

El Dorado County Health Education Classes							
Program/Agency	Class Title	Topic	Languages Offered	Location	Dates/Times	Contact	Website
Placerville Senior Center	Tai Chi	Exercise to improve balance, strength, and physical well being	English	937 Spring Street Placerville CA, 95667	Monday and Wednesdays 11:15- 12:15 PM	Roy Imai at: roymimai@gmail.com (530) 409-1045	Senior Health Education Program (SHEP) (edcgov.us)
Marshall Medical Center	Balance and Fall Prevention Series	Course for those 60+ years of age in fall prevention exercises and strategy	English	681 Main Street, Placerville, CA 95667	See website for course information	Register online or call 530-626-2990	https://www.marshallmedical.org/events-calendar/event-details/?Event=15572
Marshall Medical Center	Healthy Pregnancy Livestream Class	Childbirth, Breastfeeding and Baby Basics Class	English	Online via Zoom	Dates vary see website for course information	Please contact (530) 626-2990 or ccannon@marshallmedcal.org.	https://www.marshallmedical.org/events-calendar/event-details/?Event=26351
Marshall Medical Center	Children Education Class	Childbirth, Breastfeeding and Baby Basics Class	English	Online via Zoom	Dates vary see website for course information	(530) 626-2990 ormhopson@marshallmedical.org.	https://www.marshallmedical.org/events-calendar/event-details/?Event=27009
Marshall Medical Center	Tranquil Journeys	Cancer Center Support Classes centered around stress reduction and meditative healing	English	3581 Palmer Dr. Suite 400, Cameron Park, CA 95682	Every first Friday of the Month	Call to Register: 530-672-7050	https://www.marshallmedical.org/events-calendar/event-details/?Event=15636
Marshall Medical Center	Stroke Education / Support Group	Reosurces on how to manage the effects of a stroke	English	681 Main Street, Suite #207, Placerville, CA.	Every 1st Thursday of the month 12-1:30 P	(530) 626-2745	https://www.marshallmedical.org/events-calendar/event-details/?Event=15623
Marshall Medical Center	Healthy Living with Diabetes	Nutrition and Lifestyle course for those living with Diabetes	English	Online	Monthly on Wednesday's	Call to Register: (530) 672-7021	https://www.marshallmedical.org/documents/MMC_DiabetesHealthyLivingClass_Flyer.pdf
National Alliance on Mental Illness - NAMI	NAMI Family- Family Program	Information about mental health disorders, medications, and workshops for problem solving	English / Spanish	See website	Dates vary see website for course information	ENGLISH Warm-line: (530) 306-4101 SPANISH Warm-line: (530) 344-4876 Email Address: F2Fnami@gmail.com	https://namiel Dorado County.org/programs/family/

