

The local Mercy hospitals offer a variety of wellness education classes to the community. Call for more information including locations, dates, times and, in some cases, pricing. Classes are offered at these locations and are referenced by the following abbreviations:

City Area

MGH: Mercy General Hospital
4001 J Street
Sacramento, CA 95819

MMP: Mercy Medical Plaza
3941 J Street
Sacramento, CA 95819

MCD: MedClinic Downtown
3160 Folsom Boulevard
Sacramento, CA 95816

MLC: Mercy Learning Center (Mercy Women's Center is also located here)
650 Howe Avenue,
Suite 400
Sacramento, CA 95825

North Area

ORC: Mercy Outpatient Rehab Center
406 $\frac{1}{2}$ Sunrise Avenue,
Suite 300
Roseville, CA 95661

MSJ: Mercy San Juan Medical Center
6501 Coyle Avenue
Carmichael, CA 95608

MPP/MSJ: Mercy Physicians' Plaza on
Mercy San Juan Campus
6555 Coyle Avenue
Carmichael, CA 95608

CBH: Mercy Center for Breast Health
6660 Coyle Avenue,
Suite 360
Carmichael, CA 95608

East Area

MHF: Mercy Hospital of Folsom
1650 Creekside Drive
Folsom, CA 95630

Nevada County

SN: Sierra Nevada Memorial Hospital
155 Glasson Way
Grass Valley, CA 95945

South Area

MTH: Methodist Hospital of Sacramento
7500 Hospital Drive
Sacramento, CA 95823

Yolo County

WH: Woodland Healthcare
1325 Cottonwood Street
Woodland, CA 95695

Cancer

Dianne Haselwood Resource Center

Library that includes Internet access, books, videos and other educational materials about breast health, breast cancer and other forms of cancer.

CBH (916) 536-3060

Methodist Hospital Cancer Resource Center

Library with Internet access, books, videos and other educational materials related to all forms of cancer.

MTH (916) 681-1564

Sierra Nevada Memorial Hospital

Two libraries; one in Cancer Center. Libraries include Internet access, books, videos, tapes and other educational materials related to all forms of cancer.

SN (530) 274-6600

Support Groups

See separate listing under "Support Groups"

Childbirth Education

Anesthesia Options

Designed for those who would like more information regarding the use of regional anesthesia for pain relief during labor and the anesthesia options available for cesarean birth.

MLC (916) 733-6302

Childbirth Preparation

Prepare for the birthing experience by learning more about breathing and relaxation techniques, comfort measures and pain management, in addition to expectations for labor, delivery and parenthood. Six-week course. (See Great Expectations for Sacramento area classes.)

WH (530) 662-3961

CPSP (Comprehensive Perinatal Service Program)

This program is designed to give pregnant women with Medi-Cal insurance support in the areas of health education, nutrition and social services. Clients have the opportunity to earn infant clothing and equipment through program participation.

MLC (916) 733-6302

Early Bird

This is designed for pregnant women and their partners during the first few months of pregnancy. Topics include nutrition, exercise, fetal development and the changes of pregnancy.

MLC (916) 733-6302

Great Expectations

This series of classes helps prepare women and their partners for the experience of labor and birth. Class topics include the birth process, medical procedures and relaxation and breathing techniques.

MLC (916) 733-6302

Maternally Fit

This low-impact, warm water pool class is specifically designed for expectant moms following their first trimester, to help them keep fit and strong throughout their pregnancy.

MTH (916) 423-5928

Natural Family Planning

Based on body awareness and the physical signs of fertility. When used correctly, Natural Family Planning is a reliable means to either avoid or achieve a pregnancy.

MLC (916) 733-6302

Stork Tours

An opportunity to see the labor and birth rooms, the nursery and postpartum area at any of the CHW hospitals in the Sacramento area.

MGH, MSJ, MHE, MTH, WH (916) 733-6302

The Sequel

Designed for women and their partners who have taken a childbirth preparation class within the last three years and want a review.

