

NORTHERN CALIFORNIA CENTER FOR WELL-BEING

Course Catalog

fitness for life

heart health

healthy weight

quit smoking

movement

diabetes



LEARN WELL. LIVE WELL.



Helping people learn what they need to know, and do, to keep themselves healthy: this is the heart of the Center's mission.

A Message from the Executive Director

Welcome to the Northern California Center for Well-Being, the North Bay's premier health education and wellness center. Through programs that include individual and group education, chronic disease management, personal training, nutritional counseling, wellness coaching, and small group exercise instruction, we have helped over 50,000 community members prevent and/or better manage chronic health conditions.

The Center's professional team of registered dietitians, physical therapists, exercise physiologists, mental health practitioners, doctors, and certified health educators – all experts in chronic disease, self-management, and healthy lifestyle change – brings the finest in health education and wellness services to our community.

Our collaborative efforts have enabled us to expand our reach through partnerships with Sonoma County Department of Health Services, St. Joseph Health System, Sutter Medical Foundation, Kaiser Permanente, Northern California Medical Associates, and local community clinics.

The Center is home to the only state-of-the-art Phase III Cardiac Rehabilitation facility in Santa Rosa as well as the only Diabetes Program in Sonoma County accredited by the American Diabetes Association. We receive strong support from both Memorial and Sutter Hospitals for our HeartWorks Cardiac Rehab Program, and we serve as the health education resource for Sutter Medical Group of the Redwoods.

The Center will continue to expand our interventions through programs such as our Promotores de Salud (lay health workers) to address the root causes of chronic disease in our community. We will do our best to keep you updated on current program offerings.



Alena Wall, MA, CHES
Executive Director

L Reed Walker, MD, a board member and volunteer for the Northern California Center for Well-Being, semi-retired from full-time family practice after 35 years. Today, Dr. Walker visits the Center on Mondays to assist people living with diabetes with questions and to participate in class sessions.

Knowing patients on a personal basis has always been important to Dr. Walker: “I’ve enjoyed having the ability to form relationships with my patients over a long period of time.”

That personal connection carries through to Dr. Walker’s work with the Center for Well-Being. “I referred many patients to the Center over the past 15 years, for diabetes and weight loss counseling, for stress reduction, and for the smoke-ending program,” he says. “Now, I have the chance to participate directly in those educational activities.”

Veteran family physician embraces new role as diabetes educator

According to Dr. Walker, the Center’s educational programs for people living with diabetes are especially vital. “We’re fortunate to have dynamic diabetes educators who really know how to teach and inspire,” he says. “They bring lots of energy to their classes, and the patients respond very well to them.”

Given the rapidly increasing frequency of diabetes in Sonoma County, Dr. Walker believes the Center will become even more significant as a community resource. He notes, “When diabetes patients come to the Center, they get energized by the education they receive, and by the peer group interaction. By helping people understand how to control their diabetes, we help them decrease the risk of complications and live longer, healthier lives.”



“Patients with diabetes need a high degree of knowledge to be able to manage their condition effectively.”

Contents



Jeanette Perez
Bilingual Program Assistant

TURN YOUR
GOOD
INTENTIONS
INTO
SUCCESSFUL
ACTION

How to Register	5
Age & Senior Health	6
Chronic Conditions	
Arthritis, Fibromyalgia & Chronic Pain Self-Help	6
Moving Through Pain	6
Understanding Hepatitis C	6
Healthier Living	6
Diabetes	
Preventing Diabetes (Pre-Diabetes) & Heart Disease	7
Living with Diabetes: Wellness Series	7
Diabetes Meal Planning	7
Individual Diabetes Education	7
Diabetes Support Group	7
Diabetes y Su Salud (Diabetes and Your Health)	7
Heart Conditions	
Cardiac Rehabilitation Phase III	8
Smoking and Tobacco Cessation	
Smoking Cessation	8
Smoke-Free Babies: Smoking Cessation for Moms	8
Fitness For Life	
Personal Fitness Training	8
Lifetime Fitness Program	8
Balance Basics & Strength Training	8
Intermediate Strength Training	8
Healthy Weight	
Weight Control Program	9
Weight Control Intermediate	9
Nutritional Counseling	9
Shapedown	9
Active Youth for Health	9
Exercise for a Healthy Weight	9
Niños Activos y Saludables	10
Tomando Pasos (Taking Steps Childhood Obesity Program)	10
Criando Niños Sanos y Activos (Raising Healthy Active Kids)	10
Promotores de Salud (Certified Lay Health Promoters)	10
Movement & Stress Reduction	
Balance & Tone	10
Gentle Yoga	10
Yoga for Pain Management	11
Primordial Sound Meditation	11
Moving Through Pain	11
Employee Wellness	11
Clases en Español	
Diabetes y Su Salud (Diabetes & Your Health)	7
Niños Activos y Saludables (Active Youth For Health)	10
Tomando Pasos (Taking Steps)	10
Criando Niños Sanos y Activos (Raising Healthy Active Kids)	10



