



Health Education Calendar – November 2022

Virtual Classes (For CCPN Members Only) – Call to Enroll!

(805) 540-6207 | ccpnhpn.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Steps * 10:30 a.m. – 11:30 a.m.	3	4	5
6	7	8	9	10 Heart Healthy * 9 a.m. – 10 a.m.	11	12
13	14	15	16 Diabetes * 10:30 a.m. – 11:30 a.m.	17	18	19
20	21	22	23 Pre-Diabetes * 10:30 a.m. – 11:30 a.m.	24 THANKSGIVING HOLIDAY Office Closed	25 THANKSGIVING HOLIDAY Office Closed	26
27	28	29	30			

Many services are available without a referral from your physician. Call today for more information or to schedule an appointment. **You must be a CCPN member to enroll.**

Advance Health Care Directive: Call the Health Education Department today if you would like to learn more about the legal document and why it is important to have one.

Diabetes: Learn the basics about diabetes from our registered dietitians. In this class you will learn how to monitor your blood sugar and modify your diet to support your journey with diabetes.

Heart Healthy: This class utilizes concepts from the American Heart Association to help you learn how to reduce your risk for heart attack and stroke through eating smart and moving more for weight loss, cholesterol control, blood pressure and blood sugar management, and smoking cessation. This class is taught by a registered dietitian.

Life Balance: In this class you will learn how to effectively manage your stress for emotional and mental wellbeing. You will learn coping techniques that can be used in everyday life to create healthy habits around stressful situations.

Nutritional Counseling: Meet one-on-one with one of our registered dietitians. Our dietitians are here to help you live a healthy lifestyle by assessing your needs and creating a plan that works for you. Our dietitians will consider your likes/dislikes, schedule, dietary needs, and culture when working with you.

Pre-Diabetes Management: In this class you will learn what it means to have prediabetes, the importance of managing prediabetes and how to manage prediabetes through making healthy lifestyle behavior changes. This class is taught by a registered dietitian.

Steps to Healthy Weight Loss “Steps”: A series of classes that will provide you with the tools necessary to maintain a healthy lifestyle through weight management, exercise, and healthy eating. This class is taught by a registered dietitian.

CCPN Virtual Urgent Care – Access Urgent Care through your smart phone, tablet, or computer. Talk to a provider in the comfort of your own home. Speak to Health Education if you need help downloading the app!