MLC (916) 733-6302

Diabetes

Basic Diabetes Series

A six-hour course offering more extensive education for the diabetic and his/her family. A certified diabetic educator, dietitian and a pharmacist will explain all aspects of diabetes, including the effects of the disease, tracking/monitoring your blood glucose, exercise, meal planning and medication issues.

MLC (916) 733-6341

Diabetes Education (Basics)

For the person newly diagnosed with diabetes or those who need help learning or re-learning the skills of self-management of blood sugar. Call for dates and times.

MHF (916) 984-7231

Diabetes Education (Beyond the Basics)

For the person diagnosed with diabetes who needs to go beyond basic information for meal planning, exercise and blood sugar monitoring. Call for dates and times.

MHF (916) 984-7231

Eating Well

Two-hour class concentrating on nutrition and meal planning for the diabetic. Participants will sample delicious recipes prepared with the diabetic in mind.

MLC (916) 733-6341

Getting Started

Two-hour class designed for the newly diagnosed diabetic or someone classified as a “pre-diabetic.” A certified diabetic educator and a dietitian will overview diabetes, blood glucose monitoring and the importance of meal planning.

MLC (916) 733-6341

Know Your Diabetes: Know Your Resistance & Your Numbers

Learn about Insulin Resistance Syndrome and Type 2 diabetes, what all the diabetes numbers mean and how to improve your own numbers.

SN (530) 274-6124

Managing Your Diabetes

Spanish-speaking class helps individuals take control of their diabetes. Topics covered include basic facts about the disease – causes and symptoms, blood sugar testing, nutrition and exercise.

WH (530) 662-3961

Taking Charge of Diabetes, Parts 1-3

Participants learn to successfully manage their diabetes. Topics include self-management skills, nutrition, exercise, blood glucose monitoring and behavior change steps.

SN (530) 274-6124

Fitness & Nutrition

Arthrobics

This is a land-based group exercise program suitable for people who would benefit from gentle, aerobic conditioning and strengthening activities.

MTH (916) 423-5928

Blood and Urine Analysis

Analyze levels of cholesterol and blood fats as well as other body elements that may affect your fitness level and performance.

MGH (916) 453-4440

Body Composition Analysis

Measures your body fat percentage and provides accurate information on its distribution and your risk of disease.

MGH (916) 453-4440

Executive Test

Includes medical questionnaire, health risk appraisal, systemic examination by doctor, pulmonary function test, urinalysis, blood chemistry, hemocult test, sigmoidoscopy or colonoscopy, body composition profile, cardiopulmonary graded exercise test (treadmill or bike), strength/flexibility test and counseling and referral services.

MGH (916) 453-4440

Fitness Test (Standard)

A cardiac stress test, followed by a personalized exercise prescription and counseling to help you achieve your desired level of fitness.

MGH (916) 453-4440

Fitness Test (Comprehensive)

A fitness evaluation with the addition of a gas exchange test to measure heart and lung performance, metabolic and blood oxygen levels, strength and flexibility. You will receive a detailed exercise prescription covering all areas of fitness.

MGH (916) 453-4440

Health Risk Appraisal Profile

Genetic and lifestyle risk factors associated with an increased chance of disease are assessed. Individual ratings and relative risks are based on statistical data.

MGH (916) 453-4440

Healthy Weights

Learn motivational skills and be encouraged to reach your optimal weight.

SN (530) 274-6124

Herbs and Food Supplements Series

Do you want to stay youthful as you age? How do you choose which supplements or vitamins you should take? What's the role of antioxidants in health and well-being? Which complementary products will help with depression, osteoporosis, sexual dysfunction, irritable bowel syndrome, eye disorders, chronic fatigue?

Learn about these topics and more in our series covering complementary therapy medicine. The following areas will be covered:

- **Aging Gracefully: Can you be 60 and look 30?**

Learn how the role of diet, antioxidants, selected protein supplements, vitamins, skin care, and muscle toning helps keep you youthful.

