

| Alpine County Health Education Classes     |                                    |   |  |   |                                   |                                      |   |
|--|------------------------------------|---|--|---|-----------------------------------|--------------------------------------|---|
| Program/Agency                             | Class Title                        | Topic   | Languages Offered                                  | Location  | Dates/Times                       | Contact                              | Website   |
| Sutter Health                              | Many classes offered               | Breastfeeding, Joint Pain, Managing Blood Sugar, etc.   | English  | Virtual   | TBD                               |                                      | <a href="https://www.sutterhealth.org/classes-events">https://www.sutterhealth.org/classes-events</a>   |
| The Mom and Dad Project                    | Childbirth Classes                 | For the pregnant parent and their support partner to learn about nutrition, growth, comfort techniques and more   | English  | 41820 Garstin Drive • Big Bear Lake, CA 92315 in the Brenda Boss Building                                     | Reserve your spot                 | 909-878-2326                         | <a href="https://www.momanddadproject.com/childbirth-classes">https://www.momanddadproject.com/childbirth-classes</a>   |
| The Mom and Dad Project                    | Parenting Styles                   | Learning and developing your parenting style  | English  | 41820 Garstin Drive • Big Bear Lake, CA 92315   | Varies, Reserve on Website        | 909-878-2326                         | <a href="https://www.momanddadproject.com/parenting-styles-classes">https://www.momanddadproject.com/parenting-styles-classes</a>   |
| The Mom and Dad Project                    | Educacion con Amor                 | Effective Methods to discipline and other habits for the prevention of domestic violence and child abuse.   | Spanish  | Contact center for reservations/location  | Weneseays 9-2P                    | Tania Vara: 909-878-2326             | <a href="https://www.momanddadproject.com/educando-con-amor">https://www.momanddadproject.com/educando-con-amor</a>   |
| The Mom and Dad Project                    | New Mom Café                       | Tools and techniques designed to address stages of development from 0-6 months  | English  | 41820 Garstin Drive • Big Bear Lake, CA 92315   | Reserve your spot                 | 909-878-2326                         | <a href="https://www.momanddadproject.com/childbirth-classes">https://www.momanddadproject.com/childbirth-classes</a>   |
| The Mom and Dad Project                    | The Dad Project/ Proyecto de Papas | Focus on how to grow into being an involved nurturing father. Themes such as; "Roots of Fathering, teamwork between father and spouse/coparenting, and much more. | English and Spanish                                | 41820 Garstin Drive • Big Bear Lake, CA 92315   | Varies, please see website.       | 909-878-2326                         | English : <a href="https://www.momanddadproject.com/the-dad-project">https://www.momanddadproject.com/the-dad-project</a><br>Spanish: <a href="https://www.momanddadproject.com/proyecto-de-papas">https://www.momanddadproject.com/proyecto-de-papas</a> |
| The Dad project                            | Fathering 15                       | Online courses (15 total) that go over various topics of fatherhood   | English  | Virtual   | At your own pace                  |                                      | <a href="https://tmdp.fatherhood.org/en/">https://tmdp.fatherhood.org/en/</a>   |
| Women, Infant and Children (WIC) program   | Nutrition                          | Nutrition, Breastfeeding, etc.  | English, Spanish and other languages upon request. | Call for more info  | Call for more info                | 1-800-852-5770 email WIC@cdph.ca.gov | <a href="https://myfamily.wic.ca.gov/Home/WICOfficeGrocer#wicLocations">https://myfamily.wic.ca.gov/Home/WICOfficeGrocer#wicLocations</a>   |
| Behavioral Health Services - Alpine County | Yoga Class                         | Virtual and In Person Yoga classes with Alex Mannos   | English  | Library Community Room or via Zoom: 818 3713 2484 CODE: 278663  | Mondays and Wednesdays 5-6P       | 530.694.1816                         | See page 10: <a href="https://www.spnawareness.org/files/ugd/b790ef_f9c12c49979242b3bb16a667549b4572.pdf">https://www.spnawareness.org/files/ugd/b790ef_f9c12c49979242b3bb16a667549b4572.pdf</a>  |
