Healthy Living

New classes available to enhance your health and well-being

Chronic conditions and lifestyle coaching by phone

Includes Stretch Your Limits removable exercise guide!
Healthy living is an easy call

As part of our mission to help you thrive, Kaiser Permanente offers a wide array of Healthy Living classes professionally designed for your total health. And almost all of them are totally free!

The more you get into healthy living, the more you get out of life. See you in class!

Dance up a storm. Feed your brain. Take on diabetes. Feel more alive.

Join a class.
Pre-register by calling the Health Line at 404-365-0966 or 1-800-611-1811 (TTY 711)

Want to bring a friend?
Call 404-364-7117
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Member makes significant lifestyle changes to fight against diabetes

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Cynthia Lavergne, a Georgia Region member for 16 years, knew she was going through the fire of menopause. So when she found she was drinking a lot of water, she first dismissed it – perhaps this was just part of menopause as much as hot flashes.

“I never really had any issues with my health,” she said recently. “So at first, I didn’t really pay attention.”

Except “something still wasn’t feeling right,” she said. Cynthia was on vacation when she really felt there was a problem, and she decided to get her blood levels checked when she returned to work.

A financial counselor at Kaiser Permanente, she turned to diabetes nurse Shannon Dukes to check her out. Shannon ordered lab work – and indeed, Cynthia’s intuition was right.

At 58, Cynthia was diagnosed as diabetic. Immediately, she met with her doctor to talk about insulin and life changes.

“Change found me,” she said. “And I’ve got to admit, I asked if I could just take a pill – I didn’t want to take shots for the rest of my life. But I was told, no; I was really going to have to make some lifestyle changes.”

Enter Ricia Taylor, a Kaiser Permanente registered dietitian, who joined forces with Cynthia and Shannon, to get Cynthia back on track.

“I was a Coke fanatic.” Cynthia said, “And Ricia pointed out how much sugar that meant I was consuming. She really helped re-educate me on what I was eating and drinking – from the Cokes, to portion control.”

Cynthia decided to go cold turkey on the Cokes. In addition, Cynthia attended two classes – Diabetes: Beyond the Basics and Diabetes: What Can I Eat?

Cynthia also started walking 10,000 steps a day. “I had a treadmill in my basement that was collecting dust – so I started using it. I get up at 5:30 a.m. and walk an hour.”

3 TIPS

from Cynthia Lavergne

1. You can have the food you like, but you have to think about portion control and whether it really is helping you be healthy. You can have baked potato, but maybe not an entire baked potato.

2. Exercise has to become such a habit, it’s second nature.

3. Realize that as you make these changes, you’re “a work in progress.” If you falter, pick yourself up and try again. Find support.
Now it’s a habit, resulting in great insulin levels and a 20-pound weight loss. It also has become such a part of her life, that her daughter and her grandchildren are all helping keep her on track.

“Every once and a while,” she said, “they’ll say, ‘Now is that on your program?’”

Both Ricia and Shannon are thrilled with Cynthia’s progress.

“Cynthia has made amazing gains as it relates to her health in the past year,” Ricia said. “She changed her eating, started to exercise and was compliant with her medication.”

Shannon agrees. “She was open-minded and self-motivated to get her diabetes under control.”

“Change found me and I’ve got to admit, I asked if I could just take a pill - I didn’t want to take shots for the rest of my life. But I was told, no; I was really going to have to make some lifestyle changes.”

Everybody Walk!

There’s nothing quite like walking with a certified Kaiser Permanente physician to help keep you motivated. And that’s just what will happen when you join us for a spirited and healthy walk around Greenbriar Mall on Thursday mornings in February and March.

Who?
All members and non-members welcome

When?
Thursday mornings at 9 a.m. (February 9 – March 30)

Where?
Greenbriar Mall
2841 Greenbriar Pkwy. SW
Atlanta, GA 30331

How?
Just show up and join us!
## DANCERCISE

**Non-members welcome / $0 / Must pre-register**

This 45-minute low-impact, dance-inspired movement class is filled with energy, enthusiasm, and fun. Dance can include Latin dance, modern, funk, hip-hop, and more. Class content may vary based on the instructor’s style. Please dress in comfortable clothes and athletic shoes, and bring water.

### Cascade
- Wed. Jan. 11 - Feb. 15 6:00 - 7:00 pm
- Wed. Feb. 22 - Mar. 29 6:00 - 7:00 pm
- Wed. Apr. 5 - May 10 6:00 - 7:00 pm
- Wed. May 17 - Jun. 21 6:00 - 7:00 pm

### Crescent
- Mon. Jan. 9 - Feb. 20 6:00 - 7:00 pm (skip Jan. 16th)
- Mon. Feb. 27 - Apr. 3 6:00 - 7:00 pm
- Mon. Apr. 10 - May 15 6:00 - 7:00 pm
- Mon. May 22 - Jun. 26 6:00 - 7:00 pm (skip May 29th)

### Cumberland
- Wed. Jan. 11 - Feb. 15 6:00 - 6:45 pm
- Wed. Feb. 22 - Mar. 29 6:00 - 6:45 pm
- Wed. Apr. 5 - May 10 6:00 - 6:45 pm
- Wed. May 17 - Jun. 21 6:00 - 6:45 pm

### Glenlake
- Thurs. Jan. 5 - Feb. 9 5:30 - 6:30 pm
- Thurs. Feb. 16 - Mar. 23 5:30 - 6:30 pm
- Thurs. Apr. 6 - May 11 5:30 - 6:30 pm
- Thurs. May 18 - Jun. 22 5:30 - 6:30 pm

### Gwinnett
- Tues. Jan. 10 - Feb. 14 6:00 - 7:00 pm
- Tues. Feb. 21 - Mar. 28 6:00 - 7:00 pm
- Tues. Apr. 4 - May 9 6:00 - 7:00 pm
- Tues. May 16 - Jun. 20 6:00 - 7:00 pm

### Henry Towne Centre
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- Wed. Apr. 5 - May 10 6:00 - 7:00 pm
- Wed. May 17 - Jun. 28 6:00 - 7:00 pm

### Panola
- Thurs. Jan. 5 - Feb. 9 6:00 - 7:00 pm
- Thurs. Feb. 16 - Mar. 23 6:00 - 7:00 pm
- Thurs. Mar. 30 - May 4 6:00 - 7:00 pm
- Thurs. May 11 - Jun. 15 6:00 - 7:00 pm

### Southwood
- Thurs. Jan. 12 - Feb. 16 6:00 - 7:00 pm
- Thurs. Feb. 23 - Apr. 6 6:00 - 7:00 pm
- Thurs. Apr. 13 - May 18 6:00 - 7:00 pm
- Thurs. May 23 - Jun. 22 6:00 - 7:00 pm

### TownPark
- Tues. Jan. 10 - Feb. 14 6:00 - 6:45 pm
- Tues. Feb. 21 - Mar. 28 6:00 - 6:45 pm
- Tues. Apr. 11 - May 16 6:00 - 6:45 pm
- Tues. May 23 - Jun. 27 6:00 - 6:45 pm
STEP INTO MOVEMENT

Non-members welcome* / $0 / Must pre-register
Do you want to have fun and happen to have a BMI of 35 or greater? This is a safe and supportive activity class for you. Join us for this six-week class that will help you feel better. Each 45-minute, low-impact class will help get you moving again without joint pain or the intimidating gym atmosphere. Participate standing or in a chair. Please dress in comfortable clothes and athletic shoes, and bring water.

