DIABETES PREVENTION

What is Diabetes?
Know the Basics and Risks
Learn about the risk factors and how to prevent the onset of diabetes.
To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 2/3 1:30 – 2:30 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Thu 12/1 6 – 7 pm

Norwalk Social Services Center
11929 Alondra Blvd., Norwalk
Fri 12/2* 10 – 11 am

Downey Adult School
12340 Woodruff Ave., Downey
Thu 12/1 10:30 – 11:30 am

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Tue 1/31* 10 – 11 am

The Gary Center
341 Hillcrest St., La Habra
Fri 1/27* 8 – 9 am

DIABETES MANAGEMENT

Diabetes Nutrition Education
Learn how to control your diabetes through nutrition classes taught by a registered dietician. Registration required.
To Register: Call Ext. 25580

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Tuesdays, 12/20 and 1/17

Moving Forward with Diabetes: Regain Control and Live
Explore practical skills to take charge of Type 2 diabetes. Create your own management plan for better health. Family and caregivers welcomed.
Six-class series (meets once a week)
To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Community Resource Center
10750 Laurel Ave., Whittier
Tue 1/17 – 2/21* 9 – 11:30 am

CANCER TOPICS

Yoga for Healing
Reconnect with your body through gentle yoga designed for those facing or recovering from the challenges of cancer or illness.
For Information: $5 per class
To Register: Call Ext. 12777

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Saturdays, 10:30 – 11:30 am

NUTRITION

Families in it Together (FIT) for Health
In this program, parents/guardians and their kids (ages six-15) will explore ways to increase physical activity and make healthier food choices together, through interactive games and food demonstrations.
Age: Six to 15 with parent/guardian
Three-class series (meets once a week)
To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Sat 1/14 – 1/28 10 – 11:30 am
Sat 2/11 – 2/25 10 – 11:30 am

Southeast-Rio Vista YMCA
4801 E. 58th St., Maywood
Sat 12/3 – 12/17* 10 – 11:30 am

McCaughan Gym at Apollo Park
12544 Rives Ave., Downey
Thu 1/12 – 1/26 6 – 7:30 pm

Eating Healthy Never Tasted So Good
Small changes in what you eat can help prevent diabetes and other ongoing conditions. Explore ways to increase healthier eating at home and on the go.
To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 2/8 1:30 – 2:30 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Thu 12/8 6 – 7 pm

Norwalk Social Services Center
11929 Alondra Blvd., Norwalk
Fri 12/9* 9 – 11 am

EXERCISE

Downey Adult School
12340 Woodruff Ave., Downey
Thu 12/8 10:30 – 11:30 am

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Tue 1/31* 6 – 7 pm

The Gary Center
341 Hillcrest St., La Habra
Fri 1/13* 10 – 11 am

Eating Healthy Begins at the Grocery Store
Join us for a grocery store tour to explore ways to enhance some of the food items you love with healthier options and portions. No purchase necessary.
To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 2/22 1:30 – 2:30 pm

Th e Gary Center
341 Hillcrest St., La Habra
Fri 1/27* 8 – 9 am

Why Weight?
A weight management program that focuses on healthy eating and healthy behavior for achieving a healthy weight. This 16-week class is also appropriate for patients seeking bariatric surgery.
16-week class
Fee: $25
To Register: Call Ext. 12918

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Tuesdays, 10/11 – 12/13
Thursdays, 10/13 – 12/8
6:30 – 7:30 pm

EXERCISE

Belly Dance
A great way to exercise abs and thighs (for women of all ages).
Five classes | Fee: $35
To Register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

PIH Health Hospital - Downey
Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
Tuesdays, 7 – 8 am

PIH Health Hospital - Downey
Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
Tuesdays, 6:30 – 7:30 pm

Pilates
A method of exercise and physical movement designed to stretch, strengthen and balance the body.
Five classes | Fee: $40
To Register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

PIH Health Hospital - Downey
Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
Thursdays, 5:30 – 6:30 pm

Silver Pilates
Raised mats are used instead of floor mats to make this a more adaptable class.
Eight classes | Fee: $40
To Register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

PIH Health Hospital - Downey
Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
Tuesdays, 12/15 – 1 pm

Yoga
Practice various poses to improve emotional balance and mental clarity while providing stress relief.
Five classes | Fee: $25
To Register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Wednesdays, 5 – 6 pm

Mind Over Matter:
One Step at a Time
Life’s challenges can often get in the way. Create a personal plan to increase physical activity and manage stress to achieve lifelong wellness.
To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 11/16 1:30 – 2:30 pm
Wed 2/15 1:30 – 2:30 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Thu 12/15 6 – 7 pm

Norwalk Social Services Center
11929 Alondra Blvd., Norwalk
Fri 12/16* 10 – 11 am

