

Health Resource Directory



2011



Western Health Advantage



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As a Physician, I have always found that a well informed patient is the best manager of their health. Wellness, health promotion and prevention start at home and can only successfully be managed by that individual.

To support that philosophy, Western Health Advantage (WHA) encourages members to take advantage of classes and programs provided by our medical groups and hospitals. There are a wide variety of classes/programs that cover everything from wellness and prenatal care to management of certain diseases and conditions.

Please take a moment to scan through our Health Resource Directory for any topics that may be of interest to you and to help maximize your health.

WHA provides this information as a service to our members and providers. While the information was reliable at the time this publication was created, it is subject to change without notice. Each medical group health education department should be contacted directly for current information about the complete range of services, eligibility requirements and other details.



Healthyroads®

WHA invites you to take a Personal Health Assessment through our Healthyroads wellness website. Simply register on Healthyroads and answer a few health-related questions. The questionnaire will help in preparing a customized health program based on your responses. To learn more, visit our website or contact our Member Services Department.*

* Please note:

WHA members that are University of California employees are not eligible for this benefit. University of California employees with group numbers, 001021 or 001121 should check with their employers for more information.

Getting Started...

Medical Group Connection

To expand the choices of health programs and resource options, WHA members can choose to participate in many of the health education programs or classes within WHA's network.

As a WHA member, you have access to many of the health education programs or classes sponsored by our network medical groups, even those not connected to your Primary Care Physician's (PCP's) medical group.

The network is comprised of the following medical groups:

Hills Physicians Medical Group
www.hillhealth.com

Catholic Healthcare West (CHW)/Mercy Healthcare
www.mercygeneral.org
www.mercyfolsom.org
www.mercysanjuan.org
www.methodistsacramento.org

NorthBay Healthcare
www.northbay.org

UC Davis Health System
www.ucdmc.ucdavis.edu/wellness/

Woodland Healthcare
www.woodlandhealthcare.com

Unless otherwise noted, most health programs or classes are free and you can join over the phone. If you need additional assistance in finding a health education program or class, please contact the phone number noted with each program description. Class registration information and a description of the program is located on each medical group's website.

If you have questions regarding these sites, please contact WHA's Member Services Department at: (916) 563-2250, (888) 563-2250 or TTD/TTY (888) 877-5378 and ask for the Health Promotion and Disease Management (HPDM) Department.

Let your Primary Care Physician and/or WHA physician specialist know you are interested in participating in any of the health education programs, or if you are currently enrolled in a program or class.

Importante: ¿Puede leer esta documento? Si no, nosotros le podemos ayudar a leerla. Además, usted puede recibir esta carta escrita en español. Para obtener ayuda gratuita, llame ahora mismo al Western Health Advantage (916) 563-2250 o (888) 563-2250 lunes a viernes de 8am-5pm.



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Childbirth

Anesthesia Options

Pre-registration is required through Mercy's Expecting the Best program office. No Fee.

This course includes information regarding the use of regional anesthesia for pain relief during labor and the anesthesia options available for cesarean birth.

For more information, call (916) 614-2229.
Mercy Healthcare

C- Section Preparation

Registration is required. No Fee.

Participants receive individual counseling available to women delivering at NorthBay Medical Center who may require a C-section.

For more information, call (707) 646-4277.
NorthBay Healthcare

Childbirth 4-week Preparation

Registration is required.

*Fee: \$75 Woodland Hospital Delivery (mom and partner);
\$85 non-Woodland Hospital Delivery (mom and partner)*

This class is designed to be started by the seventh month of pregnancy and completed one month before the due date.

Register by the 4th month.

Include your due date and support person.

Topics include:

- Recognizing the signs and stages of labor
- Utilizing the comfort measures
- Understanding pain management and interventions
- Postpartum
- Breastfeeding

For more information, call (530) 669-5540.
Woodland Healthcare.



Childbirth

Childbirth Weekend Preparation

Registration is required.

Fee: \$65 Woodland Hospital Delivery (mom and partner);

\$75 non-Woodland Hospital Delivery (mom and partner)

Designed to be started by the seventh month of your pregnancy and completed one month before your due date. Register by the 4th month and include your due date and support person.

Topics include:

- To recognize the signs and stages of labor
- Utilize comfort measures
- Understand pain management and interventions
- Postpartum
- Breastfeeding

For more information, call (530) 669-5540.

Woodland Healthcare

Childbirth Refresher

Registration is required. Fee: \$45 (mom and partner)

For parents who have children already.

Topics include:

- Labor
- Comfort measures
- Pain management and interventions
- Breastfeeding

When registering please include your due date and your support person.

For more information, call (530) 669-5540.

Woodland Healthcare

Family Birth Center Tour

Registration is required. No Fee.

View our birthing rooms, what items to bring, pain management options, question and answers from a nurse.

Frequency Every Month	Time	Language
1st Wednesday	7:30pm	English and Spanish
Every Saturday	10:30am	English and Spanish
3rd Wednesday	7:30pm	Spanish only

For more information, call (530) 669-5540.

Woodland Healthcare

Childbirth

Great Expectations (Childbirth Preparation)

Pre-registration is required through Mercy's Expecting the Best program office. Fee: \$75.00 Per Couple.

Six-week couple's class to help prepare for the experience of labor and childbirth.