Workouts include:
• Cardio
• Resistance training
• Flexibility

Alpharetta
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Mon. Apr. 24 - May 22 7:00 - 7:45 pm (skip May 29)
Mon. Jun. 5 - Jun. 26 7:00 - 7:45 pm

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Mon. May 22 - Jun. 26 7:00 - 7:45 pm (skip May 29)

Glenlake
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Wed. May 24 - Jun. 28 7:00 - 7:45 pm

Gwinnett
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Thurs. May 25 - Jun. 29 6:00 - 7:00 pm

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Mon. Apr. 3 - May 1 6:00 - 7:00 pm
Mon. May 8 - Jun. 19 6:00 - 7:00 pm (skip May 29)

Southwood
Mon. Jan. 9 - Feb. 20 7:00 - 8:00 pm (skip Jan. 16)
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Thurs. May 25 - Jun. 29 6:00 - 7:00 pm

*For questions or to register, all non-members are asked to call 404-364-7117. For the most up-to-date listing of classes, visit kp.org/classes.
STEP INTO LOW IMPACT

Non-members welcome* / $0 / Must pre-register
This low impact class involves short burst of YOUR maximum effort of anaerobic interval training that provides you with the best possible outcome for strength, endurance and overall fitness level. Putting your maximum effort into each short exercise, will cause your metabolism and heart to raise, thus allowing you to lose weight and build endurance faster than aerobic activities. These exercises will also allow you to burn fat well after your workouts are over.

This class is designed for all ages, weights, BMIs, fitness levels or physical challenges. The exercises can be altered to fit anyone’s needs.

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**STEP TO SUCCESS**

Non-members welcome* / $0 / Must pre-register
This class combines dynamic movements from low to high impact. In this six-week program, each 45-minute class blends cardio, flexibility, and resistance training. Strive to achieve your fitness goals, have fun, and enjoy a total body workout. Please dress in comfortable clothes and athletic shoes, and bring water.

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STRENGTH & BALANCE™
MEMBERS ONLY / $0 / Must pre-register / Must be a member of Silver Sneakers
Strength and balance are important in everyday life, and this class will help you improve your ability to feel strong and stable. Strength exercises may include lifting hand-held weights, stretching resistive tubing, and using your own body’s resistance while also using your core muscles to improve balance and stability.

Alpharetta
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TAI CHI FOR HEALTH AND HEALING
Non-members welcome* / $0 / Must pre-register
Traditionally, Tai Chi exercise is used for both maintaining good health and healing specific ailments. Tai Chi provides a safe, gradual way of improving flexibility and range of motion that can help ailments like arthritis. Come and learn simple movements that focus on building healing energy to:
- Improve circulation
- Promote flexibility
- Balance organs and systems
- Strengthen bones
- Reduce stress and anxiety and help with mood enhancement
- Relax

Cascade
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*For questions or to register, all non-members are asked to call 404-364-7117. For the most up-to-date listing of classes, visit kp.org/classes.

It’s official. Physical activity is one of the best things for your health. Even small amounts of activity reduce stress, improve your sleep and lower the risk of disease. How much exercise do you need? The American College of Sports Medicine recommends 30 minutes of moderate activity done most days of the week.
YOGA

Non-members welcome* / $0 / Must pre-register

Discover the connection between mind and body. This connection helps develop focus, balance, strength, and flexibility. Many participants find it useful for dealing with anxiety and stress as well. This six-week class is designed for all participant levels. Please dress in comfortable clothes and bring a yoga mat, towel, and water.

### Alpharetta

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Sugar Hill/Buford

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TownPark

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What is Wellness Coaching by Phone, and how can it help me?

Our Wellness Coaching by Phone program lets you work with a coach to explore your motivation to make healthy changes and create plans based on small behavior changes. You and your coach will work closely as partners to talk about what you want, what you can do, and how confident you are about making these changes.

Making lifestyle changes can be hard, but it’s not impossible. You and your coach will talk about things you can do to help you build your motivation. First, it’s important for you to look at why you want to make changes in your life. By understanding your own reasons for change and thinking about the benefits, you can help yourself build motivation to change. This can also help keep you going when the going gets tough!

You can start by thinking about these two questions:

- Why is change important to you?
- What are two benefits you can see happening once you start making these changes?

Next, think small! Research shows that if you take a big goal and break it down into small steps, you have a better chance at sticking to your plan. For example, if your big goal is to walk 30 minutes, 5 days a week, you can start by walking 10 minutes, 3 days a week. Then take it up a notch to 15 minutes, 4 days a week. Keep building slowly until you reach 30 minutes. At this pace, you will be more likely to stick with it and reach your goal.

This “small steps” plan can work for most healthy lifestyle changes you are trying to make. Just remember to start small, build slowly, and always pat yourself on the back every time you move in the direction of a healthier lifestyle!

Call 1-866-862-4295, Monday through Friday, from 9 a.m. to 10 p.m. Eastern time (ET), to make an appointment. Coaching sessions are available Monday through Friday, from 9 a.m. to 10 p.m. ET.

*For questions or to register, all non-members are asked to call 404-364-7117. For the most up-to-date listing of classes, visit kp.org/classes.

kp.org/healthyliving 11
THE ART OF HEALTHY COOKING

Non-members welcome* / $0 / Must pre-register
This two-hour workshop is fun, free, and informative. It teaches you how to make your favorite meals and desserts low in fat, sugar, and salt. You’ll watch food preparation steps, learn cooking techniques, and sample prepared dishes. This class is taught by a professional chef who is also a registered dietitian.

Alpharetta
Sat. Jan. 14th 10:00 am - 12:00 pm

Athens
Thurs. Feb. 9 6:00 - 8:00 pm
Thurs. Apr. 20 6:00 - 8:00 pm

Brookwood
Thurs. Mar. 23 6:00 - 8:00 pm

Cascade
Thurs. May. 11 6:00 - 8:00 pm

Crescent
Thurs. Jun. 15 6:00 - 8:00 pm

Cumberland
Thurs. Jan. 26 6:00 - 8:00 pm

Douglasville
Thurs. Mar. 9 6:00 - 8:00 pm

Glenlake
Thurs. May 25 6:00 - 8:00 pm

Gwinnett
Thurs. Feb. 23 6:00 - 8:00 pm

Henry Towne Centre
Thurs. Jun. 1 6:00 - 8:00 pm

Panola
Thurs. Jan. 12 6:00 - 8:00 pm

Southwood
Thurs. Apr. 13 6:00 - 8:00 pm

Sugar Hill/Buford
Thurs. Jun. 29 6:00 - 8:00 pm

TownPark
Sat. Jan. 28 10:00 am - 12:00 pm

HEALTHY TIPS

SUPERFOODS
Some foods carry a big nutritional punch and contribute the most to your health.

- Blueberries are full of antioxidants and fiber, which may help to prevent some cancers.
- Brown rice is high in vitamins, minerals and fiber.
- Sweet potatoes are loaded with vitamin A, but also vitamin C and fiber, which promote healthy digestion.

Try to get some of these “superfoods” several times per week.
WEIGHT LOSS SUPPORT: ASK A DIETITIAN / NUTRITIONIST

Non-members welcome* / $0 / Must pre-register

Being a healthy weight can lower your risk of health problems. Do you struggle to lose and maintain a healthy weight? You can have FREE access to a Registered Dietitian/Nutritionist on your weight loss journey. The Dietitian will present a different topic each month and answer questions to help you as you adopt a healthier diet and lifestyle. Register to attend one or more one-hour class.

Monthly topics will vary based on participant interest, but may include:

- Fad diets
- Nutrition myths
- Nutrition for exercise
- What's in my drink?
- Eating out
- Healthy snacking

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*For questions or to register, all non-members are asked to call 404-364-7117. For the most up-to-date listing of classes, visit kp.org/classes.
Healthy Recipes

Comfort Foods Light

Comfort Foods are a staple of most American diets. Our healthy updates take advantage of low-fat, nutrient-packed ingredients that won’t skimp on flavor!

Baked Mac & Cheese

Makes 4 servings  
Active Time: 25 minutes  
Total Time: 55 minutes

PREPARATION

1. Put a large pot of water on to boil. Preheat oven to 450°F. Coat an 8-inch-square (2-quart) baking dish with cooking spray.

2. Mix breadcrumbs, oil and paprika in a small bowl. Place spinach in a fine-mesh strainer and press out excess moisture.

3. Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. In a small bowl, whisk remaining 1/4 cup milk and flour until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.

4. Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.

5. Bake the casserole until bubbly and golden, 25 to 30 minutes.

NUTRITION

Per serving: 576 calories; 63 g carbohydrates; 22 g fat (11 g sat, 2 g mono); 37 g protein; 69 mg cholesterol; 9 g dietary fiber; 403 mg potassium; 917 mg sodium. Nutrition bonus: Vitamin A (290% daily value), Calcium (70% dv), Folate (37% dv), Iron (15% dv).

