

San Joaquin County Community Education Classes

Last Updated on February 25, 2021

Please Note: All classes are subject to change without notice. Due to COVID-19 many classes are virtual or have postponed meeting. Please call ahead or check online before going to a class. All class are free of charge at the time this list was updated.

Program/ Agency	Title Class	Topic	Languages Offered	Location	Dates/Times	Contact	Website
CSU Stanislaus	Work Wellness		English	510 East Magnolia Street Stockton 95202	See website		https://www.csustan.edu/wellness-works/curriculum
Dignity Health	Diabetes Workshops	Pre-diabetes and Diabetes	English	1800 N. California St. Stockton, CA, 95204	Call to register		https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
Dignity Health	Diabetes Empowerment Education Program (DEEP)	Diabetes lifestyle changes	English	Cleveland Classroom, 1800 N. California St. Stockton, CA, 95204	Call to register		https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
Dignity Health	Evening Diabets Support Group	Diabetes lifestyle changes	English	Cleveland Classroom, 1800 N. California St. Stockton, CA, 95204	Call to register		https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
Dignity Health	Sweet Journey 101	2 hour one time workshop	English	Classroom 4, 1800 N. California St. Stockton, CA 95204	Every 3rd Wednesday 5:30PM-7:30PM		https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
Dignity Health	Sugar Fix Support Group	Series on blood sugar	English	Classroom 1, 1800 N. California St. Stockton, CA 95204	See dates on website		https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education

Dignity Health	Diabetes Exercise Class	general exercise	English	1800 N. California St. Stockton, CA, 95204	twice a week call for dates	paul.vosti@dignityhealth.org	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
Dignity Health	Yoga for All	Yoga	English	Cleveland Classroom, 1800 N. California St. Stockton, CA, 95204	Sundays, 9-10:30AM	SJCancerInfo@DignityHealth.org	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness
Dignity Health	Weekly Meditation Series	Meditation	English	Cleveland Classroom, 1800 N. California St. Stockton, CA, 95204	Call for information	SJCancerInfo@DignityHealth.org	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness
Dignity Health	Community Tai Chi	Tai Chi	English	Cleveland Classroom, 1800 N. California St. Stockton, CA, 95204		SJCancerInfo@DignityHealth.org	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness
Dignity Health	Pregnancy and Parenthood	various classes	English	See link for information	Call for information	See link	https://www.dignityhealth.org/central-california/-/media/Service%20Areas/central-california/Documents/Welcome-to-Life-2020-1.ashx?la=en&hash=3C47C83760A20A6E5CA6DAF6AE0A6CA A78618128

Dignity Health	Cancer or Diabetes Exercise Program	Exercise	English	Lower Level, 1800 N. California, St. Stockton, CA 95204	Call for information		https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness
Doctor's Manteca	Virtual Classes Varies	Child Birth Education, Breastfeeding success, emotional care	English	https://www.doctorsmanteca.com/events	visit webpage for more information		https://www.doctorsmanteca.com/events
San Joaquin General Hospital	Diabetes Self Management	Diabetes health	English		Weekly, Fridays		https://www.sanjoaquingeneral.org/community-outreach
San Joaquin General Hospital	Stop the Bleed	Basic bleeding control	English	500 W. Hospital Road, French Camp, CA 95231	Varies		https://www.sanjoaquingeneral.org/downloads/StopTheBleed-Mthly_Flyer.pdf
San Joaquin General Hospital	Maternity Education	Classes and counseling	English	some available virtual	Varies	ctsanders@sjgeneral.org	https://www.sanjoaquingeneral.org/media/2020-Maternity%20Ed_Flyer_6-20.pdf

Clases de educación sobre la salud para la comunidad del condado de San Joaquin

Última actualización: 25 de febrero de 2021

Atención: Todas las clases están sujetas a cambios sin aviso. Por la COVID-19, muchas clases son virtuales o se han pasado reuniones para más adelante. Antes de ir a una clase, por favor llame o consulte en línea. Todas las clases son sin costo en la fecha en que se actualizó esta lista.

