| El Dorado County Health Education Classes | | | | | | | | | | |
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| 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.co m (530) 409-1045 | Senior Health Educa 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.marsha edical.org/events- calendar/event- details/?Event=1557 | | | |
| 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@marshallmedi cal.org. | edical.org/events- | | | |
| 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@marshallm edical.org. | https://www.marsh edical.org/events- calendar/event- details/?Event=2700 | | | |
| 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.marsh edical.org/events- calendar/event- details/?Event=1563 | | | |
| 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.marsh.edical.org/events-calendar/event-details/?Event=1562 | | | |
| Marshall Medical Center | Healthy Living with Diabetes | Nutrition and Lifestyle course for those living with Diabetes | English | Online | Monthly on Wendesday's | Call to Register: (530) 672-7021 | https://www.marsh edical.org/documer MMC DiabetesHeal ivingClass 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://namieldorac unty.org/programs/ ly/ | | | |

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| New Morning Youth nad Family Services | Queer Youth Advocacy Project | Virtual Meetings for Queer Youth to gather resources, healthy relationship awareness, and practical guidance. | English | Virtual and Inperson - Contact Organization | | (530) 622-5551 | https://www.newmorni ngyfs.org/get- help/queer-youth- advocacy-project/ |
| Suicide Prevention Network | STHA Mental Wellness Workshops | Various online workshops focused on mental wellbeing through art, writing, and prerecorded interview with mental health provider Dr. Matt Wong. | | Online | No set dates and times, updates regularly | | https://www.spnaware ness.org/sths-mental- wellness-workshops |
| Parents as Teachers | Home based programs for families with infants and todlers | Various programs to use for learning with your toddler while they are home | English and Spanish | Online | No dates or times | | https://parentsasteache rs.org/play-and-learn- with-my-child/ |
| Barton Health | Wellness Webinar Workshops | Health and Wellbeing topics that change month to month | English | Online with registration | Days and Times vary every month | Natalie Schue – Community Outreach Coordinator | https://www.bartonheal th.org/health- services/wellness/welln ess-webinars/ |
| Barton Health | Wellness Outings | Take a walk in nature with a medical provider | English | In person – depending on the weather | Held once a month – contact for more details | EMAIL: ktanenbaum@bartonhe alth.org or CALL: 530- 543-5597 | https://www.bartonheal th.org/health- services/wellness/welln ess-outings/ |
| Kick it California | Tobacco Cessation | Free call/text line with materials to assist in quiting 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 | https://kickitca.org/our- program |
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