



Health Education Calendar – October 2024

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

(805) 540-6207 | ccpnhpn.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Diabetes (Part 1) 10:30 a.m. – 11:30 a.m	3	4	5
6	7	8	9 Heart Healthy 10:30am-11:30am	10 Steps 9 a.m. – 10:30 a.m.	11 Diabetes (Part 2) 10:30 a.m. – 11:30 a.m.	12
13	14 Diabetes (Part 1) 10:30 a.m. – 11:30 a.m	15	16	17	18	19
20	21	22	23	24 Steps 9 a.m. – 10:30 a.m.	25 Diabetes (Part 1) 10:30 a.m. – 11:30 a.m	26
27	28	29	30	31		

* These virtual classes are available using your personal computer or mobile device. Call the Health Education Department at (805) 540-6207 for more information or to schedule an appointment.

Many services are available without a referral from your physician. Call 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 document and why it is important to have one.

Diabetes – Diabetes is a self-managed disease. In this 2-part class, you will learn how to manage your diabetes by making healthy food choices, being active, monitoring your glucose, and taking your medication.

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 – 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 a Registered Dietitian. 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.

Slip and Fall Prevention – Learn the risk factors and hazards associated with falls, how to prevent falls, and what to do if you suffer from a fall.

Smoking Cessation – Learn how to make a personalized quit plan to help you avoid and manage your triggers to stay smoke free.

Steps to a Healthy Lifestyle “Steps” – This class will provide you with the knowledge to make long-lasting and health-promoting changes to your eating and physical activity habits. Topics covered will include food and nutrition to help you maintain your healthiest weight, reduce your risk of diabetes, heart disease and other chronic disease; strategies to incorporate regular physical activity; mindful eating techniques and habit change. This class is taught by a Registered Dietitian.