Topics include:

- The birth process
- Medical procedures
- Relaxation
- Breathing techniques

For more information, call (916) 614-2229.

Mercy Healthcare

Great Expectations (Weekender)

Pre-registration is required through Mercy's Expecting the Best program office. Fee: \$75.00 Per Couple.

Weekend version of the six-week couple's class.

Topics include:

- The birth process
- Medical procedures
- Relaxation
- Breathing techniques

For more information, call (916) 614-2229.

Mercy Healthcare

Labor of Love

Registration is required. Fee: \$75

A six-week prepared childbirth class for moms, dads or coaches.

Register in the fourth month of pregnancy and earlier.

For more information, call (707) 646-4277.

NorthBay Healthcare

Labor of Love in Review

Registration is required. Fee: \$20

One-session childbirth refresher course for moms and labor partners. Pre-requisite: previous attendance in a prepared childbirth education course.

For more information, call (707) 646-4277.

NorthBay Healthcare



Childbirth

Maternity Orientation and Tour

Registration is required. No Fee.

Includes a tour of NorthBay Medical Center's maternity unit. Information about hospital registration, birth certificates, and available birthing options.

For more information, call (707) 646-4277.
NorthBay Healthcare

Prenatal Care

Registration is required. Fee: \$10

Expectant mothers learn important information about pregnancy, recommended early in pregnancy.

Topics include:

- Nutrition
- Exercise
- Fetal growth and Development
- Pregnancy do's and don'ts

For more information, call (707) 646-4277.
NorthBay Healthcare

Prepared Childbirth (6 week course)

Registration is required. Fee: UC patients \$65; non-UC patients \$80

Learn the technique of childbirth during this six-week class.

Topics include:

- What to expect during labor and delivery
- Managing the labor process

Include the name of coach when registering. Includes a tour of birthing suites. Broadway building, Suite 1630, Sacramento between 6:30-9pm. For more information please call (916) 703-BABY (2229).

For more information, call (916) 734-9797.
UC Davis Healthcare

Preparing a Family for Childbirth?

Try Siblings Birthing Preparation, pg 38
(NorthBay Healthcare)
or
Super Siblings, pg 39
(UC Davis Healthcare) classes.

Childbirth

Prepared Childbirth (Condensed)

Registration is required.

Fee: UC patients \$65; non-UC patients \$80

Participants are encouraged to tour the birthing suites while taking the class. Class does not include this tour. This class is completed in one or two-sessions.

Topics include:

- Labor and delivery
- Instruction and skill practice on relaxation and breathing techniques
- Pain medication options

Classes take place between 9am-4pm or 5:30-9:30pm. For more information or to attend a tour of their birthing suites, please call (916) 703-BABY (2229).

For more information, call (916) 734-9797 or register online.
UC Davis Healthcare

Stork Tours

Pre-registration is required through Mercy's Expecting the Best program office. No Fee.

Take a tour of the labor and birth rooms, and postpartum unit at the Mercy hospital.

For more information, call (916) 614-2229.
Mercy Healthcare



Diabetes

Chronic Kidney Disease: The Real You... Again, a Conversation on Living Well

Registration is required. An Interpreter is available upon request. No Fee.

Covers chronic kidney disease treatment that optimize quality of life. Every first and third Wednesday of each month, 1-3:30pm.

Topics include:

- Diet planning
- Insurance coverage
- Clinical support
- Hemodialysis
- Peritoneal dialysis
- Kidney transplant
- Access for dialysis and much more

For more information, call (916) 734-3014, register online or e-mail macraig@ucdavis.edu.

UC Davis Healthcare

Community Cholesterol Screening

Registration is required. No referral necessary. Fee: \$30.00.

Screenings available: full lipid panel and glucose screening, or lipid panel only.

Receive the results of screening within 10 minutes. A cholesterol counselor will explain results and offer suggestions on how to improve cholesterol levels.

For more information, call (916) 537-5296.

Mercy Healthcare

Diabetes Basic Series

Registration is required. No Fee.

The two-day, six-hour course for diabetics and their families. A certified diabetic educator, dietitian and pharmacist will discuss all aspects of diabetes.

Topics include:

- Disease management
- Tracking/monitoring blood glucose
- Exercise
- Meal planning
- Medication issues

For more information, call (916) 733-6341.

Mercy Healthcare



Diabetes

Diabetes Nutrition

Registration is encouraged, but not required. No Fee.

Learn the basics of healthy food choices and meal planning for the diabetic. Taught by a registered dietitian and is part of Mercy's FREE community Healthy Heart Education series.

For more information, call (916) 537-5296.

Mercy Healthcare

Diabetes Management & Nutrition

Registration is encouraged, but not required. No Fee.

Receive lifestyle coaching for those living with diabetes.

Topics include:

- Monitoring blood sugars
- Medications
- Exercise
- Preventing complications
- Healthy food choices

Classes are held from 9-11:30am.

For more information, call (916) 564-2880

or (866) 775-7791.

Mercy Healthcare

Dining with Diabetes

Registration is required. UC Davis Patients Only.

Physician Referral Needed. No Fee.

Two-hour class focuses on nutrition, taught by a registered dietitian. Lawrence J. Ellison Ambulatory Care Center in Sacramento and the UC Davis Medical Groups clinics.

Check monthly for a new schedule on their website.

For more information, call (916) 734-0718.