- **Aging Gracefully: What about those Internet commercials?**

Learn about the supplements promoted in glitzy ads and whether they are for you: Growth hormone, DHEA, 7 Keto, and others. Where does complementary medicine fit in for sexual dysfunction, weight loss, PMS, memory loss and more?

- **Herbs & Supplements: Down to Basics**

Discover which products can help you slow down the aging process, help with depression, osteoporosis, aging skin, osteoarthritis, constipation, diarrhea, headaches, insomnia, eye disorders and more!

SN (530) 274-6124

Know Your Nutrition

Learn how food affects blood glucose levels, and how to plan meals, count carbohydrates, estimate portion sizes and read labels.

SN (530) 274-6124

Nutrition Education

A variety of nutrition topics are offered ranging from Feeding your Child to Healthy Eating for Seniors. Call for topics, dates and times.

MHF (916) 984-7231

Nutritional Assessment

Monitors oxygen usage and the amount and type of calories you are burning. The resulting information is used to assist in weight loss and athletic performance goals.

MGH (916) 453-4440

Waterobics

This program is designed for adults who would enjoy mild aerobic conditioning exercise, performed in a warm (90-94 degrees) pool. It is ideal for people with arthritis, fibromyalgia, joint pain or other medical conditions.

MTH (916) 423-5928

Lung Health

Asthma Information & Management Program

Classes provide education and management information for those with asthma. Classes are provided separately for adults and children. Follow-up phone call support available.

MGH (916) 453-4268

MPP/MSJ (916) 537-5299

Living Well With Asthma — Adults

Participants learn to successfully manage their asthma.

SN (530) 274-6124

Living Well With Asthma — Children

Children five and older learn to successfully manage their asthma. Parent participation included.

SN (530) 274-6124

Pulmonary Reconditioning Mini Class

A short course for those with emphysema or chronic obstructive lung disease.

SN (530) 274-6084

Pulmonary Rehabilitation Program

Outpatient education, exercise, counseling program provided for those with emphysema, chronic bronchitis, pulmonary fibrosis and other chronic pulmonary conditions. After completion of this program, a maintenance program is offered for exercise.

MGH (916) 453-4268

MPP/MSJ (916) 537-5299

SN (530) 274-6084

Smoking Cessation

“No Ifs Ands or Butts” six-week program for those who wish to stop smoking.

MGH (916) 453-4268

MPP/MSJ (916) 537-5299

Smoking Cessation

A seven-week series to motivate and encourage quitting smoking.

SN (530) 274-6124

Telephone Lung Clinic

Provides regular phone contact to those with lung disease to support education and interventional needs.

(916) 453-4388

Mercy Heart Institute

Mercy Heart Institute is among the nation's finest cardiac programs and serves the greater Sacramento area, as well as other geographic locations, through a large referral program. Mercy is nationally recognized leader in a full range of cardiac services—from prevention, to intervention and surgery, to wellness programs and education. Leading-edge research keeps Mercy Heart Institute at the forefront of care. Call 1-877-9HEART9 or see the MHI Web site at www.chwhealth.org\mercyheart

Anticoagulation Clinic

Telephone surveillance program staffed by clinical pharmacists to assist patients in managing their anticoagulant medication. Doctor referral required.
(916) 733-6966

Cardiac Conditioning Program

A supervised exercise and education program that assists individuals in their recovery from a cardiac event or procedure. Doctor referral required.

MGH (916) 453-4521

MPP/MSJ (916) 537-5296

SN (530) 274-6103

Cardiac Education Program

Free, ongoing educational series addressing topics on coronary artery disease:

- MGH — Nutrition and Low-Fat Cardiac Diet only.
- MSJ — Emotions and Heart Disease, Diabetes Management, Diabetes Nutrition, Low-Fat Cardiac Diet, Managing Your Response to Stress, Your Heart and Your Cardiac Procedures, What's in Your Medicine Cabinet?, Exercise Guidelines, Cardiovascular Risk Factors.

Call for dates and topics.