Downey Adult School
12340 Woodruff Ave., Downey
Thu 12/15 6 – 7 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Tue 1/31* 6 – 7 pm

The Gary Center
341 Hillcrest St., La Habra
Fri 1/20 10 – 11 am

Unless otherwise stated, classes are FREE of charge. Classes are open to staff, patients and their families.
Visit PIHHealth.org/Calendar for the latest in health education opportunities.
HEALTHY AGING

Advance Care Planning
Participants learn about advance healthcare directives and Physician Orders for Life-Sustaining Treatment (POLST). Recommended age 18 and up.
To schedule an appointment or for more information:
Call Ext. 82513 or email ssambulatory@PIHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wednesdays, 12/7 and 1/4
3 – 4:30 pm

SeniorNet Computer Classes for Adults 50+
Keep your mind sharp by learning new computer skills. Beginning and intermediate level classes, one and two day workshops and seminars are taught in a state of the art computer lab at the La Mirada Activity Center. Classes are taught by PIH Health senior volunteer instructors assisted by volunteer coaches.
For course descriptions, membership and class fees call 562.902.3177 or visit LMseniornet.com.

LIVING WITH CHRONIC DISEASES

Better Choices,
Better Health Program (Chronic Disease Self-Management Program)
Explore practical skills to take control of your ongoing health condition(s) and create your own management plan for better health. Family and caregivers welcomed.
Six-class series (meets once a week)
To Register: Call Ext. 81085 or email Community.Health@PIHealth.org

EMOTIONAL HEALTH AND WELL-BEING

Smoking Cessation
A facilitator from the American Lung Association provides participants with information, support and tips on how to quit smoking.
Seven-class series (meets once a week)
To Register: Call Ext. 12549
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Wed 1/11 – 2/22 6 – 8 pm

PREVENTATIVE SCREENING PROGRAMS

Lung Cancer Screening Program
A lung cancer screening procedure can help catch cancer early. If you are 55 to 80 years old and have smoked over 30 years, or are a current smoker or have quit within the last 15 years, call today to find out if a screening is right for you.
To Learn More: Call 562.967.2892

Breast Mammography
If you’re one in eight women who will be diagnosed with breast cancer, an annual mammogram is the key. Schedule yours today – beginning at age 40 – at one of three convenient locations in Downey, Hacienda Heights or Whittier.
Call 562.906.5692.

Colorectal Cancer Prevention Program
Colon cancer is most common in men and women age 50 and older, and the risk increases with age. Colon cancer can be prevented and screening is recommended beginning at age 50.
Schedule your colonoscopy today.
Appointments: Call 562.945.4754.

PREGNANCY AND NEW BABY

To view all the classes offered, visit PIHealth.org/Calendar.

Breastfeeding 101
Getting Ready for Your Baby**
Cesarean Section Class**
Big Kids/Sibling Orientation
Childbirth Basics – English, Spanish, Chinese
Great Expectations

Maternity Care Center – Tea for Two
Infant/Toddler Safety – English**, Spanish, Chinese
Childbirth Refresher
A Journey through Childbirth**

**Not held in December

To register or for more information on classes, dates and times, please contact PIH Health Hospital - Whittier at 562.698.0811 Ext. 17541 or PIH Health Hospital - Downey at 562.994.5580 or visit PIHealth.org/Calendar.

SUPPORT GROUPS

Alzheimer’s Disease
For families. Call Ext. 12453.

Bariatric
For those considering bariatric surgery and those who have already had the procedure. No registration required. Tuesdays, 9/13, 10/11, 11/8 and 12/13, 7:30 – 8:30 pm

Breast & Women’s Cancer Support Group
Learn ways to cope with daily lifestyle through this life changing diagnosis. First Tuesday of the month. Call 562.696.5964.

Breastfeeding
Provides knowledge and support. Every Thursday. Call Ext. 25580.

Journey through Cancer
Discussions include nutrition, coping with feelings, relationships, fears and living a ‘new normal.’ Third Thursday of each month, 11 am.
Call Ext. 12570.

Living with Loss
Bereavement support program. Call Ext. 12500.

Mended Hearts
For all heart surgery patients and their families. Call Ext. 12733.

Cancer Support Group
(Conducted in Spanish)
(Salud Mental-Grupo de Apoyo para la Familia). Call Ext. 81085.

Neonatal Intensive Care Unit (NICU)
Parents Call Ext. 17351.

Perinatal Bereavement
Call Ext. 17882.

Scleroderma Support Group
Call Ext. 81085.

Stroke
Second Tuesday of every month, 2 – 3:30 pm. Call Ext. 12453.

Two easy ways to register:
• Visit PIHealth.org/Calendar
• Call 562.698.0811 and extension noted.