INGREDIENTS

3 tablespoons plain dry breadcrumbs  
1 teaspoon extra-virgin olive oil  
1/4 teaspoon paprika  
1 16-ounce or 10-ounce package frozen spinach  
1 3/4 cups low-fat milk  
3 tablespoons all-purpose flour  
2 cups shredded extra-sharp Cheddar cheese  
1 cup low-fat cottage cheese  
1/8 teaspoon ground nutmeg  
1/4 teaspoon salt  
Freshly ground pepper  
8 ounces (2 cups) whole-wheat elbow macaroni
Pretzel-Crusted Pork Cutlets with Mustard Sauce

INGREDIENTS
4 center-cut boneless pork chops (1-1 ¼ pounds total)
¼ teaspoon ground pepper
¼ teaspoon salt
½ cup all-purpose flour
1 large egg
3 cups mini pretzels, crushed
Olive oil cooking spray
¼ cup low-fat plain Greek yogurt
2 tablespoons whole-grain mustard

Makes 4 servings
Active Time: 15 minutes
Total Time: 35 minutes

PREPARATION
1. Place a wire cooling rack on a rimmed baking sheet and place in the oven; preheat to 450°F.
2. Place pork chops on a large cutting board. Cover with plastic wrap and pound with the smooth side of a meat mallet to about ¼-inch thickness. Sprinkle with pepper and salt. Place flour, egg and pretzels in three separate shallow dishes. Dredge the cutlets in flour, shaking off excess, then dip in egg, letting excess drip off, then press into pretzels. Generously coat one side of the cutlets with cooking spray.
3. Remove the heated pan from the oven. Put the cutlets, sprayed-side down, on the rack. Coat the second side generously with cooking spray. Bake until golden brown, 8 to 12 minutes.
4. Combine yogurt and mustard in a small bowl. Serve with the pork.

NUTRITION
Per serving: 250 calories; 17 g carbohydrates; 8 g fat (2 g sat, 3 g mono); 23 g protein; 105 mg cholesterol; 1 g dietary fiber; 308 mg potassium; 491 mg sodium.

Green Beans with Creamy Garlic Dressing

INGREDIENTS
1 pound green beans
1 small clove garlic
½ teaspoon kosher salt
½ cup nonfat plain yogurt
1 tablespoon extra-virgin olive oil
1 tablespoon chopped fresh parsley (optional)
Freshly ground pepper

Makes 4 servings
Active Time: 25 minutes
Total Time: 25 minutes

PREPARATION
1. Place a medium bowl of ice water near the stove. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender, 6 to 8 minutes. Transfer the beans to the ice water to cool. Remove from the ice water with a slotted spoon and let drain on a kitchen towel; blot dry with another towel.
2. If using fresh garlic, mash with salt using the back of a spoon until a paste forms. Whisk the garlic paste (or garlic powder and salt) with yogurt, oil, parsley (if using) and pepper in a large bowl. Add the green beans and toss to coat. Serve cold.

NUTRITION
Per serving: 89 calories; 11 g carbohydrates; 4 g fat (1 g sat, 3 g mono); 4 g protein; 1 mg cholesterol; 4 g dietary fiber; 244 mg potassium; 165 mg sodium. Nutrition bonus: Vitamin C (19% daily value), Vitamin A (16% dv)
Kid Approved Recipes

Cooking for a crew? Invite the whole family into the kitchen to help make one of these quick and easy kid-friendly recipes approved by picky eaters.

Buffalo Chicken Meatballs ❤

Makes 6 servings
Active Time: 25 minutes
Total Time: 50 minutes

INGREDIENTS
8 ounces mushrooms
1 small onion
1 stalk celery
4 cloves garlic
1 tablespoon extra-virgin olive oil
½ cup fine dry breadcrumbs
½ cup very finely chopped carrot
¼ cup crumbled blue cheese
2 tablespoons hot sauce
1 tablespoon distilled white vinegar
½ teaspoon salt
½ teaspoon ground pepper
1 pound lean ground chicken

PREPARATION
1. Finely chop mushrooms, onion, celery, and garlic in a food processor. Heat oil in a large skillet over medium-high heat. Add the vegetable mixture and cook, stirring occasionally, until the liquid has evaporated, 6 to 8 minutes. Transfer to a large bowl and let cool for 10 minutes.
2. Preheat oven to 450°F. Line a large-rimmed baking sheet with foil and coat with cooking spray.
3. Add breadcrumbs, carrot, cheese, hot sauce, vinegar, salt, and pepper to the cooled vegetables; stir until combined. Add chicken and mix gently to combine (do not overmix). Form into 30 meatballs (a scant 2 tablespoons each) and place on the prepared baking sheet.
4. Bake the meatballs until an instant-read thermometer inserted in the center registers 165°F, about 15 minutes.

NUTRITION
Per serving: 207 calories; 11 g carbohydrates; 11 g fat (3 g sat, 5 g mono); 17 g protein; 69 mg cholesterol; 1 g dietary fiber; 633 mg potassium; 523 mg sodium. Nutrition bonus: Vitamin A (37% daily value), Potassium (18% dv)
Fruit & Nut Popcorn Trail Mix ♥

Sweet dried fruit, salty nuts, and crunchy popcorn are mixed together to make this super-satisfying, homemade trail mix that travels well.

Makes 1 serving
Active Time: 10 minutes
Total Time: 10 minutes

INGREDIENTS
1 cup air-popped popcorn
2 tablespoons salted shelled pistachios
1 tablespoon dried cherries or cranberries

PREPARATION
1. Combine popcorn, pistachios, and cherries (or cranberries).

NUTRITION
Per serving: 146 calories; 17 g carbohydrates; 7 g fat (1 g sat, 4 g mono); 5 g protein; 0 mg cholesterol; 3 g dietary fiber; 181 mg potassium; 66 mg sodium.

Pizza Roll-Up ♥

This easy pizza-inspired roll-up is a kid-pleaser.

Makes 1 serving
Active Time: 15 minutes
Total Time: 15 minutes

INGREDIENTS
1 8-inch whole-wheat flour tortilla
2 tablespoons prepared pizza sauce
12 leaves baby spinach
3 tablespoons shredded part-skim mozzarella

PREPARATION
1. Place tortilla on a plate and spread pizza sauce over it. Top with an even layer of spinach and sprinkle cheese on top. Microwave on High until the cheese is just melted, about 45 seconds. Carefully roll up the tortilla. Let cool for 10 minutes before slicing into pieces, if desired.

NUTRITION
Per serving: 217 calories; 26 g carbohydrates; 7 g fat (2 g sat, 1 g mono); 10 g protein; 14 mg cholesterol; 3 g dietary fiber; 18 mg potassium; 457 mg sodium. Nutrition bonus: Calcium (17% daily value).
EARLY DETECTION OF LUNG CANCER SCREENING

MEMBERS ONLY / $0 / Must pre-register

Participants will need a referral from their physician and must meet criteria for screening:

- Current or former smoker (quit within last 15 years)
- Between ages 55-80

Lung cancer is the leading cause of death from cancer. More people die from lung cancer each year than from breast, colon, and prostate cancers combined. Detecting lung cancer early can mean easier treatment and a better cure rate. Smoking is the leading cause of lung cancer, and even former smokers have elevated risk factors for years after quitting. If you would like to be proactive and get screened, contact your primary care physician to request a referral for lung cancer screening. You will be contacted by the instructor to verify screening criteria and confirm enrollment. Call 678-340-8104 with questions or for additional information.

NOTE: Please note that registration for this class is NOT through the Health Line. Register through a referral from your primary care physician or by calling 678-340-8104.

QUIT SMART PROGRAM

Non-members welcome* / $0 / Must pre-register

Take a step toward good health by gradually quitting nicotine. You will get a Quit Smart kit that includes an information guide, a hypnosis CD, and a cigarette substitute. Bupropion SR and nicotine patch vouchers (redeemable only at Kaiser Permanente pharmacies) are also offered. If you have a serious health condition, talk with your doctor about whether nicotine patches are right for you.

