

NUTRITION CLASSES AVAILABLE IN THE SACRAMENTO AREA

Dignity Health

Description: The Healthier Living program is based on the Chronic Disease Self-Management Program developed by Stanford University. One series of workshops addresses chronic diseases in general, while the other focuses on diabetes.

Diabetes Workshop: Fridays, 02/10 – 03/16/12, 2:30 PM – 4:00 PM

Chronic Conditions Workshop: Saturdays, 02/11 – 03/17/12, 9:30 AM – Noon

Location: Mercy Medical Group, 3000 Q street, Sacramento

Language: English

Cost: Free

To Register: Call 916-851-2793 or visit www.mercysacramento.org/CDSMP, or sign up at check-in

Woodland Healthcare

Description: Six-week courses on diabetes or chronic disease management cover nutrition, exercise, relaxation and meditation, and other topics.

Workshop Dates: Workshops begin every couple of months, with the next available sessions starting in early March.

Location: Various sites in Woodland

Language: English and Spanish

Cost: Free

To Register: Call 530-669-5531 (Spanish), 530-669-5540 (English) or visit www.woodlandhealthcare.org

Health Education Council & Community Partners

Description: Twelve-week nutrition course with the option for an additional Zumba exercise class. Also, ongoing women's groups that meet on Tuesdays in Woodland and Thursdays in Knights Landing emphasize nutrition.

Dates: Mondays, 03/05 – 05/21/12, 6:00 PM to 7:00 PM

Location: 2455 W. Capitol Avenue, Suite 106, West Sacramento

Language: English and Spanish available; call to confirm

Cost: Free

To Register: Call 916-556-3344 or visit www.healthedcouncil.org

The Effort's Birth & Beyond Program

Description: Weekly Health Habits classes emphasize nutrition and exercise but cover additional topics as requested by participants.

Dates: Fridays, 12:30 PM to 2:30 PM

Location: 6015 Watt Avenue, North Highlands

Language: English and Spanish

Cost: Free

To Register: Call 916-679-3925