| Behavioral Health Services - Alpine County | Yoga Class                         | Virtual and In Person Yoga classes with Brent Greuter   | English  | BHS Community Room - 40 Diamond Valley Road Markleeville, CA 96120 or VIA Zoom - ID: 82946740034 CODE: 291216 | Tursdays and Thursdays 5:30-6:30p | 530.694.1816                         | See page 10: <a href="https://www.spnawareness.org/files/ugd/b790ef_f9c12c49979242b3bb16a667549b4572.pdf">https://www.spnawareness.org/files/ugd/b790ef_f9c12c49979242b3bb16a667549b4572.pdf</a>  |
| Area 12 - Agency on Aging                  | Yoga Class                         | Senior (60+) Yoga aimed to reduce fall risk and strengthen balance  | English  |   | Call for details                  | 209-532-6272.                        | <a href="https://area12.org/nutrition-fitness/">https://area12.org/nutrition-fitness/</a>   |

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| <b>Suicide Prevention Network</b>      | Create the Good      | lunch, presentations, conversations and more focused on educating community members on suicide prevention and awareness   | English          | Firehouse or BHS Building; call for more details                 | Fridays 12-2P  | 530-721-1261  | <a href="https://www.spnawareness.org/files/ugd/b790ef_c22df074c59446ae906ae01fda49f9e1.pdf">https://www.spnawareness.org/files/ugd/b790ef_c22df074c59446ae906ae01fda49f9e1.pdf</a>                             |
| <b>Barton Health Clinic</b>            | Wellness Outings     | Enjoy time with nature as you take a stroll with a medical provider   | English          | Varies please contact for information                            | Varies   | <a href="mailto:ktanenbaum@bartonhealth.org">Email: ktanenbaum@bartonhealth.org</a> or call: 530.543.5597 | <a href="http://www.bartonorthopedicsandwellness.com/ortho-wellness/wellness-outings.aspx">http://www.bartonorthopedicsandwellness.com/ortho-wellness/wellness-outings.aspx</a>                                 |
| <b>Barton Health Clinic</b>            | Wellness Webinars    | Free health and wellbeing information lead by doctors at Barton Health  | English          | Online   | Varies see website   | <a href="mailto:nschue@bartonhealth.org">nschue@bartonhealth.org</a>                                      | <a href="https://www.bartonhealth.org/health-services/wellness/wellness-webinars/">https://www.bartonhealth.org/health-services/wellness/wellness-webinars/</a>   |
| <b>Alpine County Health Clinic</b>     | Nutrition Counseling | By appointment, head to the clinic for some useful nutrition information to living a healthier lifestyle.                 | English          | 75B Diamond Valley Road Markleeville, CA - 96120                 | Monday and Wednesday from 8:00AM - 4:30 PM by appointment only | 530-694-2146  | <a href="https://www.alpinecountyca.gov/277/Health-Department-Clinic">https://www.alpinecountyca.gov/277/Health-Department-Clinic</a>   |
| <b>Alpine Public Health Department</b> | Perinatal Outreach   | Resources and education with a public health nurse on prenatal care, pregnancy, delivery and early childhood expectations | English          |  | Call for details   | 530-694-2146.   | <a href="https://www.alpinecountyca.gov/283/Perinatal-Outreach">https://www.alpinecountyca.gov/283/Perinatal-Outreach</a>   |
| <b>Kick it California</b>              | Tobacco Cessation    | Free call/text line with materials to assist in quitting tobacco, can also include free counseling.                       | English, Spanish | Via cell/text, counseling options are available please see link. | M-F: 7:00 A to 9:00 PM or Saturday 9:00-5:00 P                 | English: 1-800-NO-BUTTS (800-662-8887) or text "Quit smoking" to 66819 Spanish: 1-800-600-8191            | <a href="https://kickitca.org/our-program">https://kickitca.org/our-program</a>   |
| <b>American Lung Association</b>       | Freedom from Smoking | Smoking Cessation Classes   | English          | 75 B Diamond Valley Road Markleeville, CA. 96120                 | Please call for more information                               | 530-694-2146 xt 242   | <a href="http://www.alpinecountyca.gov/DocumentCenter/View/105/Freedom-From-Smoking-Cessation-Class-Flier">http://www.alpinecountyca.gov/DocumentCenter/View/105/Freedom-From-Smoking-Cessation-Class-Flier</a> |