Brookwood
Sat. Jan. 21 - Feb. 11 9:00 - 11:00 am

Cumberland
Sat. Apr. 1 - Apr. 22 10:00 am - 12:00 pm

Glenlake
Sat. Feb. 18 - Mar. 11 9:00 - 11:00 am

Gwinnett
Tues. Mar. 7 - Mar. 28 6:00 - 8:00 pm

Southwood
Sat. Feb. 4 - Feb. 25 12:00 - 2:00 pm

TownPark
Tues. Jan. 31 10:00 - 11:00 am
Tues. Feb. 28 10:00 - 11:00 am
Tues. Mar. 28 10:00 - 11:00 am
Tues. Apr. 25 10:00 - 11:00 am
Tues. May 23 10:00 - 11:00 am
Tues. Jun. 27 10:00 - 11:00 am

Glenlake
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Tues. Jun. 13 10:00 - 11:00 am

Southwood
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Tues. Mar. 7 10:00 - 11:00 am
Tues. Apr. 4 10:00 - 11:00 am
Tues. May 2 10:00 - 11:00 am
Tues. Jun. 6 10:00 - 11:00 am
ADULT WEIGHT MANAGEMENT

Non-members welcome* / $10 / Must pre-register
Successful weight loss is more than just cutting calories. Learn how to lose weight and keep it off by making healthy choices. These healthy choices include regular exercise, proper nutrition, and a positive attitude. This five-week program is designed for adults and taught by a registered dietitian.

Cascade
Mon. Jan. 30 - Feb. 27 5:30 - 6:30 pm
Mon. Mar. 13 - Apr. 10 5:30 - 6:30 pm
Mon. May 8 - Jun. 5 5:30 - 6:30 pm (skip May 29)
Wed. Feb. 1 - Mar. 1 5:00 - 6:00 pm
Wed. Mar. 15 - Apr. 12 5:00 - 6:00 pm
Wed. May 10 - Jun. 7 5:00 - 6:00 pm

Crescent
Tues. Jan. 24 - Feb. 21 4:30 - 5:30 pm
Tues. Apr. 11 - May 9 4:30 - 5:30 pm
Thurs. Mar. 2 - Mar. 30 6:00 - 7:00 pm

Cumberland
Wed. Jan. 18 - Feb. 15 6:30 - 7:30 pm
Wed. Mar. 8 - Apr. 5 6:30 - 7:30 pm

Gwinnett
Wed. May 24 - Jun. 21 6:00 - 7:00 pm

Panola
Thurs. May 25 - Jun. 22 6:00 - 7:00 pm

Southwood
Thurs. Feb. 2 - Mar. 2 3:30 - 4:30 pm
Thurs. Mar. 16 - Apr. 13 3:30 - 4:30 pm
Thurs. May 25 - Jun. 22 4:45 - 5:45 pm

IMPROVING YOUR SLEEP

Non-members welcome* / $0 / Must pre-register
There are no easy or instant cures for chronic insomnia. Overcoming insomnia involves making changes in your daily behavior. Many people abandon a behavioral technique after two or three nights if it doesn’t produce an immediate change in their sleep. This course will require time, patience, and persistence. Although the changes resulting from behavioral interventions will take longer than just taking a pill, they will also last longer. These changes are more enduring, more effective, and safer than sleep medications.

Cumberland
Sat. Apr. 1 - Apr. 22 12:00 - 2:00 pm

Gwinnett
Tues. Apr. 25 - May 16 6:00 - 8:00 pm

Southwood
Sat. Feb. 4 - Feb. 25 9:30 - 11:30 am

MINDFULNESS PRACTICES FOR BEGINNERS

Non-members welcome* / $0 / Must pre-register
Through sitting and gentle movement exercises, learn proven techniques to connect more fully with the present by focusing awareness on your breath, body sensations, emotions, and thoughts. These mindfulness practices have been shown to improve attention, reduce stress, decrease reactivity to emotion, enhance mood, decrease anxiety, and improve overall well-being. Please dress in comfortable, loose clothing, and bring a pillow or towel and water.

Brookwood
Sat. May 6 - Jun. 3 10:00 am - 12:00 pm (skip May 27)

Panola
Sat. Feb. 25 - Mar. 18 10:00 am - 12:00 pm

Southwood
Wed. Mar. 1 - Apr. 5 6:00 - 8:00 pm

100 calories per day
One pound of body weight is the equivalent of 3,500 calories. By decreasing your daily intake by just 100 calories, you could lose about 10 pounds over a year. You’ll find 100 calories in 8 ounces of soda, 2 pats of butter, and even 1 ounce of cheese. Small changes can lead to big results.

*For questions or to register, all non-members are asked to call 404-364-7117. For the most up-to-date listing of classes, visit kp.org/classes.
Prenatal Yoga

Non-members welcome / $0 / Must pre-register / Register for this class at www.ohbabyfitness.com

Enjoy a healthy pregnancy and bond with your baby. In this class you will learn classic yoga poses selected specifically for use during pregnancy and the postpartum period. These poses can help relieve the aches of pregnancy and aid in the healing process after childbirth. This class is designed for women from 12 weeks of pregnancy to full term.

Please obtain permission from your doctor before participating. Please bring a pillow, yoga mat, and water to every class.

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<td>Thurs. Jan. 5 - Feb. 8</td>
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<td>Southwood</td>
<td>Thurs. Apr. 13 - May 18</td>
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<tr>
<td>TownPark</td>
<td>Sun. Mar. 5 - Apr. 9</td>
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BREASTFEEDING BASICS

MEMBERS ONLY / $0 / Must pre-register

Breast milk is the best nutritional start you can give your newborn. This three-hour class will teach you:

- The basics of prenatal preparation
- How to get started in the hospital
- The early weeks at home
- Breast pumps

This class will also answer many other questions and concerns. Partners are welcome. Space is limited, so register early.

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<td>10:00 am - 12:30 pm</td>
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CHILDBIRTH PREPARATION & NEWBORN CARE
MEMBERS ONLY / $10 / Must pre-register

One of the best things soon-to-be moms can do is take a childbirth preparation and newborn care class. In this five-session class, you will learn how to prepare for your baby with discussions on:

• Fetal development
• How to know when labor begins
• Comfort measures
• Epidurals
• Hospital procedures
• Delivery
• Delivery

You will also learn what to do once your baby is born. Newborn care includes:

• Bathing
• Sleep patterns
• Diapering
• Feeding methods
• Dressing
• When to call your pediatrician

Plan to finish this class about four weeks before your due date. Bring two pillows and an adult-size blanket to each class. For newborn care, bring a receiving blanket. Partners are welcome.***

NOTE: The fee for childbirth preparation classes must be paid to the instructor at the first class. Please arrive early to allow time for this transaction. Check or money order only; cash payments will not be accepted.

Crescent
Sat. Apr. 8 9:30 am - 5:30 pm

Cumberland
Sat. Mar. 18 9:30 am - 5:30 pm

Gwinnett
Sat. Jan. 14 9:30 am - 5:30 pm

Panola
Sat. May 13 9:30 am - 5:30 pm

Southwood
Sat. Feb. 11 9:30 am - 5:30 pm

*For questions or to register, all non-members are asked to call 404-364-7117. For the most up-to-date listing of classes, visit kp.org/classes.

WEEKEND CHILDBIRTH PREPARATION & NEWBORN CARE
MEMBERS ONLY / $10 / Must pre-register

This Saturday class is a shortened version of the five-week “Childbirth Preparation & Newborn Care” class. Home review and practice will be essential to become familiar and comfortable with the techniques taught. Due to the length of class, we suggest that you bring snacks, lunch, and drinks for yourself and your partner. Bring two pillows and an adult-size blanket. For newborn care, bring a receiving blanket.***

NOTE: The fee for childbirth preparation classes must be paid to the instructor at the first class. Please arrive early to allow time for this transaction. Check or money order only; cash payments will not be accepted.

