance and Strength Training at HeartWorks

Beginning strength training class using light weights, therabands, and other resistance exercises to help you grow stronger. Supports pulmonary fitness.

Location: HeartWorks **To register:** Call (707) 573-6161
Ongoing, Tuesdays & Thursdays, 1:30-2:45pm