

Program for November 2009

Balance and Fall Prevention – “Senior Health Chat”

Monday, November 9, 2009 10:00-11:00 AM

More than one third of adults 65 and older fall each year in the United States. Older adults can take several steps to increase their balance, protect their independence and reduce their risk of falling. Join us and learn effective ways to reduce falls and the benefits of a physical activity routine. Facilitated by Scripps Family Medicine Residency Program. Held at Norman Park Senior Center. For more information call (619) 862-6600 or 1-800-SCRIPPS. Free

Redirecting Children’s Behavior 5 week course

Every Tuesday, October 20 – November 17, 2009 7:00 – 9:00 PM

Practical 5-week course teaches effective parenting skills in a supportive, loving and nonjudgmental atmosphere. Learn how to resolve conflict without power struggles by using natural and logical consequences. Understand why your children act the way they do and how to redirect their behavior. Cost is \$150 for one or two member family. Includes textbook and workbook. Registration is required. Kimberly Taylor W3ktaylor@sbcglobal.net or (619) 397-4472
Held at Scripps Mercy Well Being Center

BLS for Health Care Providers Initial Course

Saturday November 14, 2009 9 AM – 1 PM

Initial course for providers, EMT’s, paramedics, nurses and medical assistants and students. Course covers recognition of heart attack and other emergencies, adult, child and infant CPR, two-rescuer CPR techniques and AED practice. Upon successful completion of the course 2 year card will be issued. Held at Scripps Mercy Hospital Chula Vista – Medical Education Bldg 499 H Street
\$60 Fee including textbook and registration is required. For more info (619) 260-7118 option 1.

BLS for Health Care Providers Renewal Course

Thursday November 19, 2009 9 AM – 12 Noon

Review course for providers, EMT’s, paramedics, nurses and medical assistants and students. Course includes review of traditional BLS course, manikin practice for adult, child and infant CPR, AED and written exam. Must have current (not expired) AHA BLS Card. Upon successful completion of the course 2 year card will be issued. Held at Scripps Mercy Hospital Chula Vista – Medical Education Bldg 499 H Street. \$55 Fee including textbook and registration is required. For more info (619) 260-7118 option 1.

BLS for Health Care Providers Renewal Course

Tuesday November 10, 2009 5 PM – 9 PM

Review course for providers, EMT’s, paramedics, nurses and medical assistants and students. Course includes review of traditional BLS course, manikin practice for adult, child and infant CPR, AED and written exam. Must have current (not expired) AHA BLS Card. Upon successful completion of the course 2 year card will be issued. Held at Scripps Mercy Hospital Chula Vista – Medical Education Bldg 499 H Street. \$55 Fee including textbook and registration is required. For more info (619) 260-7118 option 1.

Stroke / Parkinson’s Exercise Group

Every Tuesdays & Thursday 11:00 AM.-12:00 Noon

Classes offer Stroke and Parkinson’s survivors a safe and varied exercise program and supplement the physical activity prescribed by the physician. Participants must be assisted by their caregivers and a completion of a physician release form is required for exercise classes. Held at Scripps Mercy Well Being Center. For more information and registration, call Scripps Mercy Hospital Rehabilitation Services at (619) 691-7481. Free

S.T.A.R. Communication Enhancement Group

Every Friday 11:00 AM -1 2:00 Noon

A support and practice group led by a speech professional helps adults with communications difficulties resulting from stroke. Held at Scripps Mercy Well Being Center. For more information, please call (619) 862-6600 or 1-800-SCRIPPS.

Total Joint Replacement Class

4th Thursday of each month 2-3 PM (SPANISH) 3-4 PM (ENGLISH)

Are you considering Total Hip or Total Knee Replacement? Then join us as we discuss what to expect prior to and following total joint replacement. Facilitated by Scripps Mercy Rehabilitation Services. Held at Scripps Mercy Well Being Center. Registration required. For more information and registration, please call (619) 862-6600 or 1-800-SCRIPPS. Free.

Baby & You

Dates & Time Varies

Fees Vary

Scripps offers a wide variety of childbirth classes, family education and support programs to guide you from pregnancy through your baby's birth and parenting. The following classes are taught by experienced instructors who specialize in prenatal and postnatal education. Preparing your Mind and Body for Childbirth, Breastfeeding Your Baby and Hospital Orientation for Expectant Parents. Classes are available in Spanish. **(Sliding scale is available)**. Held at Scripps Mercy Well Being Center. For more information and registration, call 1-800-SCRIPPS.

Men's Support Group

2nd Tuesday of each month 12:15-1:15 PM

No matter how much you know about men's health, there's always room to know more about ways to a better lifestyle. This support group provides an opportunity to express emotions in a warm and caring environment. Facilitated by Dr. Michael Rosenblatt, Family Physician. Held at Norman Park Center. For more information call (619) 862-6600 or 1-800-SCRIPPS. Free

Diabetes Management Classes SPANISH

Every Wednesday 2 – 4 PM

You are invited to attend a series of classes about Diabetes Management. Learn how to control and live with Diabetes and prevent serious health complications. Sponsored by Project Dulce a program of the Scripps Whittier Institute for Diabetes. Held at Scripps Mercy Well Being Center. For more information call (619) 862-6600 or 1-800-SCRIPPS. Free

Toy Library

Every other Wednesday 11:00 AM -12:30 PM

The Toy Library loans instructional toys to families who have children with disabilities. Parents can select and check-out the most appropriate toys for their child. Children with any type of disability, with a developmental age from birth to five years, may take part in this program. Sponsored by United Cerebral Palsy Association of San Diego County. Held at Scripps Mercy Well Being Center. For more information, call (619) 862-6600 or 1-800-SCRIPPS. Fee \$20 annual membership (sliding scale is available).