Crescent
Sat. Apr. 8 9:30 am - 5:30 pm

Cumberland
Sat. Mar. 18 9:30 am - 5:30 pm

Gwinnett
Sat. Jan. 14 9:30 am - 5:30 pm

Panola
Sat. May 13 9:30 am - 5:30 pm

Southwood
Sat. Feb. 11 9:30 am - 5:30 pm

kp.org/healthyliving 21
Healthy Solutions
CHRONIC CONDITIONS COACHING BY PHONE

Every Kaiser Permanente member with a chronic condition has access to their own registered nurse health coach. Learn new ways to manage your chronic condition, and improve the way you feel every day. Healthy Solutions coaching is free and convenient - all sessions are conducted by phone, Monday through Friday, 9 am to 4 pm. It’s never been easier to take charge of your health.

Our health coaches are ready to work with you to create a personalized plan for managing your condition. They’re experts in:

- Diabetes
- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma
- Heart Failure
- Chronic Kidney Disease
- Coronary Artery Disease
- End Stage Renal Disease

Find out just how well you can live with your chronic condition. Your Healthy Solutions coach can:

- Provide you with more information about your diagnosis
- Help you evaluate treatment options
- Give you tools to stick with your treatment plan
- Introduce you to other Kaiser Permanente resources, such as Healthy Living classes and online resources and programs
- Help you use My Health Manager on kp.org to its fullest to securely access your medical records and lab tests, email your doctor’s office, and view your benefits

Especially for our members with chronic conditions, a health coach can be an important member of their health care team. Visit kp.org or call 1-888-251-6733.

Get in touch with your health coach
Log on to kp.org or call 1-888-251-6733.

Kaiser Permanente Georgia • January – June 2017

22
**MINDFULNESS FOR MANAGING CHRONIC PAIN**

*Non-members welcome* / $0 / Must pre-register

Many people with chronic pain have learned to improve their quality of life through self-management skills. We invite you to come learn how to have less pain, enhanced functioning, and a more fulfilling and enjoyable life.

In this six-week class you will learn proven exercises to connect more fully with the present through mindfulness techniques. These include gentle movement exercises and focusing awareness on breath, body sensations, emotions, and thoughts.

**Southwood**

Wed.  Apr. 19 - May 24  6:00 - 8:00 pm

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**HEART FAILURE UNIVERSITY**

*Non-members welcome* / $0 / Must pre-register

Heart Failure University is a series of workshops available to all patients and their family members who are dealing with this diagnosis. Over a period of five weeks, you will learn more about what causes heart failure, how to cope with the symptoms, and what options are available for the future. During this time, a multi-disciplinary group of cardiologists, pharmacists, nutritionists, and other professionals will discuss the issues that this disease process may bring into your life.

This class is taught by a practitioner that specializes in heart failure, along with a nurse, a behavioral health clinician, a registered dietitian, and an exercise physiologist.

**Southwood**

Wed.  Mar. 1 - Mar. 22  2:00 - 3:00 pm

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**LIVING WELL WITH HEART FAILURE**

*Non-members welcome* / $0 / Must pre-register

Learn how to live healthier with heart failure by:

- Managing symptoms
- Making lifestyle changes
- Eating a heart-healthy diet
- Taking your medicines

A registered dietitian and clinical pharmacy specialist will help you understand how to live better with this chronic condition.

**Cascade**

Wed. May 10  1:00 - 3:30 pm

**Gwinnett**

Thurs.  Feb. 16  9:30 am - 12:00 pm
Thurs.  Mar. 16  9:30 am - 12:00 pm

**Panola**

Wed.  Mar. 22  9:30 am - 12:00 pm
Wed.  Jun. 14  9:30 am - 12:00 pm

**Southwood**

Mon.  Jan. 23  1:30 - 4:00 pm
Mon.  May 1  10:00 am - 12:30 pm
Mon.  Jun. 19  1:30 - 4:00 pm

**TownPark**

Wed.  Apr. 26  9:00 - 11:30 am

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*For questions or to register, all non-members are asked to call 404-364-7117. For the most up-to-date listing of classes, visit kp.org/classes.*
LIVING WELL WITH KIDNEY DISEASE (FOR MEMBERS WITH STAGES 2-4 CKD)

Non-members welcome* / $0 / Must pre-register
Learn how to take control of your kidney disease.
In this class you will learn about:
• Causes
• Stages
• Symptoms
• Medicines
• Lifestyle changes
You will also learn how to protect your kidneys and slow the progression of kidney disease. This three-hour class is free. It is taught by a pharmacist and renal dietitian.

Cascade
- Wed. Feb. 1 10:00 am - 1:00 pm
- Wed. May 3 10:00 am - 1:00 pm

Crescent
- Wed. Jan. 18 10:00 am - 1:00 pm
- Wed. Apr. 12 10:00 am - 1:00 pm

Cumberland
- Wed. Mar. 8 10:00 am - 1:00 pm
- Wed. Jun. 14 10:00 am - 1:00 pm

Gwinnett
- Wed. Feb. 8 10:00 am - 1:00 pm
- Wed. May 10 10:00 am - 1:00 pm

Panola
- Wed. Mar. 1 10:00 am - 1:00 pm
- Wed. Jun. 7 10:00 am - 1:00 pm

Southwood
- Wed. Jan. 11 10:00 am - 1:00 pm
- Wed. Apr. 5 10:00 am - 1:00 pm

KIDNEY B.E.A.N. (BASIC EATING AND NUTRITION) FOR KIDNEY DISEASE

Non-members welcome* / $0 / Must pre-register
Learn about nutrition and your kidneys. You will better understand what foods to avoid and what foods are good for you. A chef will show you how to prepare a healthy meal that is designed for you at any stage of kidney disease.

Cascade
- Mon. Apr. 24 10:00 am - 1:00 pm

Crescent
- Mon. Jun. 22 10:00 am - 1:00 pm

Cumberland
- Mon. May 22 10:00 am - 1:00 pm

Gwinnett
- Mon. Jan. 23 10:00 am - 1:00 pm

Panola
- Mon. Mar. 27 10:00 am - 1:00 pm

Southwood
- Mon. Feb. 20 10:00 am - 1:00 pm

HEALTHY TIPS

Don’t let the FLU BUG YOU

Get a flu shot. And make sure that everyone you care about does, too. In addition, you should keep up your resistance to infection by eating well, getting plenty of rest, managing stress, and exercising regularly.
YOUR KIDNEY CARE OPTIONS
(FOR LATE STAGE 4 CKD MEMBERS GFR<25)

Non-members welcome* / $0 / Must pre-register
Deciding on the best option for treating late stage kidney disease can be hard. This class will help you decide what is best for you. In this class you will learn about:

• Hemodialysis
• Peritoneal dialysis
• Kidney transplant

This class also reviews care for kidney disease like changing your diet, meal planning, and medicines.

Cascade
Wed. Feb. 22 10:00 am - 1:00 pm

Crescent
Wed. Apr. 26 10:00 am - 1:00 pm

Cumberland
Wed. Jan. 25 10:00 am - 1:00 pm

Gwinnett
Wed. Mar. 29 10:00 am - 1:00 pm
Wed. May 24 10:00 am - 1:00 pm

Panola
Wed. Jun. 28 10:00 am - 1:00 pm

Southwood
Wed. Mar. 22 10:00 am - 1:00 pm
Wed. May 31 10:00 am - 1:00 pm

Have you registered on kp.org?
Visit kp.org/registernow, answer a few security questions, and within minutes you’ll have access to your own personal health dashboard.

At kp.org, you’ll find tools to manage your medical information, appointments, and prescriptions, along with a wealth of information and resources. Once registered, you’ll see how easy it is to:

• Email your doctor’s office to get answers to non-urgent health questions or request copies of your medical records.

• Schedule routine appointments for yourself and your family, and keep track of all of your family’s appointments in one place.

• Refill most prescriptions and have them sent to your home with no charge for shipping.

• Download the KP app and find out just how easy managing your healthcare really can be!

*For questions or to register, all non-members are asked to call 404-364-7117. For the most up-to-date listing of classes, visit kp.org/classes.

kp.org/healthyliving 25
**DIABETES: THE BASICS**

**MEMBERS ONLY / $0 / Must pre-register**

If you have diabetes, whether newly diagnosed, are in need of a refresher, or are new to Kaiser Permanente, this class is for you. In this class, taught by a registered dietitian with diabetes expertise, you will learn:

- What it means to have diabetes
- Your blood sugar goals
- Signs of low and high blood sugar, and how to treat them
- How to eat healthy with diabetes, including basic carbohydrate counting
- How exercise can help
- How to set goals

By the end of this class you will have a basic meal plan and valuable skills to help you manage your diabetes. This is class one of a two-part diabetes class series.