UC Davis Healthcare



Diabetes

Eating Well

Registration is required. No Fee.

Sample delicious recipes prepared with the diabetic in mind.

Topics include:

- Nutrition
- Meal planning
- Reading food labels
- Ideas on making good food choices when eating away from home



For more information, call (916)733-6341.

Mercy Healthcare

Getting Started

Registration is required. No Fee.

Designed for the newly diagnosed diabetic or pre-diabetic. A certified diabetic educator and a dietitian will provide the overview.

Topics include:

- Diabetes
- Blood glucose monitoring
- The importance of meal planning

For more information, call (916) 733-6341.

Mercy Healthcare



In Charge and In Control with Diabetes

Registration is required. UC Davis Patients Only.

Physician Referral Needed. No Fee

Four-week comprehensive diabetes class. Recognized by the American Diabetes Association as meeting the national standards for diabetes self-management education. The 4 classes are 2-hour and 15-minute sessions.

Topics include:

- Glucose testing and recording
- Understanding medications
- Foot Care
- Nutrition
- Exercise
- Complications of diabetes
- Guidelines on diabetes self-care
- Action plans

Check monthly for a new schedule on their website.

For more information, call (916) 734-0718.

UC Davis Healthcare



Diabetes

Chronic Kidney Disease: The Real You...

Again, a Conversation on Living Well

Registration is required. An Interpreter is available upon request. No Fee.

Helps define chronic kidney disease and how to make choices about treatment that optimize quality of life. Class is held every first and third Wednesday of each month, from 1-3:30pm.

Topics include:

- Diet planning
- Insurance coverage
- Clinical support
- Hemodialysis
- Peritoneal dialysis
- Kidney Transplant
- Access to dialysis and much more.

For more information, call (916) 734-3014, register online or e-mail macraig@ucdavis.edu.
UC Davis Healthcare



Let's Get Started with Diabetes

Registration is required. UC Davis Patients Only.

Physician Referral Needed. No Fee.

Two-hour introductory class for patients newly diagnosed with diabetes or wishing to learn basic diabetes self-management skills.

Topics include:

- Glucose testing and recording
- Basic nutrition
- Signs of high and low blood glucose
- Physical activity
- Self-management skills

Held at Lawrence J. Ellison Ambulatory Care Center in Sacramento and the UC Davis Medical Groups clinics. Check monthly for a new schedule on their website.

For more information, call (916) 734-0718.
UC Davis Healthcare



Diabetes

Meters and Monitoring with Diabetes

Registration is required. UC Davis Patients Only.

Physician Referral Needed. No Fee.

One-1/2 hour class focused on glucose testing.

Recommended for anyone interested in understanding blood sugar monitoring.

Topics include:

- Target blood sugar goals
- Strategies for testing
- How often to test
- Importance of recording blood sugars



Held at the Lawrence J. Ellison Ambulatory Care Center in Sacramento and the UC Davis Medical Groups clinics.

Check monthly for a new schedule on their website.

For more information, call (916) 734-0718.

UC Davis Healthcare

Recharge Diabetes Workshop

Registration is required. UC Davis Patients Only.

Physician Referral Needed. No Fee.

Two-hour follow-up class for patients that

attended the In-Charge and In-Control class.

Topics include:

- “Recharge” your diabetes self-care skills
- Update your individualized action plan
- Learn about current diabetes research
- Discuss diabetes-related lab results

Held at the Lawrence J. Ellison Ambulatory

Care Center in Sacramento and some

medical clinics. Check monthly for a

new schedule on their website.

For more information,
call (916) 734-0718.

UC Davis Healthcare



Fitness

Arthrobics

Registration and Physician Referral is required.

Fee: \$30 per month

A land-based group exercise program for adults managing arthritis and other medical conditions. Tailored for adults who could benefit from gentle aerobic conditioning exercises. Each session is one-hour and lasts three (3) months.

Held at the Methodist Outpatient Rehabilitation Center located in the Bruceville Terrace building next to Methodist Hospital. Classes are an hour long. Participants must be able to follow group instructions and exercise independently. Trained instructors, are supervised and coordinated by one of our licensed physical therapists. Individuals who wish to participate must complete the registration process, have their physician's permission, and be able to understand and sign the participation agreement each quarter. Class meets on Monday, Tuesday, Wednesday and Thursday at 11:30am.

For more information,
call (916) 423-5928.
Mercy Healthcare



Fitness

Maternally Fit

Registration and Physician Referral is required.

Fee \$40 per month.

Pool-based exercise program designed specifically for expectant mothers who are past their first trimester. To help women keep fit and improve their stamina during pregnancy.

Held at the Methodist Outpatient Rehabilitation Center located in the Bruceville Terrace building next to Methodist Hospital.

Participants must be able to:

- Follow group instructions
- Exercise independently

Trained instructors are supervised and coordinated by one of our licensed physical therapists. Must complete the registration process, have their physician's permission, and be able to understand and sign the participation agreement each quarter. Classes meet one hour on Mondays & Wednesdays 4:30pm, 5:30pm or 6:30pm.

For more information, call (916) 423-5928.
Mercy Healthcare



Fitness

Waterobics

Registration and Physician Referral is required.

Fee: \$40 per month.

Pool-based exercise program for adults with arthritis or other medical conditions offering low-impact group exercises in warm water (94 degrees). Designed for adults who could benefit from and enjoy mild aquatic and gentle aerobic conditioning exercises, particularly individuals with arthritis, fibromyalgia, and joint pain. The depth of the pool ranges from 3-4 feet deep.