Programa/agencia	Nombre de la clase	Tema	Idiomas ofrecidos	Lugar	Fechas/horarios	Contacto	Sitio web
CSU Stanislaus	Bienestar en el trabajo		Inglés	510 East Magnolia Street Stockton 95202	Vea el sitio web		https://www.csustan.edu/wellness-works/curriculum
Dignity Health	Talleres sobre la diabetes	Prediabetes y diabetes	Inglés	1800 N. California St. Stockton, CA 95204	Llame para inscribirse		https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
Dignity Health	Programa de Educación sobre la Diabetes para el Empoderamiento (DEEP)	Diabetes: cambios en el estilo de vida	Inglés	Cleveland Classroom, 1800 N. California St. Stockton, CA 95204	Llame para inscribirse		https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
Dignity Health	Grupo de apoyo para la diabetes (por la noche)	Diabetes: cambios en el estilo de vida	Inglés	Cleveland Classroom, 1800 N. California St. Stockton, CA 95204	Llame para inscribirse		https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
Dignity Health	Los dulces: principios básicos	Taller de un único encuentro de 2 horas	Inglés	Aula 4, 1800 N. California St. Stockton, CA 95204	Cada tercer miércoles, 5:30 p. m.- 7:30 p. m.		https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
Dignity Health	Grupo de apoyo para el control del azúcar	Serie sobre el nivel de azúcar en sangre	Inglés	Aula 1, 1800 N. California St. Stockton, CA 95204	Consulte las fechas en el sitio web		https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/

							classes-and-events/ diabetes-education
Dignity Health	Clase de ejercicios para la diabetes	Ejercicios en general	Inglés	1800 N. California St. Stockton, CA 95204	Dos veces por semana Llame para saber las fechas	paul.vosti@dignityhealth.org	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
Dignity Health	Yoga para todos	Yoga	Inglés	Cleveland Classroom, 1800 N. California St. Stockton, CA 95204	Domingos, 9:00 a. m.- 10:30 a. m.	SJCancerInfo@DignityHealth.org	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness
Dignity Health	Serie de meditaciones semanales	Meditación	Inglés	Cleveland Classroom, 1800 N. California St. Stockton, CA 95204	Llame para obtener información	SJCancerInfo@DignityHealth.org	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness
Dignity Health	Taichí comunitario	Taichí	Inglés	Cleveland Classroom, 1800 N. California St. Stockton, CA 95204		SJCancerInfo@DignityHealth.org	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness
Dignity Health	Embarazo y crianza	Diversas clases	Inglés	Abra el enlace para ver la información	Llame para obtener información	Vea el enlace	https://www.dignityhealth.org/central-california/-/media/Service%20Areas/central-california/Documents/Welcome-to-Life-2020-1.ashx?la=en&hash=3C47C83760A20A6E5CA6DAF6AE0A6CA A78618128

Dignity Health	Programa de Ejercicios para el Cáncer o la Diabetes	Ejercicios	Inglés	Planta baja, 1800 N. California St. Stockton, CA 95204	Llame para obtener información		https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness
Doctor's Manteca	Clases virtuales variables	Educación sobre el parto, cómo amamantar con éxito, cuidado emocional	Inglés	https://www.doctorsmanteca.com/events	Visite la página web para obtener más información		https://www.doctorsmanteca.com/events
San Joaquin General Hospital	Autocontrol de la diabetes	Diabetes y salud	Inglés		Semanal, los viernes		https://www.sanjoaquingeneral.org/community-outreach
San Joaquin General Hospital	Cómo detener el sangrado	Control básico del sangrado	Inglés	500 W. Hospital Road, French Camp, CA 95231	Variables		https://www.sanjoaquingeneral.org/downloads/StopTheBleed-Mthly_Flyer.pdf
San Joaquin General Hospital	Educación sobre maternidad	Clases y asesoramiento	Inglés	Algunas están disponibles de manera virtual	Variables	ctsanders@sjgeneral.org	https://www.sanjoaquingeneral.org/media/2020-Maternity%20Ed_Flyer_6-20.pdf