LEARN WELL.
LIVE WELL.

How to Register

To register simply call the telephone number of the location of the class or visit our website, www.norcalwellbeing.org/register.php.

Location of Services

- **Center for Well-Being (the Center)**

Telephone Number: (707) 575-6043

Location: 365B Tesconi Circle, Santa Rosa

Directions: From US-101 take College Ave exit. Turn west on College Ave. Turn right on North Dutton Ave. Turn left on Tesconi Circle. Take first right into Park Center, immediately turn left, and drive until you reach the Center on your right.

- **HeartWorks**

Telephone Number: (707) 573-6161

Location: 3536 Mendocino Ave., Suite 260, Santa Rosa

Directions: Corner of Mendocino Avenue and Fountaingrove Parkway, in the Fountain Grove Medical Building.

- **Petaluma**

Telephone Number: (707) 575-6043

Location: Petaluma Health Center

- **Forestville Wellness Center**

Telephone Number: (707) 575-6043

Location: West County Health Centers - Forestville Wellness Center
6550 Front Street, Forestville, CA 95436

Age & Senior Health

The Center for Well-Being offers a special health program for adults age 55+. Our Age Well program is a comprehensive health program which begins with a one on one session with a certified senior strength and balance mobility instructor. Your program will include a comprehensive fitness assessment measuring endurance, flexibility, strength, balance, and body composition. Individualized fitness programs will be designed based on these assessments and your general health and medical conditions.

The following classes can be offered as part of your individualized Age Well fitness program:

- Personal Fitness and Strength Training
- Weight Control Program
- Balance Basics/Core Strengthening
- Preventing Diabetes (Pre-Diabetes) & Heart Disease
- Gentle or Therapeutic Yoga
- Nutritional Counseling
- Healthier Living
- Smoking Cessation



It's never too late to do something positive about your health. There are always changes you can make that will measurably affect your health, no matter how old you are. It's also never too early to begin doing things that will prepare you for good health in later years.

Chronic Conditions

Arthritis, Fibromyalgia and Chronic Pain Self-Help

Based on a program originally developed at Stanford, this self-management program is proven to decrease pain, reduce disability, and improve overall health. Six 2-hour sessions.

Location: The Center **To register:** Call **(707) 575-6043**

Moving Through Pain

Come to a gentle, guided exercise class designed to strengthen, stretch, and relax tight, painful muscles and calm the mind. The class will include modified beginner's Pilates mat exercises, gentle movement, body awareness, and relaxation techniques. This class is an ongoing class of four-week sessions.

Location: The Center **To register:** Call **(707) 575-6043**

Understanding Hepatitis C

Find out what you need to know and do to live a healthy lifestyle with Hepatitis C.

Location: The Center **To register:** Call **(707) 575-6043**

Healthier Living

Living with an ongoing health condition such as diabetes, obesity, arthritis, or anxiety doesn't mean that you have to be ruled by it.

Workshops are highly participative, where mutual support and success build each participants' confidence in their ability to manage their health and maintain active and fulfilling lives. This evidence-based program, developed by Stanford University, is facilitated by two trained leaders, 2.5 hours, once a week, for six weeks.