MGH (916) 453-4521

MPP/MSJ (916) 537-5296

Cholesterol Screenings

Total cholesterol, HDL, LDL, triglycerides and glucose measurements available.

MGH (916) 453-4521

MPP/MSJ (916) 537-5296

Congestive Heart Active Management Program (CHAMP®)

Telephone surveillance program to assist families and patients manage heart failure. Classes offered as well with the following topics: congestive heart failure, medications, low-sodium diet, social issues, exercise and activities.

(916) 733-6966

Heart Failure Management

Telephone surveillance program to assist families and patients to manage heart failure, maintain an active and healthy lifestyle and prevent hospitalizations related to heart failure.

SN (530) 274-6825

Heart Smart

Cholesterol monitoring program offered through telephone surveillance. Cardiac risk reduction class also offered for families and patients to learn how to manage their cholesterol.

(916) 733-6966

Heart Smart

Comprehensive education program covering all aspects for the prevention of and/or management of heart disease.

Pre-registration required.

SN (530) 274-6103.

Managing Heart Failure

Patients diagnosed with congestive heart failure can learn more about managing this condition. Topics include medications, appropriate food choices, exercise and coping with emotional issues. Spouses, family members and caregivers are encouraged to attend.

WH (530) 662-3961

Mended Hearts Support Group

Patient support group and in-patient visitation program.

(916) 773-5263

Mercy Mall Walk Program

Get fit and socialize in a safe environment. Program held daily at Florin Mall and Sunrise Mall. Monthly screenings and periodic educational programs also offered.

(916) 733-6966

Yoga with Heart

Developed for those at risk for or who are living with heart disease. This class series will help make stress relief and deep relaxation a reality in your life! Through guided practice of gentle yoga poses, breathing and simple meditation techniques, you will quickly feel the exquisite benefits of increased peace and well-being. As you experience greater flexibility and freedom from tension, space is created for you to feel more energy and joy in daily life.

SN (530) 274-6103 or

(530) 470-2375.

Mind/Body

Meditation—Bringing Peace and Joy into Your Life

Learn techniques to calm the mind and heal the body. This three-week series will include discussion, guided practice, and questions and answers.

SN (530) 274-6124

Strengthening Your Meditation Practice

Requirement: Must have completed above class or previous meditation class. This three-week series will strengthen your meditation practice.

SN (530) 274-6124

Of Interest to Seniors

Hot Joints

Manage your arthritis more effectively by learning appropriate types of exercises and how to protect your joints.

MTH (877) 493-5563

Memory & Aging Series

Is it Alzheimer's or just a senior moment? How can I maintain good memory function? What should I do if I suspect my forgetfulness isn't normal, and how do I cope when my loved one has been diagnosed with Alzheimer's or other progressive dementia? Come explore the answers to these questions in our three-part series. See below:

• Prevention of Memory Loss

Learn the top 10 things you can do to prevent the onset of Alzheimer's and memory loss.

• Dementia & Alzheimer's Disease

What is Dementia and Alzheimer's Disease? Screening, diagnosis, and treatment issues will be explored along with the latest research trends.

• Coping Skills

A tool box of coping skills that you can use when living with a loved one stricken with Alzheimer's or other progressive dementia.

SN (530) 274-6124

Steady Steppers

Ongoing fall risk screening for seniors who have fallen or are at risk for falling; may result in admission to balance retraining classes.

MGH, MSJ (916) 733-6997

Other Offerings

First Aid/CPR

Learn techniques for adults, children and infants. Both adult and pediatric courses taught in English and Spanish.

WH (530) 662-3961

Living Well With Pain

An ongoing class to help those with chronic pain manage it in holistic ways.

SN (530) 274-6124

Occupational Health

Seminars

Seminars to help employers learn how to reduce workers' compensation costs and lost work days. Call for topics.

OCR (916) 536-2441

Strategies to Manage Stress

Learn simple strategies to reduce the impact of stress in your life. Quarterly classes. Call for dates and times

MHF (916) 984-7231

Well For Life

In collaboration with Raley's Wellness Center, CHW/Mercy healthcare professionals address a variety of topics including healthy living, cardiac and stroke management, diabetes management and more. Contact Raley's store for locations and class schedules.