Held at the Methodist Outpatient Rehabilitation Center located in the Bruceville Terrace building next to Methodist Hospital. Must be able to follow group instructions and exercise independently. Trained instructors, are supervised and coordinated by one of our licensed physical therapists. Must complete the registration process, have their physician's permission, and be able to understand and sign the participation agreement each quarter. Each session is 45 minutes long and lasts three months.

For more information, call (916) 423-5928.

Mercy Healthcare



Heart Health

Cardiac Diet

Registration is encouraged, but not required. No Fee.

Taught by a registered dietitian. Part of Mercy's FREE community Healthy Heart Education series. Learn how to make your diet more heart healthy.

Topics include:

- Sodium
- Dietary fats and fiber

For more information, call (916) 537-5296.

Mercy Healthcare

CHAMP®

Registration is required. No Fee.

Mercy Heart & Vascular Institute offers a comprehensive program to assist those who have a condition known as Heart Failure, which simply means your heart has weakened. CHAMP involves you in your recovery. CHAMP RNs, through regular phone interaction and education, will help you and your family members better understand and manage this condition that can cause shortness of breath and reduced stamina. All classes are held once a month from 8:30am to 11:30am. This FREE educational class is open to all patients and their families or support persons to help better understand and manage heart failure.

Topics include:

- Heart failure
- Medications
- Low-sodium diet
- Social issues
- Exercise and activities

For more information, call

(916) 564-2880 or

(866) 775-7791.

Mercy Healthcare





Heart Health

Healthy Eating

Registration is encouraged, but not required. No Fee.

Sample some heart healthy foods.

Part of Mercy's FREE community

Healthy Heart Education series.

Topics include:

- Why these foods are so beneficial for your health
- How to incorporate them into your diet

For more information, call (916) 537-5296.

Mercy Healthcare

Heart Smart

Registration is encouraged, but not required. No Fee.

Open to all patients and their families or support

persons. Mercy Heart & Vascular Institute offers a

complete program to manage your heart disease,

through cholesterol medication and lifestyle changes.

Topics include:

- Risk factors for heart disease
- Blood cholesterol targets
- Exercise and dietary guidelines for managing cholesterol

For more information, call (916) 564-2880 or (866) 775-7791.

Mercy Healthcare

Vascular Health Screening

Appointment is required and may be scheduled

between 9 am and 2 pm on Tuesdays and Thursdays.

Fee: \$45.00 single (1) screening

\$95.00 three (3) screenings.

Learn about Peripheral Artery Disease

(PAD) and other vascular diseases.

Three non-invasive, painless screening

checks for blockages in the arteries:

- Stroke/Carotid Artery Ultrasound
To detect potential stroke causing plaque
- Ankle-Brachial Index
To detect Peripheral Arterial disease
- Abdominal Aortic Ultrasound
To detect an Aneurysm

For more information, call (916) 733-6245.

Mercy Healthcare



Heart Health

Healthy Heart

Registration is encouraged, but not required. No Fee.

Focuses on a variety of heart and vascular conditions affected by day-to-day issues.

Topics include:

- Emotions and heart disease
- Diabetes management
- Diabetes nutrition
- Low-fat cardiac diet
- Managing your response to stress
- Your heart and cardiac procedures
- Your medicine cabinet
- Exercise guidelines
- Cardiovascular risk factors

Held once a month on Thursday from 1:30-3pm.

For more information, call (916) 564-2880 or (866) 775-7791.
Mercy Healthcare

CHF “Do More” with Heart Failure

Registration is required.

UC Davis Patients Only.

Physician Referral Needed.

No Fee.

Two-session class for people with heart failure.

Each session is 1-½ hours long.

Topics include:

- Daily weight monitoring
- Observing symptoms that may signify worsening heart failure
- Medications overview
- Overcoming fears about living with heart failure
- Restricting salt and fluids
- Exercising and enjoying life

For more information,
call (916) 734-0718 or
register online.
UC Davis Healthcare



Lung Health

Asthma Information and Management for Adults (AIM)

Registration is required. No referral necessary. No Fee.

Topics include:

- Your lung function
- The early warning signs of an asthma attack
- The role of medications
- Equipment to manage your asthma
- Breathing techniques
- Nutrition
- How to develop an asthma action plan

For more information, call (916) 537-5299.

Mercy Healthcare

Asthma Information and Management for Children (AIM)

Registration is required. No referral is necessary. No Fee.

For parents and children in kindergarten or older. Parents may attend alone if the child has not yet reached kindergarten.

Topics include:

- Asthma triggers
- Early warning signs
- Peak flow monitoring
- MDI instruction/spacer
- Nebulizer device
- Medications

For more information, call (916) 537-5299.

Mercy Healthcare

Asthma / COPD: Easy Breathing

Registration is required. UC Davis Patients Only.

Physician Referral Needed. No Fee.

Two-hour class taught by a registered respiratory therapist.

For patients with ongoing lung conditions such as:

- Asthma
- Emphysema
- Chronic Bronchitis

For more information, call (916) 734-0718 or register online.

UC Davis Healthcare



Lung Health

Breathe Easy

Registration and a referral from a physician are required. Fees covered by Medicare, HMO's and most private insurances.

