

We can help you start your health journey today!

Diabetes Wellness 101

- Evidence based program that focuses on nutrition, exercise, medication, and self-management.

- **Next Class Date:**
Stay Tuned! While you wait,
dive into our Holiday classes!



Nutrition 101

- Reviews different eating plans including the Mediterranean Plan, Plant Based Diet, Blue Zone Plans, Mind Diet, Anti-Inflammatory Plan, Keto Green, Intermittent Fasting and what the research says.

- **Next Class Date:**
Stay Tuned! While you wait,
dive into our Holiday classes!



Meal Planning

- Healthy meal planning skill building. Discover tips, apps, & more for shopping on a budget & preparing healthy meals

- **Next Class Date:**
Check out our
Holiday meal planning classes!



Eat to Live: Preventing Diabetes & Heart Disease

- Comprehensive information on understanding cardiovascular risk factors and strategies for improving health.

- **Next Class Date:**
Stay Tuned! While you wait,
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Healthy Weight Class

- A group class to support long-term weight management. This class helps to better understand the factors that contribute to weight gain and learn how to take steps to overcome them.

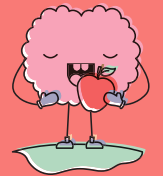
- **Next Class Date:**
Check out our
Holiday Healthy weight classes!



Mindful Eating

- Learn the relationship between eating and mindfulness and how marketing and cultural influences impact our views and connection with food.

- **Next Class Date:**
Check out our
Holiday Mindful Eating class!



Nutrition: Fact or Fiction

- Evidence-based information from our nutrition professionals to sort out what's fact and what's fiction!

- **Next Class Date:**
Stay Tuned! While you wait,
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Contact Us!

We take many insurances, and we offer patient scholarships. Call for more information today!

Phone: 707-575-6043





We can help you start your health journey today!

Join Us for a Healthier Holiday Season: Stress Less, Enjoy More!!

The holidays can be a whirlwind of busy schedules, stress, and tempting treats. But you don't have to face it alone! Our Holiday Nutrition Classes are here to help you manage stress, balance indulgence, and stay on track with your health goals.

Discover practical tips to enjoy the season's festivities while maintaining well-being and savoring every moment without the guilt. This year, give yourself the gift of a healthier, happier holiday!



Holiday Meal Planning



- Join our Healthy Meal Planning class to build essential skills for shopping on a budget and preparing nutritious meals!
- Discover useful tips, apps, and strategies to make meal planning easy and effective.
- Get expert advice for planning your holiday meals and enjoy festive feasts that are both healthy and delicious!
- Our instructor, a chef with over 15 years of experience will guide you through every step!

- **Next Class Dates:**
 - 10/30/2024-12/11/2024
Wednesday 5:00-6:30pm
 - 11/5/2024-12/10/2024
Tuesday 5:30-7:00



Holiday Healthy Weight Class



- Discover how to navigate the holiday treats and stressors, and learn effective strategies to overcome them.
- Learn to balance indulgent holiday foods with mindful eating
- Manage holiday stress
- Set realistic, enjoyable wellness goals for the season
- Celebrate the holidays with confidence and ease, all while maintaining your health and well-being!

- **Next Class Dates:**
 - 10/23/2024-12/18/2024 skip 11/27
Wednesday 5:00-6:30pm
 - 11/4/2024-12/16/2024
Monday 5:00-6:30

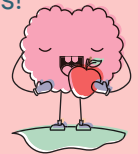


Holiday Mindful Eating



- Explore the connection between eating and mindfulness!
- Understand how marketing and cultural influences shape our views on food.
- Discover practical strategies to manage holiday stress and enjoy your meals with greater awareness and satisfaction.
- Embrace the season with a balanced, mindful approach to your festive feasts!

- **Next Class Date:**
11/12/2024-12/17/2024
Wednesday 5:00-6:30pm



Holiday Harmony: Gentle Movement



- Take a break from the busy holiday season and join us for a relaxing movement class.
- This class is designed to help you unwind and recharge through easy, calming exercises.