Location: The Center (available Countywide)

To register: Call [\(707\) 575-6043](tel:7075756043)

Diabetes

Preventing Diabetes (Pre-Diabetes) & Heart Disease

If you have impaired glucose tolerance and/or other symptoms related to metabolic syndrome (large waist, high triglycerides or low HDL, high blood pressure) you are at significantly increased risk for developing diabetes and heart disease. By making lifestyle changes in physical activity and diet, you can reverse this syndrome and greatly reduce your risk of chronic disease. This class will help you understand this syndrome and identify the steps you need to reduce your risk and improve your health now and in the future. The class is four sessions, 2.5 hours each.

Location: The Center **To register:** Call [\(707\) 575-6043](tel:7075756043)

Living with Diabetes: Wellness Series

This American Diabetes Association-accredited program taught by certified diabetes educators helps you manage your diabetes, prevent complications and improve your health and well-being. Nine hours of group education, individual orientation session and group follow-up.

Location: The Center and Petaluma

To register: Call [\(707\) 575-6043](tel:7075756043)

Diabetes Meal Planning

Fine-tune your diabetes meal planning skills with this in-depth series of nutrition classes. Six 90-minute sessions with a Registered Dietitian.

Location: The Center **To register:** Call [\(707\) 575-6043](tel:7075756043)

Individual Diabetes Education

Improve your diabetes through diet and lifestyle change. Includes diet assessment and counseling by a registered dietitian. Insulin instruction also provided.

Location: The Center **To register:** Call [\(707\) 575-6043](tel:7075756043)

Diabetes Support Group

Location: Memorial Hospital **To register:** Call [\(707\) 575-6043](tel:7075756043)

Diabetes y Su Salud (Diabetes and Your Health)

Información práctica y guía para el cuidado de sí mismo sobre el control de su nivel de azúcar y la importancia de la actividad física; como evitar complicaciones en su salud; y alimentación para tener mas energía. ¡Venga y aprenda como controlar su diabetes con éxito! La clase es por 3 semanas, 2.5 horas por semana.

Clases se llevarán a cabo en: El Centro de Bienestar

Para registrarse: [\(707\) 575-6043](tel:7075756043)



*Healthy Cooking Class at
G&G Supermarket*

The Center helps people understand how to control diabetes and helps them decrease the risk of complications so they will live longer, healthier lives.

Heart Conditions

Cardiac Rehabilitation Phase III

A supervised exercise program to help people with a history of cardiac disease improve their wellness. Two 75 min. sessions/week, morning or afternoon. Begin anytime.

Location: HeartWorks **To register:** Call (707) 573-6161

Smoking & Tobacco Cessation

Smoking Cessation

Highly effective Freedom from Smoking program taught by ex-smokers who are nationally trained and certified smoking cessation educators. Seven weeks, eight 2-hour sessions. (Scholarships available on sliding scale basis.)

Location: The Center & Petaluma

To register: Call (707) 575-6043

Smoke-Free Babies: Smoking Cessation for Moms

Program to help pregnant women and new mothers quit smoking. Individual counseling and support group. No fee.

Location: The Center **To register:** Call (707) 575-6043

Fitness For Life

Personal Fitness Training

Personalized instruction with trained and knowledgeable exercise physiologists, designed with your physical needs and preferences in mind. Sessions weekly or biweekly.

Location: HeartWorks **To register:** Call (707) 573-6161

Lifetime Fitness Program

Structured exercise program for people who want to be more physically active but have health concerns. Two 75 minute sessions/week.

Location: HeartWorks **To register:** Call (707) 573-6161

Balance Basics & Strength Training

Improve your health through this ongoing 4-week program. Group instruction includes overall body conditioning using calisthenics, free weights, physioballs, therabands, and total gym.

Location: HeartWorks **To register:** Call (707) 573-6161

Intermediate Strength Training

Improve your health through this ongoing 4-week program designed to help increase strength, stability and flexibility.