Six-week outpatient class for people with chronic lung diseases. Classes are held two-three days a week.

Week 1	Tuesday, Wednesday, Thursday
Week 2-5	Tuesday, Thursday
Week 6	Tuesday, Wednesday, Thursday

For more information, call (916) 537-5299.
Mercy Healthcare

No Ifs, Ands or Butts: Smoking Cessation

Registration is required. No referral is necessary. Fee: \$70.00

Six-week course offers comprehensive education for cessation of smoking.

Topics include:

- Developing a plan
- Behavioral techniques
- Stress management
- Weight control/exercise
- Staying smoke-free
- Supporting the new non-smoker

People who join this program stay smoke-free longer.

For more information, call (916) 537-5299.

Mercy Healthcare



Lung Health

Smoking Cessation: No ifs, Ands or Butts

Registration is required. Fee \$70 Community \$50 Woodland Employee \$35 Woodland Employee Dependent

Six-week program; meets once a week.

Topics include:

- Developing a plan
- Behavioral techniques
- Stress Management
- Weight control/exercise
- Staying smoke-free
- Supporting the new non-smoker

For more information, call (530) 669-5540.

Woodland Healthcare



Smoking Cessation

Registration is required. No Fee.

A multi-disciplinary comprehensive smoking cessation series.

Topics include:

- Physician management
- Psychological support
- Medical nutrition therapy
- Nurse educators
- Cardiovascular exercise

A monthly support group is offered to those who have completed the program.

For more information, call (916) 734-8493.

UC Davis Healthcare

Nutrition

Nutrition Wise

Registration is encouraged, but not required. No Fee.

Taught by a registered dietitian.

Topics include:

- Grocery shopping tips
- How to read food labels
- Meal planning goals
- Low-fat cooking
- Recipe modification

For more information, call (916) 537-5296.

Mercy Healthcare



Orthopedics

Joint Adventure

Registration is required. No Fee.

Learn about the latest treatment options.

Topics include:

- Causes of joint pain
- Anatomy of hip and knee joints
- Why diagnosis is important
- Treatment options
- Appointments

For more information, call (916) 736-8070

or e-mail your name and phone number to:

MGHavents@chw.edu.

Mercy Healthcare

Preparing for Hospital Stay: Pre-Surgery class for Total Joint Replacement

Pre-registration is required. Include the date of surgery, surgeon's name, and if you are getting a hip, knee or shoulder replacement. No Fee.

For patients who are scheduled for or considering a Total Joint Replacement (knee, hip or shoulder).

Topics include:

- What to do to prepare for your procedure and hospital stay.
- What to expect before, during and after your surgery, while in the hospital and once you return home.
- About what measures are taken for managing your pain and preventing complications.
- Meeting your caregivers during the hospital stay, including the nurse, case manager, physical therapist and occupational therapist.

Held every Thursday from 1-3pm in the Rehabilitation Gym, 1st floor of Methodist Hospital.

For more information, call (916) 681-1672.

Mercy Healthcare

Parenting

Baby Basics: Care of the Infant

Registration is required. Fee: UC patients \$20; non-UC patients \$30

The basics of caring for the newborn through the first 12 months of life.

Topics include:

- Learning to give a bath
- Keeping your infant warm
- Discuss new information on sudden infant death syndrome
- Other interesting baby topics

For more information, call (916) 734-9797 or register online.
UC Davis Healthcare

Breastfeeding

Registration is required. Fee: UC patients \$20; non-UC patients \$30

Information on nutrition in the lactating woman.

Topics include:

- How to breastfeed
- How to get the infant on and off the nipple
- What to expect

For more information, call (916) 734-9797 or register online
UC Davis Healthcare

The Art of Breastfeeding

Registration is required. Fee: \$15

Learn the “how-to’s” of breastfeeding.

Topics include:

- The health benefits for mom and baby
- The role of the father
- The working mom and more

For more information, call (707) 646-4277.
NorthBay Healthcare

Brothers & Sisters To Be

Registration is required. Fee: \$10 a family

Prepare children ages 3-9 for the arrival of a new baby.

For more information, call (707) 646-4277.
NorthBay Healthcare





Parenting

Car Seat Safety Checks

Registration is encouraged, but not required. No Fee.

Free safety check from Mercy Services.

Offered also in Russian, Spanish and Hmong.

For more information, call (916) 864-5779.

Mercy Healthcare



Car Seat Safety

Registration is required. No Fee.

Car seats are available for purchase to those who attend the class.

Topics include:

- Learning the importance of car seat safety
- How to select the proper seat for your child
- The correct way to secure your child in a car seat

English	10am-12pm
Spanish	5-7pm

For more information, call Cathy Morris (916) 734-9784 or register online.

UC Davis Healthcare

A Moveable Feast (Breastfeeding)

Pre-registration is required through Mercy's

Expecting the Best program office.

Fee: \$30.00 Per Couple.

Topics include:

- Breastfeeding advantages
- Techniques
- Family adjustments
- Dealing with common difficulties and concerns

For more information, call (916) 614-2229.

Mercy Healthcare

Parenting

Baby Basics (Baby Care)

Pre-registration is required through Mercy's Expecting the Best program office.

Fee: \$30.00 Per Couple.

Bath demonstration and discussion about newborn care.

Topics include:

- Feeding
- Dressing
- Comforting

For more information, call (916) 614-2229.

