

**Community Health Education
Classes open to the Public
JUNE/JULY 2018**



Reservations are required by contacting the Providence Health Resource Center at 1-888-432-5464. Class size is limited. See page 2 for locations.

DIABETES		
Date/Time	Topic – class description	Speaker/Location
June 26 (Tue) 6:00-7:00pm	Guiding Principles for Diabetes Care Learn how to better manage your diabetes. We will discuss topics such as complication prevention, pathophysiology of diabetes, preventative care including daily foot exams, dental and eye care.	M. Fisk Providence St Joseph Medical Center Strizka Rm#1 Class size: 20
HEART		
Date/Time	Topic – class description	Speaker/Location
June 2 (Sat) 10-11:00am June 6 (Wed) 5:30-6:30pm	Your Heart from Head to Toe Overview of how your heart pumps and interacts with other organs in your body to function. You will have a better understanding of how certain disease states can affect heart health over time.	R. Sanoff Providence St Joseph Medical Center <i>June 2 - Strizka #1</i> <i>June 6 – Strizka #2</i> Class size: 20 / 25
NUTRITION		
Date/Time	Topic – class description	Speaker/Location
June 9 (Sat) 10-11:00am	Understanding My Plate Review of my plate and healthy eating.	L. Khodanian Providence St Joseph Medical Center Strizka Rm#1 Class size: 20
MINDFULNESS		
Date/Time	Topic – class description	Speaker/Location
June 11 (Mon) 5:00-6:00pm	Correct the Core/Trunk Dynamic Learn about back anatomy, healthy lifting techniques and guidelines for keeping your core healthy and strong.	H. Verni Providence St Joseph Medical Center Strizka Rm#1 Class size: 20
June 13 (Wed) 5:00-6:00pm	Better Bones/Osteoporosis Every 50 seconds someone in America has a bone fracture caused by osteoporosis. During this class we will discuss the makeup of bones and the skeletal system, what is osteoporosis, what is osteopenia and ways to slow down the disease.	H. Verni Providence St Joseph Medical Center Hope Conf Rm A Class size: 20

FINAL RE-CHECK AND GRADUATION CEREMONY

July 28 (Sat) 8am-12noon	Final Re-Check Last check-in for the Live Well Program. Screenings will be done (blood pressure, BMI, cholesterol, A1C) to compare to baseline screenings done in January.	Providence St Joseph Medical Center Hope Conf Rm A
Aug 6 (Mon) 6:00-7:30pm	Graduation Ceremony We will be having the graduation ceremony for those who have met the criteria for graduation.	Providence St Joseph Medical Center Hope Conf Rm A

Education Locations:

Burbank YMCA 321 E Magnolia Blvd, Burbank	Healthcare Partners Burbank 2211 W Magnolia Blvd, Burbank	Providence St Joseph Health & Fitness Center 501 S Buena Vista St, Burbank, CA 91505
*Disney Family Cancer Center 181 S Buena Vista St, Burbank	Joslyn Adult Center 1301 W Olive Ave, Burbank	*Regal Lakeside Community Healthcare Center 191 S Buena Vista St, Burbank 1500 S Central Ave, Suite 20, Glendale 12660 Riverside Dr, Suite 320, No. Hollywood
NOTE: All class locations above denoted with an asterick(*) DO NOT offer free parking. Street parking or paid parking are available.		