### Alpharetta

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Sugar Hill/Buford

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TownPark

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**DIABETES: LO BASICO**

*La clase no tiene ningun costo, pero se require su inscripcion.*

Si tiene diabetes, puede aprender técnicas para controlar mejor su problema médico. En esta clase recibirá consejos que le ayudarán a fijarse metas sanas, comer saludablemente, hacer más ejercicio y entender cómo funciona su medicina. También aprenderá cómo monitorear el nivel de azúcar en la sangre, cuáles son las señales de niveles altos y bajos de azúcar en la sangre, y cómo tratarlos. Si desea inscribirse, llame a la Línea de la Salud al 404-365-0966 o al 1-800-611-1811.

Gwinnett

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**DIABETES: WHAT CAN I EAT?**

**MEMBERS ONLY / $0 / Must pre-register**

If you have already attended diabetes class but have questions about how to use what you learned to plan meals and eat better, then this class is for you! A registered dietitian will review nutrition basics and carbohydrate counting so you can plan meals at home, make better food choices when dining out, and use food labels to decide what to buy at the store and how much to eat.

**Alpharetta**

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**Cascade**

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**Glenlake**

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### DIABETES: BEYOND THE BASICS

**MEMBERS ONLY / $0 / Must pre-register**

Take managing your diabetes to the next level. This is class two of our diabetes class series. It builds on information you learned in class one – “Diabetes: The Basics” – which is recommended before taking this class. Learn more valuable skills for healthy living like:

- Good nutrition
- How to avoid more serious health problems
- Weight loss
- Understanding lab tests
- Heart health
- Stress and emotional self-care
- What to do when you get sick

### Alpharetta

- **Sat. Apr. 15**: 9:00 am - 12:00 pm
- **Wed. Jun. 28**: 1:00 - 4:00 pm

### Cascade

- **Fri. Jan. 6**: 12:30 - 3:30 pm
- **Thurs. Feb. 9**: 9:30 am - 12:30 pm
- **Thurs. Mar. 9**: 12:30 - 3:30 pm
- **Sat. Apr. 1**: 9:30 am - 12:30 pm
- **Thurs. May 11**: 9:30 am - 12:30 pm
- **Thurs. Jun. 29**: 12:00 - 3:00 pm

### Crescent

- **Thurs. Jan. 26**: 9:30 am - 12:30 pm
- **Mon. Feb. 27**: 1:30 - 4:30 pm
- **Sat. Mar. 25**: 10:00 am - 1:00 pm
- **Thurs. Apr. 27**: 1:30 - 4:30 pm
- **Sat. Jun. 24**: 10:00 am - 1:00 pm

### Cumberland

- **Tues. Feb. 7**: 12:00 - 3:00 pm
- **Tues. Mar. 28**: 9:00 am - 12:00 pm
- **Sat. May 20**: 9:30 am - 12:30 pm
- **Mon. Jun. 26**: 9:00 am - 12:00 pm

### Glenlake

- **Thurs. Mar. 16**: 9:00 am - 12:00 pm
- **Thurs. May 25**: 12:30 - 3:30 pm

### Gwinnett

- **Mon. Jan. 30**: 9:30 am - 12:30 pm
- **Sat. Feb. 25**: 10:00 am - 1:00 pm
- **Fri. Mar. 10**: 2:00 - 5:00 pm
- **Tues. Apr. 25**: 9:30 am - 12:30 pm
- **Sat. May 20**: 10:00 am - 1:00 pm
- **Mon. Jun. 5**: 2:00 - 5:00 pm
## Henry Towne Centre

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## Sugar Hill/Buford

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## TownPark

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### PREVENTING DIABETES

**Non-members welcome* / $0 / Must pre-register**

Have you been told you have prediabetes? Do you have a family history of diabetes and want to learn your risks? Come to this one-session class taught by a registered dietitian who will help you understand what puts you at risk and how to take control of your future. Learn how blood pressure, weight, cholesterol, and blood sugar can work for you instead of against you. Come ready to set some goals to get started on the path to good health.

## Alpharetta

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*For questions or to register, all non-members are asked to call 404-364-7117. For the most up-to-date listing of classes, visit kp.org/classes.

kp.org/healthyliving 29

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## DIABETES: MAS ALLA DE LO BASICO

**La clase no tiene ningun costo, pero se require su inscripcion.**

Lleve el control de su diabetes al siguiente nivel. Esta clase es la segunda parte de nuestra serie de clases sobre la diabetes. Aprenda técnicas valiosas para llevar una vida saludable, como por ejemplo:

- Buena nutrición y selección de alimentos
- Pérdida de peso
- Salud del corazón
- Estrés y autocuidado emocional
- Cómo evitar problemas médicos más graves
- Qué hacer cuando se enferma
- Cómo fijar metas, etc.
PATTERN MANAGEMENT: UNDERSTANDING YOUR BLOOD SUGARS

MEMBERS ONLY / $0 / Must pre-register

It is important to check your blood sugar levels at different times of the day to see the “patterns” these numbers reveal. By learning when your blood sugars are normal, high, or even lower than they should be, you can make changes in what you do to help control your diabetes. In this two-hour class, a diabetes nurse will help you learn this important skill called Pattern Management, which will help you manage your diabetes better.

Panola

Sat. Jan. 14 10:00 am - 12:00 pm
Tues. Jan. 31 10:00 am - 12:00 pm
Wed. Feb. 22 10:00 am - 12:00 pm
Sat. Mar. 11 10:00 am - 12:00 pm
Thurs. Apr. 6 10:00 am - 12:00 pm
Sat. Jun. 10 10:00 am - 12:00 pm

ONE STEP AT A TIME: FOOT CARE FOR DIABETES

MEMBERS ONLY / $0 / Must pre-register

People with diabetes need to pay special attention to their feet to avoid complications and injuries. In this class, a diabetes nurse will help you learn how to take care of your feet, how to prevent injury, and what issues should be reported to your doctor before they become serious problems. The role of blood sugar control in keeping your feet healthy will also be discussed.

Panola

Sat. Jan. 14 12:30 - 2:30 pm
Fri. Mar. 17 10:00 am - 12:00 pm
Wed. May 10 10:00 am - 12:00 pm
DIABETES PREVENTION PROGRAM

MEMBERS ONLY / $0 / Must pre-register

If you have prediabetes or believe you may be at risk for developing diabetes and are overweight, there is good news for you. You don’t have to get diabetes! There are changes you can start making now to help prevent diabetes. The “Diabetes Prevention Program,” based on research from the National Institutes of Health, shares the information and skills you need. It has been shown to reduce the number of new cases of type 2 diabetes by as much as 58 percent and even more in people who are 60 and older!

WHAT IS IT?

The “Diabetes Prevention Program” is a proven intensive lifestyle program that teaches you how to build your plan to prevent diabetes. It is designed to help you break down behaviors into small manageable steps. You will be in a small group with other people who are also changing their routines to prevent diabetes.

• A 12-month group-based program with 16 one-hour weekly sessions for the first four months, followed by once-per-month sessions for the next eight months, designed to be interactive and fun!
• Topics include healthy eating, weight loss, increasing physical activity, reducing stress, problem solving, motivation, and long-term maintenance of your healthy lifestyle changes.
• Weekly weigh-ins and tracking of your food and activity levels are part of this program.
• It is led by a trained lifestyle coach who facilitates this small group of people with similar goals. The smaller class size means there will be opportunities to hear, learn, and share with others what works best.

If you are truly ready to make a lasting difference in your health, reduce your risk of developing diabetes, and can commit your time and energy, register now by calling the health line at 404-365-0966. Space is limited.