Mercy Healthcare

Discipline is 1-2-3-Magic

Registration is required.

Fee: \$30 Per Couple.

Simple, effective discipline strategies for children ages 2-12.

For more information, call (707) 421-4155.

NorthBay Healthcare



CPR for Families

Registration is required. Fee: \$25

Learn what to do in a life-threatening emergency. The American Heart Association course in Cardiopulmonary Resuscitation (CPR) for Family and Friends is held at the Broadway Building, Suite 1630 from 4-7pm.

Topic includes:

- Introduction to life-threatening emergencies and the chain of survival for all ages.
- Adult warning signs of heart attack, stroke, cardiac arrest, and choking.
- CPR and relief of foreign-body airway obstruction for adult victims.
- Infant/child prevention of sudden infant death syndrome, injuries, and choking.
- CPR and relief of foreign-body airway obstruction for infant and child victims.

For more information, call (916) 734-9797 or register online.

UC Davis Healthcare

Parenting

Grand Parenting

Registration is required. Fee: \$15

For grandparents-to-be. Acquaints them with current maternity and pediatric practices.

Topics include:

- Helping during pregnancy, birth and after the baby is born.

This class is open to those who will be long-distance grand-parenting. Includes a tour of Family Birth Center.

For more information, call (530) 669-5540.

Woodland Healthcare

Loving Solution

Registration is required. No Fee.

Seven-week training program specifically for parents and caregivers of strong-willed/high energy children 5-10 years of age. Uses group activities structured in a workbook format. Week seven is dedicated to issues involving children with ADD/ADHD.

Topics include:

- Show love and affection to strong-willed/high-energy kids
- Influence instead of control your child's behavior
- Motivate your child
- Use time-outs correctly
- Improve your child's school success
- Create structure for your child at home
- Manage highly impulsive and special needs children
- Stop difficult behaviors
- Choose your battles, deciding what really is important to your child's well-being and success

For more information, call (530) 669-5540.

Woodland Healthcare

Newborn Care

Registration is required. Fee: \$15

For expecting parents.

Topics include:

- Daily care
- Nutrition
- Safety and development for the first few months of life.

For more information, call (707) 646-4277.

NorthBay Healthcare



Parenting

Nurture Your Newborn

Registration is required. Fee: \$45

For expecting parents and parents of newborns.

Topics include:

- Newborn appearance and behavior
- Daily care
- Signs of illness
- Breastfeeding the newborn, including:
 - ◊ Benefits
 - ◊ Anatomy
 - ◊ Techniques
 - ◊ Breast vs. bottle
 - ◊ Troubleshooting
 - ◊ Back to work issues

Nurture Yourself.

Stress, Emotions &
Your Health:
Exercising Your Coping
Strategies, pg 40
(*Mercy Healthcare*).

When registering please include your due date and your support person's name.

For more information, call (530) 669-5540.

Woodland Healthcare

Parenting in Today's World

Registration is required. No Fee.

Covers the emotional child from birth through 19 years.

For more information, call (707) 421-4155.

NorthBay Healthcare

Parenting the Young Toddler (9-24 months)

Registration is required. No Fee.

Helps parents understand the unique needs of a toddler.

For more information, call (707) 421-4155.

NorthBay Healthcare

Parenting the Older Toddler (24-36 months)

Registration is required. No Fee.

Topics include:

- Toddler development
- Problem solving
- Nutrition
- Age appropriate books and games
- Toilet training and more

For more information, call (707) 421-4155.

NorthBay Healthcare

Parenting

Parent Project Jr. (5-10 years)**

Registration is required. No Fee.

Six-week Spanish bi-lingual parenting skills program to help parents prevent and intervene in destructive behaviors.

For more information, call (707) 428-7327.

NorthBay Healthcare

Parent Project Sr. (11-18 years)**

Registration is required. No Fee.

Highly structured parenting skills program to help parents prevent and intervene in the most destructive of adolescent behaviors.

For more information, call (707) 428-7327.

NorthBay Healthcare

Setting Limits & Consequences

Registration is required. No Fee.

Class is 1 in a 4 part series that puts emphasis on helping parents solve their child's problems positively and improving the overall health and wellness of their family.

- Focuses on how to set limits and practice ways of following through with reasonable consequences
- Discuss ways parents can negotiate and work together when they disagree on how to handle discipline

For more information, call (530) 669-5540.

Woodland Healthcare

Siblings' Birthing Preparation

Registration is required. No Fee.

Parents who are considering having children present during delivery can have one-on-one counseling.

For more information, call (707) 646-4277.

NorthBay Healthcare

*** These classes are offered by the Fairfield Police Department in collaboration with NorthBay Healthcare.*



Parenting

SOFT

Registration is required. No Fee.

Designed to encourage new parents to bond with their newborns immediately after birth. Promotes early bonding and attachment that helps families stay connected and close throughout their lives. Skin-to-skin care helps with attachment and bonding.

- **S** = Skin to skin contact. Hold your baby close to you, skin to skin
- **O** = Open eye to eye. Spend time looking at your baby, talking to your baby, falling in love with your baby.
- **F** = Finger tip touch. Spend time touching your baby, getting to know your baby.
- **T** = Time together. Take time together, delay procedures that separate you and your baby, ask family and friends to wait until you and your baby have had uninterrupted time together.