Widowed Support Group

2nd & 4th Mondays of each month 10:00 AM -12:00 Noon

A support group for those who have lost a spouse. We provide support, understanding, information and compassion. Grief seems to heal best when you share it with others. Held at Scripps Mercy Well Being Center. For more information call (619) 862-6600 or 1-800-SCRIPPS. Free

Spanish Al-Anon Support Group

Every Monday, Wednesday and Friday 7:00-9:00 PM

Adult children of alcoholics, parents, partners, spouses, co-workers can all find help in Al-Anon. Improve attitudes and behaviors through the study and practice of the 12-step program. Held at Scripps Mercy Hospital Chula Vista – Medical Education Bldg 499 H Street. For more information call (619) 862-6600 or 1-800-SCRIPPS.

Alateen Support Group

Every Friday 7:00-9:00 PM

Twelve Step Program of young people whose lives have been affected by alcoholism in a family member or close friend. They share their experiences, learn effective ways to cope with their problems and feeling. They give strength and hope for each other. Held at the Scripps Mercy Well Being Center. For more information call (619) 862-6600 or 1-800-SCRIPPS.

Spanish Overeaters Anonymous Support Group

Every Tuesday and Thursday 7:00-8:00 PM

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. Held at Scripps Mercy Hospital Chula Vista – Medical Education Bldg 499 H Street, Chula Vista. For more information call (619) 862-6600 or 1-800-SCRIPPS. Free

Weight Loss Management Support Group

1st & 3rd Saturdays of each month 10:00-11:30 AM

Did you know that even losing 10% of your weight has great health benefits? Come join us and learn more about proper nutrition and how to incorporate exercise in your life. Come share your experiences with others in positive environment. Adults only. Free. Held at Scripps Mercy Well Being Center. For more information , call (619) 862-6600 or 1-800-SCRIPPS.

Food Handlers Class

Every Thursday 6:00-9:00 PM

This three-hour course provides certification for food handlers and meets the requirements of the San Diego County Food Handlers Ordinance. Classes offered in English and Spanish. You must be present for the full three hours in order to be eligible to take the test and be certified. Latecomers will not be permitted to attend. Provided by Full Spectrum Nutrition Services. Held at Scripps Mercy Well Being Center. For more information, call (858) 550-9086 or (619) 862-6600. **Fee:** \$25 per person

TOPS (Take Off Pounds Sensibly)

Every Thursday 6:00-8:00 PM

TOPS is the oldest international, non-profit, non-commercial weight-loss support group. Members discover the ins and outs of nutrition and learn to incorporate change gradually, allowing the healthier person within to emerge. For more information and location, call (619) 862-6600 or 1-800-SCRIPPS. **Fee:** \$24 Annual membership

Child Ready School Ready

Every Tuesday 5:00 – 6:00 PM

Many parents are concerned about their children's behavior and attention skills. Learn new ways of understanding, redirecting and coping with challenging behaviors. Group is facilitated by a behavior specialist. Held at the Scripps Mercy Well Being Center. Registration is required. Please call (619) 681-0655 or (619) 681-0525. Free

Toddler Play

Every Thursday 9:30 – 10:30 AM

Fun interactive class where your child will be exposed to new play ideas while interacting with other children. Learn the importance of movement and play in your child's development and learning. Ages 15 months and walking – 35 months old. Classes are taught by Physical and Occupational Therapists. Held at Scripps Mercy Well Being Center. Registration is required. Please call (619) 681-0655 or (619) 681-0525. Free

Laughter Yoga

Every 4th Friday of the month 5:30 – 6:30 PM

Laughter exercises with yoga breathing makes one feel energetic and healthy. Laughter comes straight from the heart as pure joy. It is a gym for the soul. Class is offered in English and Spanish. Sponsored by San Diego Laughter Club (Club de la Risa San Diego). Held at the Scripps Mercy Well Being Center. For more information please call (619) 862-6600 or 1-800-SCRIPPS. Free

Parenting Club

1st Thursday of the month @ Malcolm X Library 9:00 – 11:00 AM

2nd Friday of the month @ City Heights Wellness Center 9:00 – 11:00 AM

3rd Wednesday of the month @ Chula Vista Well Being Center 9:00 – 11:00 AM

4th Thursday of the month @ Spring Valley Branch Library 9:00 – 11:00 AM

Classes offered to parents interested in learning more about how to have and raise healthy children. Topics include self esteem, communication, nutrition, discipline and much more. Certificate of completion provided. For more information and registration please call Escolastica Zepeda, Perinatal Educator (619) 862-6609. Free

NEAT AT 2

Every Friday 9:00-11:00 AM

Learning healthy habits is important for you and your family. Join us for a free 10-week series where you will learn how to prepare healthy meals & snacks and how to participate in physical activity with your children. Classes are being presented by South Bay Community Services (SBCS), UC San Diego and the First Five Commission. Classes are taught in English and Spanish and childcare is provided. Held at Scripps Mercy Well Being Center. For more information, please call (619) 862-6600. Free