Location: HeartWorks **To register:** Call (707) 573-6161

*No matter who you are,
no matter what you do,
you absolutely,
positively do have the
power to change.*

BILL PHILLIPS



Healthy Weight

Weight Control Program

The Weight Control Program is designed to help men and women to lose weight and improve physical health and fitness using a combination of healthy nutrition, self-control of eating, and increases in exercise. This is not a quick weight loss or “diet” program. There are no special foods, forbidden foods or supplements. Instead, participants learn their own solutions to eating, cooking, and dining out that fit their lifestyles, but still help them lose weight and improve nutrition. Unlike many programs that focus mainly on reducing calories, this program has as much emphasis on increasing physical activity. Participants learn how to overcome obstacles to exercise and make exercise a bigger part of their lives. People who are accepted into this program work in a group with a leader who is an expert in nutrition, exercise and behavior change. Graduates can take advantage of follow-up support after regular sessions end. Sixteen weekly sessions 1.5 hours each.

Location: The Center **To register:** Call **(707) 575-6043**

Weight Control Intermediate

On-going support group for Weight Control graduates.

Location: The Center **To register:** Call **(707) 575-6043**

Nutritional Counseling

Medical nutrition therapy, individual diet assessment and counseling is provided by a registered dietitian. Self referral and physician referrals are welcome. Counseling covers a wide range of health issues. English/Spanish.

Location: The Center **To register:** Call **(707) 575-6043**

Shapedown

A family-based behavioral approach to weight loss, developed at UCSF School of Medicine for children ages 9-12 and their parents. Weekly 2-hour sessions for 9 weeks.

Location: The Center **To register:** Call **(707) 575-6043**

Active Youth for Health

A family-based class for parents and their children between the ages of 7-12 who want to promote healthy eating and physical activity in their homes. Classes include: family eating habits, basic nutrition, meal planning, and simple ways to increase physical activity. Also available in Spanish (Niños Activos y Saludables). A four-week series of classes held once a week for two hours.

Location: The Center **To register:** Call **(707) 575-6043**

Exercise for a Healthy Weight

An exercise class for individuals who have taken the Center’s Weight Control Program classes, or for anyone who is working toward weight loss. These ongoing fitness classes for individuals at any level will incorporate strength training, cardiovascular fitness and flexibility exercises. Classes will help you reach your personal goals and monitor your fitness level.

Location: HeartWorks **To register:** Call **(707) 573-6161**



The Center encourages and teaches participants to take charge of their health. We strongly believe in empowering the participant to learn well and live well.



Niños Activos y Saludables (Active Youth for Health)

Esta Clase es para padres de familia y niños de 7-12 años de edad que quieran inculcar hábitos sanos y actividad física en sus hogares. Temas incluyen: Como cambiar hábitos hacia un camino más saludable, como planear una cena sana nutrición básica, la importancia de reducir el tiempo frente la TV, y maneras simples de aumentar la actividad física. La clase es de 4 semanas, 2 horas por semana.

Lugar: Petaluma o Rohnert Park

Para registrarse: (707) 575-6043

Tomando Pasos (Taking Steps Childhood Obesity Program)

Un programa para padres de familia y niños de 7-13 años de edad que tengan sobrepeso y quieran mantener un peso saludable. Plan de pago disponible. La clase es por 6 semanas, 2 horas por semana.

Clases se llevarán a cabo en: El Centro de Bienestar

Para registrarse: (707) 575-6043 x18

Criando Niños Sanos y Activos (Raising Healthy Active Kids)

Entrenamiento GRATUITO de 6 sesiones semanales (2 horas por sesión) para promotores de salud y miembros de la comunidad que trabajan con niños de 0-5. Nutrición en los primeros años de edad; anemia por deficiencia de hierro; obesidad en niños—¿cómo prevenirla?; hábitos alimentarios saludables, y actividad física.

Clases se llevarán a cabo en: El Centro de Bienestar

Para registrarse: (707) 575-6043 x18

Promotores de Salud (Certified Lay Health Promoters)

¿Quien es un Promotor de Salud?: es quien actúa como un puente entre la comunidad y los diferentes proveedores de salud de la comunidad. Su responsabilidad es ayudar en la prevención de enfermedades y proveer información. Es alguien que: entiende el lenguaje y la cultura de la persona/familia que esta tratando de ayudar; esta entrenado en temas de nutrición y actividad física y posee recurso y herramientas educativas para compartir con la comunidad; sabe comunicar, es respetuoso, paciente y servicial.