Alpharetta
Mon. Mar. 6 - Jun. 26 6:00 - 7:00 pm

Cascade
Wed. Feb. 1 - May 17 1:30 - 2:30 pm

Crescent
Fri. Feb. 3 - May 19 12:30 - 1:30 pm
      Tues. Mar. 7 - Jun. 20 6:00 - 7:00 pm

Cumberland
Wed. Apr. 5 - Aug. 2 9:30 - 10:30 am

Glenlake
Mon. Mar. 6 - Jun. 26
      (skip May 29) 6:00 - 7:00 pm

Gwinnett
Fri. Feb. 3 - May 26
      Sat. Mar. 4 - June 17
      Wed. Apr. 5 - Jul. 19
      12:00 - 1:00 pm
      10:00 - 11:00 am
      6:00 - 7:00 pm

Henry Towne Centre
      Tues. Mar. 7 - Jun. 20
      5:00 - 6:00 pm

Panola
Mon. Feb. 6 - Jun. 5
      (skip April 3 & May 29)
      6:00 - 7:00 pm
      Thurs. Mar. 2 - Jun. 15
      9:30 - 10:30 am

Southwood
      Thurs. Feb. 2 - May 18
      4:45 - 5:45 pm
      Sat. Apr. 1 - Jul. 15
      10:00 - 11:00 am
      Mon. May 8 - Sept. 11
      5:00 - 6:00 pm
      (skip May 29, Jul. 3, & Sept. 4)

TownPark
      Tues. Mar. 7 - Jun. 20
      6:00 - 7:00 pm
      Wed. Feb. 1 - May 17
      1:00 - 2:00 pm

West Cobb
      Wed. Apr. 5 - Jul. 19
      6:00 - 7:00 pm

*For questions or to register, all non-members are asked to call 404-364-7117. For the most up-to-date listing of classes, visit kp.org/classes.
AARP DRIVER SAFETY PROGRAM

Non-members welcome* / $15 for AARP members, $20 for non-AARP members / Must pre-register

Join this refresher program and learn defensive driving techniques, new traffic laws, how to deal with aggressive drivers, rules of the road, and much more. Dealing with hearing and vision loss are also addressed for mature-aged drivers. This six-hour course is designed and taught by AARP staff. As a graduate of this program you may be eligible for an auto insurance discount.

Non-members: To register, call 404-364-7117 and speak directly to a representative to confirm your enrollment.

NOTE: The fee for the AARP Driver Safety Program classes must be paid to the instructor at the first class. Please bring check or money order payable to AARP. Please arrive early to allow time for this transaction.

Alpharetta
Sat. Jan. 7 9:30 am - 3:30 pm
Sat. Mar. 11 9:30 am - 3:30 pm
Sat. May 13 9:30 am - 3:30 pm

Brookwood
Tues. Jan. 17 9:30 am - 3:30 pm
Sat. Mar. 18 9:30 am - 3:30 pm
Wed. May 17 9:30 am - 3:30 pm

Cascade
Fri. Feb. 3 9:00 am - 3:30 pm
Sat. Apr. 22 9:30 am - 3:30 pm

Crescent
Sat. Feb. 11 9:30 am - 3:30 pm
Sat. Apr. 8 9:30 am - 3:30 pm
Sat. Jun. 10 9:30 am - 3:30 pm

Cumberland
Sat. Feb. 11 9:30 am - 3:30 pm
Fri. Apr. 28 9:30 am - 3:30 pm

Glenlake
Sat. Feb. 25 9:30 am - 3:30 pm
Sat. Apr. 15 9:30 am - 3:30 pm
Sat. Jun. 17 9:30 am - 3:30 pm

Henry Towne Centre
Wed. Jan. 11 9:00 am - 3:30 pm
Wed. Mar. 8 9:00 am - 3:30 pm
Wed. May 10 9:00 am - 3:30 pm

Southwood
Wed. Feb. 8 9:00 am - 3:30 pm
Wed. Apr. 12 9:00 am - 3:30 pm
Wed. Jun. 7 9:00 am - 3:30 pm

TownPark
Fri. Feb. 10 9:00 am - 3:30 pm
Fri. Apr. 7 9:00 am - 3:30 pm
Fri. Jun. 2 9:00 am - 3:30 pm

**DISCLAIMER: See page 8.
Feel like making the change to a healthier lifestyle but not sure where to start? We have the ideal place: kp.org/THA as in “Total Health Assessment.”

**Did we mention it’s free?**
Simply go to kp.org/THA, sign in and start being the person you know you want to be. You can do it.

This simple, 30-minute online questionnaire looks at everything from your exercise and eating patterns to your blood pressure and cholesterol. When you’re done, you’ll have not only an assessment of your health, but a plan to get you back on track for success.

You did great. Now pass it on.

Who doesn’t love a good success story? If you’ve accomplished something noteworthy with your health, send it to us. Your story could appear in a future Kaiser Permanente publication. So you’ll be not only an author, but an inspiration, too.
Classes by location

**ALPHARETTA MEDICAL CENTER**
- Step into Movement
- Step to Success
- Strength & Balance
- Yoga
- The Art of Healthy Cooking
- Weight Loss Support: Ask a Dietitian/Nutritionist
- Prenatal Yoga
- Diabetes: The Basics
- Diabetes: What Can I Eat?
- Diabetes: Beyond the Basics
- Preventing Diabetes
- Diabetes Prevention Program
- AARP Driver Safety Program

**ATHENS MEDICAL OFFICE**
- The Art of Healthy Cooking

**BROOKWOOD AT PEACHTREE MEDICAL OFFICE**
- The Art of Healthy Cooking
- Quit Smart Program
- Mindfulness Practices for Beginners
- AARP Driver Safety Program

**CASCADE MEDICAL CENTER**
- Dancercise
- Step into Movement
- Step to Success
- Tai Chi for Health and Healing
- The Art of Healthy Cooking
- Weight Loss Support: Ask a Dietitian/Nutritionist
- Breastfeeding Basics
- Living Well with Heart Failure
- Living Well with Kidney Disease
- Kidney B.E.A.N. (Basic Eating and Nutrition for Kidney Disease)
- Your Kidney Care Options
- Diabetes: The Basics
- Diabetes: What Can I Eat?
- Diabetes: Beyond the Basics
- Preventing Diabetes

**CUMBERLAND MEDICAL CENTER**
- Dancercise
- Step into Movement
- Step to Success
- Strength & Balance
- Tai Chi for Health and Healing
- Yoga
- The Art of Healthy Cooking
- Weight Loss Support: Ask a Dietitian/Nutritionist
- Improving Your Sleep
- Quit Smart Program
- Prenatal Yoga
- Breastfeeding Basics
- Weekend Childbirth Preparation & Newborn Care
- Living Well with Kidney Disease

**CONYERS MEDICAL CENTER**
- Diabetes: What Can I Eat?
- Diabetes: The Basics

**CRESCENT MEDICAL CENTER**
- Dancercise
- Step into Movement
- Step to Success
- Tai Chi for Health and Healing
- Yoga
- The Art of Healthy Cooking
- Weight Loss Support: Ask a Dietitian/Nutritionist
- Adult Weight Management
- Prenatal Yoga
- Breastfeeding Basics
- Childbirth Preparation & Newborn Care
- Weekend Childbirth Preparation & Newborn Care
- Living Well with Kidney Disease
- Kidney B.E.A.N. (Basic Eating and Nutrition for Kidney Disease)
- Your Kidney Care Options
- Diabetes: The Basics
- Diabetes: What Can I Eat?
- Diabetes: Beyond the Basics
- Preventing Diabetes
- Diabetes Prevention Program
- AARP Driver Safety Program

**DOUGLASVILLE MEDICAL OFFICE**
- The Art of Healthy Cooking
- Preventing Diabetes

**GLENLAKE COMPREHENSIVE SPECIALTY CENTER**
- Dancercise
- Step into Movement
- Step to Success
- Tai Chi for Health and Healing
- Yoga
- The Art of Healthy Cooking
- Weight Loss Support: Ask a Dietitian/Nutritionist
- Improving Your Sleep
- Early Detection of Lung Cancer Screening
- Breastfeeding Basics
- Diabetes: The Basics
- Diabetes: What Can I Eat?
- Diabetes: Beyond the Basics
- Preventing Diabetes
- Diabetes Prevention Program
- AARP Driver Safety Program

