



Health Improvement Programs

Cardiac Rehabilitation programs focus on optimizing physical function in patients with cardiac disease. The staff teach you skills necessary for an active and enjoyable life. **Call to learn more about our free class, "The Beat Goes On", the first Monday of each month at 11:00 am. 209-339-7664**

Connected Care Management provides a nurse to support your health improvement goals through a variety of resources, education and monthly phone calls. To qualify, you must have two chronic conditions and approval from your insurance plan. **Call for more information 209-333-3044**

Diabetes Among Friends is a free, five-week diabetes prevention and self-management education program.

Mondays at 5:30 pm – Call to register 209-339-7520

Wednesdays at 5:30 pm – Call to register 209-333-3044

Spanish classes – Call to register 209-333-3044

Diabetes Self-Management Education is a more individualized program with a copay 209-339-7520

Fitness Center works one-on-one with their clients during their first 1-2 visits. All staff are trained in post-rehabilitation fitness and educated in fitness and health promotion. Call for more information 209-333-3011

Healthy Choices Support Group is designed to educate and provide the skills to support health-improving behavior change. Our team of physicians, nurses, dietitians and health coaches will offer lectures, hands-on cooking demonstrations and coaching to help participants prevent or improve cholesterol, blood pressure, heart disease, diabetes and many other life-style related conditions. **This class is free and meets the second Monday of each month at 5:30 pm. Call to register 209-333-3044.**

Pulmonary Rehabilitation programs teach patients with lung disease how to manage their conditions and improve the quality of their lives. **Call to learn more about our programs and our free "Better Breathers" class, meeting the first Tuesday of each month at 10:00 am. 209-339-7445**

Smoking Cessation classes are offered for those wishing to become smoke-free. Classes are free and are held every Wednesday, 4-5:00 pm or by appointment. Call 209-339-7445

Weight Loss Support Group (Bariatric Program) 3rd Wednesday of each month -339-7809