Movement & Stress Management

Balance & Tone

Have you noticed that your balance is not what it used to be? Would you like to be stronger? This Pilates-based exercise class is great for seniors, older adults and anyone who needs better balance and strength. Learn how to use the “core” of your body and help improve balance and coordination; increase strength and flexibility; improve postural awareness; breathing; and self-confidence. Plus, it will be a lot of fun! All exercises are done in the sitting and standing positions. We will use therapy balls, balance discs, therabands and light weights.

Location: The Center **To register:** Call (707) 575-6043

Gentle Yoga

A gentle stretching program of yoga practiced in a safe and supportive environment. Four weeks, 1 hour per week.

Location: The Center **To register:** Call (707) 575-6043

“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.”

LEE HOLZ

Yoga for Pain Management

Safe, introductory stretching, strengthening, breathing techniques and relaxation, paced for those with mobility limitations. Six weeks, 1 hour per week.

Location: The Center **To register:** Call (707) 575-6043

Primordial Sound Meditation

As revived and updated by Deepak Chopra. Experience the transformative power of meditation. When the mind is focused on the “primordial sound” (mantra), the mental chatter quiets down, allowing for better access to the creative powers of the Self and a general sense of well-being, focus, and increased ability to process stress.

Location: The Center **To register:** Call (707) 575-6043

Moving Through Pain

Come to a gentle, guided exercise class designed to strengthen, stretch, and relax tight, painful muscles and calm the mind. The class will include modified beginner’s Pilates mat exercises, gentle movement, body awareness, and relaxation techniques. Join us if you have: fibromyalgia, back and/or neck pain, headaches, TMJ, carpal tunnel syndrome or knee problems. Ongoing class of four-week sessions.

Location: The Center **To register:** Call (707) 575-6043

Employee Wellness

Employers want healthy, happy employees, who are more productive, use health insurance appropriately, take less sick time, and feel good about their work. While the “bottom line” responsibility for taking care of health rests with the employee, the employer can make choices to support employee wellness through implementing policy changes within the company and starting an on-site wellness program.

Employers can create a workplace that encourages a healthy lifestyle and helps employees acquire and maintain positive health habits. Participation in a worksite wellness program can improve an employee’s health, outlook, and physical and mental capacity to be more productive at work.

The Center for Well-Being offers these services for worksite wellness:

- Kick off your Wellness Program with a dynamic presentation
 - Lunch and Learn 45 minute presentations
- Health Coaching
- Customized Health Education Programs
 - Topics include healthy weight; stress management; diabetes; nutrition; and more
- Personal Fitness Assessments
- Exercise programs on and off site to get employees moving
- Technical Support by a Worksite Wellness Coordinator



HEALTHY COOKING CLASSES

Ginger Grille Cooking Classes

AT G&G SUPERMARKET

Learn techniques of preparing and cooking nutritious foods that promote optimal health.

See the G & G website for more information on upcoming classes:

[www.gandgmarket.com/
classes/
cooking_classes.shtml](http://www.gandgmarket.com/classes/cooking_classes.shtml)

On-going healthy cooking classes offered by the Center for Well-Being include:

- Baby Food By Hand
- Feeding Your Toddler Right
- Cooking Light
- Healthy Baking
- Heart Healthy Cooking
- Gluten Free Cooking
- Healthy Winter Soups
- Diabetic Meals

and more!

Worksite Wellness Toolkit

- Learn how to reduce absenteeism, reduce health care costs, and increase the return on your investment
- Strategies for promoting participation and gaining employee buy-in for worksite wellness policies and programs
- Tips for evaluating the effectiveness of your current programs and/or policies

To view the free toolkit visit:

[www.norcalwellbeing.org/
wellness-toolkit.php](http://www.norcalwellbeing.org/wellness-toolkit.php)



n o r t h e r n c a l i f o r n i a
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Individual and group education, personal training, nutritional counseling, wellness coaching and small group exercise instruction are offered. Our professional staff includes nurses, dietitians, exercise physiologists, therapists and health educators; experts in chronic disease self-management and healthy lifestyle change. Specialized programs are available for diabetes self care and prevention education, heart health, chronic pain management, yoga, meditation, weight management for adults and children, and much more.