**GWINNETT COMPREHENSIVE MEDICAL CENTER**
- Dancercise
- Step into Movement
- Step to Success
- Strength & Balance
- Tai Chi for Health and Healing
- Yoga
- The Art of Healthy Cooking
- Weight Loss Support: Ask a Dietitian/Nutritionist
- Improving Your Sleep
- Quit Smart Program
- Early Detection of Lung Cancer Screening
- Breastfeeding Basics
- Diabetes: The Basics
- Diabetes: What Can I Eat?
- Diabetes: Beyond the Basics
- Preventing Diabetes
- Diabetes Prevention Program
- AARP Driver Safety Program
<table>
<thead>
<tr>
<th>Unit Name</th>
<th>Services/Programs</th>
</tr>
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<tbody>
<tr>
<td><strong>HENRY TOWNE CENTRE</strong></td>
<td>• Dancercise&lt;br&gt;• Step to Success&lt;br&gt;• Yoga&lt;br&gt;• The Art of Healthy Cooking&lt;br&gt;• Prenatal Yoga&lt;br&gt;• Diabetes: The Basics&lt;br&gt;• Diabetes: Beyond The Basics&lt;br&gt;• Diabetes Prevention Program&lt;br&gt;• Preventing Diabetes&lt;br&gt;• AARP Driver Safety Program</td>
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<td><strong>PANOLA MEDICAL CENTER</strong></td>
<td>• Dancercise&lt;br&gt;• Step into Movement&lt;br&gt;• Step to Success&lt;br&gt;• Yoga&lt;br&gt;• The Art of Healthy Cooking&lt;br&gt;• Prenatal Yoga&lt;br&gt;• Breastfeeding Basics&lt;br&gt;• Childbirth Preparation &amp; Newborn Care&lt;br&gt;• Weekend Childbirth Preparation &amp; Newborn Care&lt;br&gt;• Living Well with Heart Failure&lt;br&gt;• Living Well with Kidney Disease&lt;br&gt;• Kidney B.E.A.N. (Basic Eating and Nutrition for Kidney Disease)&lt;br&gt;• Your Kidney Care Options&lt;br&gt;• Diabetes: The Basics&lt;br&gt;• Diabetes: What Can I Eat?&lt;br&gt;• Diabetes: Beyond the Basics&lt;br&gt;• Preventing Diabetes&lt;br&gt;• AARP Driver Safety Program</td>
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<td><strong>SOUTHWOOD COMPREHENSIVE</strong></td>
<td>• Dancercise&lt;br&gt;• Step into Movement&lt;br&gt;• Step to Success&lt;br&gt;• Tai Chi for Health and Healing&lt;br&gt;• Yoga&lt;br&gt;• The Art of Healthy Cooking&lt;br&gt;• Weight Loss Support: Ask a Dietitian/Nutritionist&lt;br&gt;• Improving Your Sleep&lt;br&gt;• Mindfulness Practices for Beginners&lt;br&gt;• Early Detection of Lung Cancer Screening&lt;br&gt;• Quit Smart Program&lt;br&gt;• Prenatal Yoga&lt;br&gt;• Breastfeeding Basics&lt;br&gt;• Childbirth Preparation &amp; Newborn Care&lt;br&gt;• Weekend Childbirth Preparation &amp; Newborn Care&lt;br&gt;• Mindfulness for Managing Chronic Pain&lt;br&gt;• Heart Failure University&lt;br&gt;• Living Well with Heart Failure&lt;br&gt;• Living Well with Kidney Disease&lt;br&gt;• Kidney B.E.A.N. (Basic Eating and Nutrition for Kidney Disease)&lt;br&gt;• Your Kidney Care Options&lt;br&gt;• Diabetes: The Basics&lt;br&gt;• Diabetes: What Can I Eat?&lt;br&gt;• Diabetes: Beyond the Basics&lt;br&gt;• Preventing Diabetes&lt;br&gt;• AARP Driver Safety Program</td>
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<td><strong>TOWNPARK COMPREHENSIVE</strong></td>
<td>• Dancercise&lt;br&gt;• Step into Movement&lt;br&gt;• Step to Success&lt;br&gt;• Tai Chi for Health and Healing&lt;br&gt;• Yoga&lt;br&gt;• The Art of Healthy Cooking&lt;br&gt;• Weight Loss Support: Ask a Dietitian/Nutritionist&lt;br&gt;• Quit Smart Program&lt;br&gt;• Early Detection of Lung Cancer Screening&lt;br&gt;• Prenatal Yoga&lt;br&gt;• Breastfeeding Basics&lt;br&gt;• Living Well with Heart Failure&lt;br&gt;• Diabetes: The Basics&lt;br&gt;• Diabetes: What Can I Eat?&lt;br&gt;• Diabetes: Beyond the Basics&lt;br&gt;• Preventing Diabetes&lt;br&gt;• Diabetes Prevention Program&lt;br&gt;• AARP Driver Safety Program</td>
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<tr>
<td><strong>WEST COBB MEDICAL CENTER</strong></td>
<td>• Diabetes Prevention Program</td>
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<tr>
<td><strong>SUGAR HILL-BUFORD</strong></td>
<td>• Yoga&lt;br&gt;• The Art of Healthy Cooking&lt;br&gt;• Diabetes: The Basics&lt;br&gt;• Diabetes: Beyond the Basics&lt;br&gt;• Diabetes: What Can I Eat?&lt;br&gt;• Preventing Diabetes</td>
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References to “Kaiser Permanente members” or “members” include individuals covered under either a Kaiser Permanente health plan or an employer self-funded coverage plan administered through Kaiser Permanente.

This map indicates all Kaiser Permanente locations. The Medicare health plan service area does not include Rockdale and Clarke counties. The State Health Benefit Plan does not include Athens-Clarke county.

Class locations

ALPHARETTA MEDICAL CENTER
3550 Preston Ridge Road
Alpharetta, GA 30005
770-663-3110

ATHENS MEDICAL OFFICE
2142 West Broad St.
Building 200
Athens, GA 30606
706-583-5000

BROOKWOOD AT PEACHTREE MEDICAL OFFICE
1745 Peachtree St. NE, Suite U
Atlanta, GA 30309
404-888-7688

CASCADE MEDICAL CENTER
1175 Cascade Pkwy.
Atlanta, GA 30311
404-505-4006

CONYERS MEDICAL CENTER
1478 Dogwood Drive
Conyers, GA 30013
678-413-4320

CRESCEANT MEDICAL CENTER
200 Crescent Ctr. Pkwy.
Tucker, GA 30084
770-496-3414

CUMBERLAND MEDICAL CENTER
2525 Cumberland Pkwy. SE
Atlanta, GA 30339
770-431-4235

DOWNTOWN DECATUR MEDICAL OFFICE
201 W. Ponce de Leon Ave.
Suite A
Decatur, GA 30030
404-687-7700

DOUGLASVILLE MEDICAL OFFICE
6875 Douglas Blvd., Suite A
Douglasville, GA 30135
678-838-2225

GLENLAKE COMPREHENSIVE SPECIALTY CENTER
20 Glenlake Pkwy.
Atlanta, GA 30328
770-677-6075

GWINNETT COMPREHENSIVE MEDICAL CENTER
3650 Steve Reynolds Blvd.
Duluth, GA 30096
770-931-6012

HENRY TOWNE CENTRE MEDICAL CENTER
1125 Towne Centre Village Drive
McDonough, GA 30253
678-583-6000

PANOLA MEDICAL CENTER
5440 Hillandale Drive
Lithonia, GA 30058
770-322-2777

SOUTHWOOD COMPREHENSIVE MEDICAL CENTER
2400 Mt. Zion Pkwy.
Jonesboro, GA 30236
770-603-3649

SUGAR HILL-BUFORD MEDICAL CENTER
1435 Broadmoor Blvd.
Sugar Hill, GA 30518
678-765-5700

TOWNPARK COMPREHENSIVE MEDICAL CENTER
750 TownPark Lane
Kennesaw, GA 30144
770-514-5401

WEST COBB MEDICAL CENTER
3640 Tramore Pointe Pkwy.
Austell, GA 30106
770-439-4700

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