For more information, call Lactation Services (530) 669-5420;
Women's & Children's Services (530) 666-1631;
Davis Pediatrics (530) 759-2317
Woodland Healthcare

Super Siblings

Registration is required. Fee: \$15

For parents and children ages 3-6 to learn about their new baby. Watch a sing-along video and take a hospital tour. Light snack included. When registering please note your child's name and age.

For more information, call
(530) 669-5540.
Woodland Healthcare



Wellness

Stress, Emotions & Your Health: Exercising Your Coping Strategies

Registration is encouraged, but not required. No Fee.

A licensed clinical social worker will discuss the impact of stress and your emotions on your health. Learn coping strategies and stress-reduction techniques. Part of Mercy's FREE community Healthy Heart Education series.

For more information, call (916) 537-5296.
Mercy Healthcare

Yoga Breathing

Registration is encouraged, but not required. No Fee.

Learn the benefits of focused breathing for improved health. Part of Mercy's FREE community Healthy Heart Education series.

For more information, call (916) 537-5296.
Mercy Healthcare

The Caring Center

Registration is encouraged, but not required. No Fee.

Meets on Wednesdays, from 7-9pm. Participants must arrive by 6:45pm to sign in. Provides a variety of treatments including:

- Therapeutic touch
- Cranio-sacral therapy
- Massage
- Reflexology
- Reiki
- Healing Touch

For more information, call (916) 817-8656 Monday through Wednesday.
Mercy Healthcare

Anger Management—Understanding Your Anger

Registration is required. No Fee.

Interactive class to help participants analyze and change their behavior.

Topics include:

- Understanding self control
- Stress Management
- Communication
- Understanding Role Models

For more information, call (707) 421-4155.
NorthBay Healthcare





Wellness

Better Choices, Better Health

Registration is required. Online class. No Fee.

Online course for anyone living with a long-term health condition such as:

- Diabetes
- Arthritis
- Asthma
- Heart disease
- Emphysema
- COPD
- Depression
- Obesity
- Other conditions

For more information, call (530) 669-5540 or register online at <https://selfmanage.org/BetterHealth/SignUp>.

Woodland Healthcare

Your Life, Take Care

Registration is required. No Fee.

Face-to-face class for anyone living with long-term health condition such as:

- Diabetes
- Arthritis
- Asthma
- Heart disease
- Emphysema
- COPD
- Depression
- Obesity
- Other conditions

For more information, call (530) 669-5540.

Woodland Healthcare

Lifesteps

Registration is required. No Fee.

Once a week, a 12-week weight management program stresses the importance of weight loss:

- Diet
- Physical activity
- Behavior modification techniques

For more information, call day program, (916) 734-6473, evening program, (916) 734-6224 ext. 3.

UC Davis Healthcare



Support Groups

Alzheimer's Caregiver Support Groups

Registration is encouraged, but not required. No Fee.

The following Solano county support groups for caregivers provide a vital link to others who share ideas, solutions and encouragement.

City	Frequency	Time	Location Name	Location Address	Location Phone Number
Vacaville	2nd Wed. of ea. mos.	7-9pm	NorthBay Adult Day Center	1020 Nut Tree Rd., Vacaville, CA	(707) 624-7970
Fairfield	1st & 3rd Wed. of ea. mos.	10-11:30am.	Redwood Caregivers Resource Center/ Fairfield Senior Center	1200 Civic Center Dr. Fairfield, CA	(707) 399-0105

For more information, call (707) 646-3575.

NorthBay Healthcare

Baby & Me

Registration is encouraged, but not required. No Fee.

This ongoing group can help new mothers learn about themselves, their new roles and coping with the changes and challenges new mothers experience.

For more information, call (916) 614-2229.

Mercy Healthcare

Bariatric Support Group

Registration is encouraged, but not required. No Fee.

These fun and interactive meetings are open to anyone who has had bariatric surgery. The monthly schedule is as follows:

January 21	Top 10 diet trends: "What's hot, what's not"
February 18	Exercise: "Who, What, Where and When"
March 18	Has weight loss affected your relationships?
April 15	"The doctor is IN" Q&A with Dr. Koura
May 20	Feel Stuck? Handling plateaus after WLS
June 17	Drive-thru dilemma: "How to navigate restaurant food"
July 15	Supermarket Savvy
August 19	Self-image: "How do you and the world see the new you?"
September 16	"Potpourri-Vitamins, Proteins & Fats"
October 21	How to deal with food cravings
November 18	Plastic Surgery
December 16	Time to celebrate: "Holiday eating/Holiday games"

For more information, call (916) 390-2661. Mercy Healthcare



Support Groups

Cancer Support Group

Registration is encouraged, but not required. No Fee.

Weekly cancer support groups for individuals with all types of cancers and at all stages. The goal is to help people navigate the cancer journey from a position of:

- Empowerment
- Strength
- Humor
- Hopefulness
- Counteract fear, isolation and helplessness

For more information, call (916) 390-2661.
Mercy Healthcare

Cancer Support Group

Registration is required. No Fee.

Designed to reach people as soon as possible after diagnosis in a safe and confidential atmosphere.

The group provides:

- Support, understanding and referrals to community resources
- Education about cancer and it's myths
- Speakers, including physicians and other healthcare professionals to speak about cancer and other related topics

Group meets every first, third and fifth Tuesday of every month, from 7-8:30pm in the Woodland Hospital Cafeteria.

