

San Joaquin County Health Education Classes							
Program/ Agency	Class Title	Topic	Languages Offered	Location	Dates/Times	Contact	Website
Dignity Health	Yoga for All	Inperson Yoga	English	St. Joseph's Medical Center - Cleveland Classroom 1800 N. California St. Stockton CA, 95204	Sunday's 9-10:30 AM	Call to Register: 855-755-2774 or SJCancerInfo@DignityHealth.org	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness
Dignity Health	Yoga with Chinu Mehdi for All	Yoga via Zoom	English	Online via Zoom ID: 927 6529 3488	Monday, Wednesday, and Fridays 10 -11:30 AM	Jenaffer.giannosa@dignityhealth.org or 209-461-5069	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
CSU Stanislaus	Work Wellness	Mental Well being	English	510 East Magnolia Street Stockton 95202	See website	Office:(209) 513-9455	https://www.csustan.edu/wellness-works/curriculum
Dignity Health	Community Tai Chi	Tai Chi	English	Cleveland Classroom, 1800 N. California St. Stockton, CA, 95204	Call for information	SJCancerInfo@DignityHealth.org 209-368-1701	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness
Dignity Health	Cancer or Diabetes Exercise Program	Exercise Series 10 weeks	English	Lower Level, 1800 N. California, St. Stockton, CA 95204	Call for information	209-467-6365	https://www.dignityhealth.org/central-california/locations/stjosephs-

							stockton/classes-and-events/health-and-wellness
Dignity Health	Diabetes Exercise Class	general exercise to build strength and increade endurance/ flexibility.	English	1800 N. California St. Stockton, CA, 95204	twice a week call for dates	paul.vosti@dignityhealth.org or 209.461.5157	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	Call to Register: 209-944-8355	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
Dignity Health	Certified Diabetes Care Education Specialist	One on one consultation with Education Specialist	English		By Appointment - Call to schedule	209-944-8355	Diabetes Education and Resources Handout.10.22 (002).pdf
Dignity Health	Power Hour	Diabetes Education and Diabetes Care Specialist Certification	English	1800 N. California St. Stockton, CA, 95204	1st Wednesday of the month 12-1p	Call to Register: 209-944-8355	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
Community Medical Centers	In partnership with Dignity Health - Diabetes Class	Free one on one sessions for members of CMC	English and Spanish		Physician referral needed - call to make an appointment	209-751-1900	Diabetes Education and Resources Handout.10.22 (002).pdf

Dignity Health	Evening Diabetes Support Group	Support group for members with diabetes	English		Every 3rd Thursday 6-7 PM	Call to register:209-662-9487	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	Every 3rd Wednesday 3:30-4:30P	Call to Register: 209-944-8355	https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education
San Joaquin General Hospital	Diabetes Self Management	Diabetes care, nutrition, and basics	English and Spanish		Weekly, Fridays - see website for details	Call 209-468-6820	https://www.sanjoaquingeneral.org/community-outreach
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
Sutter Health	Breastfeeding Support and Supplies	Consultation and free resources for parents	English	Sutter Tracy Community Hospital Community Room: 1420 N. Tracy Blvd Tracy, CA 95376	By Appointment - Call to schedule	209-833-2419	https://www.sutterhealth.org/sgmf/classes-events/breastfeeding-support-supplies-28258-138152
Sutter Health	Postpartum - Lactation Warm Line	Breastfeeding Related Hot Line to Ask questions and related info	English	Via Cell	Call to speak to a consultant about Lactation	415-600-6243	https://www.sutterhealth.org/sgmf/classes-events/-a-cpmc-postpartum-offering-lactation-warm-line-phone-26068-236928

San Joaquin General Hospital	Stop the Bleed	Basic bleeding control	English	500 W. Hospital Road, French Camp, CA 95231	Varies	209-468-6844	https://www.sanjoaquingeneral.org/downloads/StopTheBleed-Mthly_Flyer.pdf
Community Medical Centers	Reproductive Health Education Class Series	Series of free classes that discuss various Sexual Health Topics	English and Spanish	Online via Zoom	Varies	209-299-6025	https://www.communitymedicalcenters.org/Services/Health-Education-Community-Outreach
Community Medical Centers	Clinic Based Health Education	Guidance, info, and support with managing and preventing	English and Spanish	Via Zoom or appointment	Varies	209-299-6025	https://www.communitymedicalcenters.org/Services/Health-Education-Community-Outreach
San Joaquin County - Public Health Services	Community Health Workers	Assistance with day to day needs such as; Job training, childcare, prenatal care, children's attire, housing, substance abuse, mental health care	English and Spanish			209-468-2243	http://www.sjcphs.org/healthed/health_education_community_resources.aspx