- **Next Class Date:**
10/21/2024-12/9/2024
Monday 5:00-6:00



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ONGOING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none">• STEPS TO WELLNESS: 10:00-11:30AM• DIABETES SUPPORT GROUP- FIRST MONDAY OF EACH MONTH: 5:30-7:00PM	<ul style="list-style-type: none">• MINDFULNESS & MEDITATION: 3:00-4:00PM	<ul style="list-style-type: none">• MOVEMENT AND HEALTH: 10:00-11:00AM• SPANISH FAMILY NUTRITION: SECOND WEDNESDAY OF EACH MONTH: 5:30-7:00PM	<ul style="list-style-type: none">• STEPS TO WELLNESS: 4:00-5:30PM• SPANISH FAMILY NUTRITION: SECOND THURSDAY OF EACH MONTH: 5:30-7:00PM

JOIN US FOR OUR ONGOING CLASSES!

STEPS TO WELLNESS

CLASSES INCLUDE SKILL BUILDING ON STRESS MANAGEMENT, SLEEP, HEALTHY EATING, MEDICATIONS AND SUPPLEMENTS, AND PHYSICAL ACTIVITY. AN INVESTIGATION OF HOW THE BRAIN WORKS AND THE NEWEST RESEARCH ON GOAL SETTING. A GOOD CLASS FOR PEOPLE WHO WANT HELP WITH STRESS MANAGEMENT.

MINDFULNESS AND MEDITATION

THIS CLASS GUIDES PARTICIPANTS THROUGH THE FUNDAMENTALS OF MINDFULNESS AND TEACHES ESSENTIAL TECHNIQUES SUCH AS BREATHING EXERCISES, GRATITUDE, POSITIVE SELF-TALK, SAVORING AND MEDITATION. THIS CLASS CREATES A SUPPORTIVE ENVIRONMENT FOR SETTING GOALS, ACTION PLANS, AND SHARES VALUABLE INSIGHTS ON MINDFULNESS AND MEDITATION PRACTICES. THE CLASS THEN ENGAGES IN A MEDITATION SESSION, OFFERING MOMENTS OF RELAXATION AND REFLECTION.

MOVEMENT AND HEALTH

A DYNAMIC CLASS TO HELP DISCOVER THE TRANSFORMATIVE BENEFITS OF PHYSICAL ACTIVITY AND EXERCISE ON OUR WELL-BEING. GAIN VALUABLE INSIGHTS INTO EXERCISE TECHNIQUES, THEN PRACTICE IN CLASS AND RECEIVE GUIDANCE ON SETTING GOALS AND CREATING ACTION PLANS TO ACHIEVE YOUR FITNESS ASPIRATIONS. BE READY TO WORK OUT WITH US!

DIABETES SUPPORT GROUP

PROVIDES A SUPPORTIVE ENVIRONMENT WHERE INDIVIDUALS WITH DIABETES CAN RECEIVE UP TO DATE EDUCATION ON LONG-TERM DIABETES MANAGEMENT. THIS IS A GREAT CLASS FOR FOLKS WHO HAVE COMPLETED OUR DSME CLASS AND SEEK A SUPPORTIVE SPACE FOR CHECK-INS AND ONGOING SUPPORT. THIS CLASS OFFERS A VALUABLE OPPORTUNITY FOR GROWTH AND EMPOWERMENT IN MANAGING DIABETES EFFECTIVELY.

FAMILY NUTRITION-SPANISH

THIS CLASS ALLOWS PARENTS AND KIDS TO JOIN AND LEARN ABOUT FOOD AND NUTRITION WITHIN A FAMILY DYNAMIC. IN THIS CLASS TOPICS INCLUDE IMPROVING HEALTHY EATING, LOWERING SUGAR SWEETENED BEVERAGES, LOWERING SCREEN TIME, INCREASING PHYSICAL ACTIVITY AND DIVISION OF RESPONSIBILITY. THIS CLASS EMPOWERS FAMILIES TO SUPPORT EACH OTHER IN MAKING CHANGES AS A FAMILY.