(800) 925-9989

Parenting & Family

Baby Basics

Covers newborn care including feeding, dressing and comforting. A bath demonstration is included.

MLC (916) 733-6302

Baby Care Basics

Designed for expectant parents and parents of newborns, this class focuses on baby safety, basic development, well baby care and physical care basics such as bathing, diapering and sleeping. Two-week course.

WH (530) 662-3961

Babyproofing and Beyond

Accidents are the leading cause of death and serious injury in babies and children. This class is an opportunity to learn effective "babyproofing" techniques, accident prevention, proper use of safety devices and basic infant/child CPR.

MLC (916) 733-6302

Breastfeeding

Parents receive information about breastfeeding, pumping devices and suggestions on how to return to work or school while still nursing. Both parents encouraged to attend. Two sessions. (See Moveable Feast for Sacramento area classes.)

WH (530) 662-3961

Child Safety Seat Checks

Attend a free car seat check-up and learn how to properly install your child's car seat. First and third Tuesdays and second Thursday of each month. Call for appointment.

MSJ (916) 864-5779

Make Room for Baby

This class is for children ages 3-9 who are going to become big brothers and big sisters and is designed to help them feel special and look forward to the new baby.

MLC (916) 733-6302

A Moveable Feast

Learn about breastfeeding advantages, techniques, family adjustments and dealing with common difficulties and concerns.

MLC (916) 733-6302

My Mom's Having A Baby

A class to support brothers and sisters who are expecting a new addition to the family.

SN (530) 274-6124

Parenting Education

Quarterly classes are available from a Positive Parenting with Grace and Compassion series. Topics cover toddler/preschool age to teens. Call for topics, dates and times.

MHF (916) 984-7231

Stroke Recovery

CIMT (Constraint Induced Movement Therapy)

Intensive two-week retraining program for the arm/hand of stroke survivors.

MGH (916) 453-4553

Suspended Treadmill Gait Refinement Program

Walking practice on a treadmill with body weight supported for high-level stroke survivors. Call for more information.

MGH (916) 453-4553

Yoga & Movement

The ABC's of Joyful Living!

A – Awaken your energy and vitality.

B – Breathe, stretch, release tension and aches.

C – Clear, focus and concentrate the mind. Six-week series of fun includes energizing exercises, gentle chair yoga, breathing, simple relaxation and concentration techniques.

Good for those with chronic illness or disabilities.

SN (530) 274-6124

Awakening & Balancing Your Inner Energy

An eight-week series to learn about the body's inner energy centers which are the keys to physical, emotional, mental and spiritual well-being.

Discover techniques to awaken and balance these through gentle classical yoga, visualizations and meditations.

SN (530) 274-6124

Cardiac Rehab Yoga

SN (530) 274-6103

Support Groups

AICD Support Group

Support group for post-cardiac...

(916) 733-6966

Art Classes

SN (530) 284-6872

Baby & Me

MLC (916) 733-6302

Cancer

MHF (916) 791-7353

Cancer Support Group

SN (530) 274-6656

Caregivers Support Group

SN (530) 274-6656

Clay Sculpture Classes

SN (530) 274-6872

Emotional Support Network

SN (530) 274-6656

Grief and Emotional Transition group

SN (530) 274-6872

Harp Classes

SN (530) 274-6872

Kidscope

SN (530) 274-6872

Lung Disease

MGH (916) 453-4268

MPP/MSJ (916) 537-5299

Nutritional Consultation

SN (530) 274-6677

Oncology Social Worker

SN (530) 274-6656

Prostate Cancer

MSJ (916) 537-5237

Prostate Cancer Support Group

SN (530) 274-6656

Women Coping With Cancer

MSJ (916) 920-7833

Woman to Woman: Sharing the Cancer Experience

SN (530) 274-6656

Writing to Heal

SN (530) 274-6872