For more information, call (530) 669-5540.
Woodland Healthcare

Caregivers' Support Group

Registration is encouraged but not required. No Fee.

For anyone involved in caring for a loved one with Alzheimer's disease or a dementia-related illness. Meets monthly.

For more information, call
(707) 624-7971.
NorthBay Healthcare

Need Help in Quitting Smoking?

Try Smoking Cessation
classes on pages 29-30
(Mercy Healthcare,
UC Davis Healthcare,
Woodland Healthcare) .



Support Groups

Diabetes Group Education

Registration is required. No Fee.

Combination of diabetes education and a medical appointment. Enables patients to explore key information and encourages patients to become active learners and more engaged with diabetes self-management. Meets Tuesday's from 8-10am or Wednesday's from 3-5pm.

Topics include:

- Taking patient's vital signs and blood glucose
- Changing medication
- Ordering blood work, if appropriate

You must be referred to this program, so check with your physician or contact *Jean Dorris (530) 662-3961, ext 6401* for more information.

For more information, call (530) 669-5540.
Woodland Healthcare

Need Help in learning the basics of healthy food choices and meal planning?

Try a Diabetes Nutrition class on page 17 (*Mercy Healthcare*).

Dr. Lau's Diabetes Group Management

Registration is required. No Fee.

Dr. Lau interacts in a group setting individually with each patient reviewing their:

- Medications
- Lab work
- Glucose monitoring diary
- Diet
- Exercise

Participants give their input about successes and obstacles they experience. Jean Dorris, Certified Diabetes Educator, facilitates the group appointments and brings her expertise to the group discussions. Targeted for out-of-control diabetics but are open to anyone interested in diabetes group appointment format. Please request a referral from your health care provider or contact *Jean Dorris at (530) 662-3961, ext 6401*. This group meets the 2nd and 4th Thursday of every month from 3:30-5pm.

For more information, call (530) 669-5540.
Woodland Healthcare



Support Groups

Electric Hearts Support Group

Registration is encouraged, but not required. No Fee.

Held quarterly for patients and their families learning to live with implantable Cardioverter Defibrillators.

For more information, call (707) 646-5074.

NorthBay Healthcare

Grief and Bereavement Support Group

Registration is encouraged, but not required. No Fee.

On-going adult support group.

For more information, call (707) 646-3575.

NorthBay Healthcare

Look Good, Feel Better Support Group

Registration is encouraged, but not required. No Fee.

Helps women currently undergoing cancer treatment coping with appearance-related side effects of treatment. Register for classes by calling the *American Cancer Society*, (800) 227-2345.

For more information, call (707) 646-4075.

NorthBay Healthcare

Mended Hearts

Registration is encouraged, but not required. No Fee.

Offers support groups, health information workshops and an accredited visiting program. Members will learn more about heart disease and share support and encouragement with others who are living with heart disease. Meets once a month from 4-5:30pm and includes a speaker, followed by discussion time by a social worker.

For more information, call
(707) 646-5072.

NorthBay Healthcare



Support Groups

Postpartum Support Group

Registration is not required. No Fee.

For new mothers to answer questions and share the challenges and joys of bringing a baby home. Support persons and family members are welcome to attend. Meets every Monday from 3-5pm. Location is at Medical Office Building, 632 W. Gibson St, classrooms 1 & 2, Woodland, CA.

For more information, call (530) 669-5420.
Woodland Healthcare



Prostate Cancer Support Group

Registration is encouraged, but not required. No Fee.

Monthly support group is for men with prostate cancer, their families and close friends. Meets the third Thursday of each month, at the following locations:

- Mercy San Juan Medical Center (odd months)
- UC Davis Cancer Center (even months)

For more information, call (916) 537-5237
Mercy Healthcare

SAND (Support After Neonatal Death)

Registration is encouraged, but not required. No Fee.

Friendship and understanding for parents experiencing grief over the loss of a pregnancy or an infant.

For more information, call (707) 646-3575.
NorthBay Healthcare

Stroke Survivors Support Group

Registration is not required. No Fee.

An informal atmosphere to share common concerns and to learn about community resources and activities. Held at Medical Office Building, 632 W. Gibson St, classrooms 1 & 2, Woodland, every third Monday of the month, from 1-2pm.

For more information, call (530) 669-5341.
Woodland Healthcare



Support Groups

Teen and Children's Bereavement Support Group

Registration is encouraged, but not required. No Fee.

Offers free support groups for teens, ages 13-17, and children, ages 6-12 on an as-needed basis.

For more information, call (707) 646-3575.
NorthBay Healthcare

Teen Mom Support Group

Registration is required. No Fee.

For pregnant or parenting teen women.

Participants receive:

- \$10 in compensation per week (\$100 for every 25 weeks completed)
- Free snacks
- Child care provided

Participants must join before their 18th birthday.

Held at 137 Cottonwood, Suite 1610, every Thursday, from 4-6pm.

The main goals for members in this group are:

- To create a peer support network
- Complete high school
- Maintain current family size

For more information, call (530) 406-5572.
Woodland Healthcare

Twins and Triplets Socialization

Registration is encouraged, but not required. Fee: \$30 annually

Offers socialization and support to the parents of multiples in Solano County.

For more information, go to www.solanotwins.com
NorthBay Healthcare





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