

**Clases de educación sobre la salud para el condado de San Joaquin**

Programa/Agencia	Nombre de la clase	Tema	Idiomas ofrecidos	Lugar	Fechas/Horarios	Contacto	Sitio Web
Dignity Health	Mental Health First Aid	This training gives you the skills to understand and support someone who may have mental health and substance use problems.	En inglés	Please email or call for details	Llame para obtener información	<a href="mailto:Dyane.Medina@dignityhealth.org">Dyane.Medina@dignityhealth.org</a> 209-547-8656	<a href="https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/community-health-education">https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/community-health-education</a>
Dignity Health	Y.O.L.O-Youth Overcoming Life's Obstacles	Group sessions for ages 14-16 year olds to find support in overcoming life obstacles.	En inglés	Please email or call for details	Llame para obtener información	209-547-8656 or <a href="mailto:dyane.medina@dignityhealth.org">dyane.medina@dignityhealth.org</a>	<a href="https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/community-health-education">https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/community-health-education</a>
Dignity Health	Yoga con Chinu Mehdi para todos	Yoga vía Zoom	En inglés	En línea con ID de Zoom: 927 6529 3488	Lunes, miércoles y viernes, 10:00-11:30 a. m.	<a href="mailto:Jenaffer.giannosa@dignityhealth.org">Jenaffer.giannosa@dignityhealth.org</a> or 209-461-5069	<a href="https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness">https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness</a>
CSU Stanislaus	Bienestar en el trabajo	Bienestar mental	En inglés	510 East Magnolia Street Stockton 95202	Vea el sitio web	Office:(209) 513-9455	<a href="https://www.csustan.edu/wellness-works/curriculum">https://www.csustan.edu/wellness-works/curriculum</a>
Dignity Health	Programa de Ejercicios para el Cáncer o la Diabetes	Serie de ejercicios de 10 semanas	En inglés	Lower Level, 1800 N. California, St. Stockton, CA 95204	Llame para obtener información	209-467-6365	<a href="https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness">https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/health-and-wellness</a>
Dignity Health	Clase de ejercicios para la diabetes	Ejercicios en general para tonificar y mejorar la resistencia y la flexibilidad	En inglés	1800 N. California St. Stockton, CA, 95204	Dos veces por semana. Llame para saber las fechas	<a href="mailto:paul.vosti@dignityhealth.org">paul.vosti@dignityhealth.org</a> or 209.461.5157	<a href="https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education">https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education</a>
Dignity Health	Programa de Educación sobre la Diabetes para el Empoderamiento (DEEP)	Diabetes: cambios en el estilo de vida	En inglés	Cleveland Classroom, 1800 N. California St. Stockton, CA, 95204	Llame para inscribirse	209-944-8355	<a href="https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education">https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education</a>
Dignity Health	Certified Diabetes Care Education Specialist	One on one consultation with Education Specialist	En inglés		By Appointment - Call to schedule	209-944-8355	<a href="#">Diabetes Education and Resources Handout.10.22 (002).pdf</a>
Dignity Health	Power Hour	Diabetes Education and Diabetes Care Specialist Certification	En inglés	1800 N. California St. Stockton, CA, 95204	1st Wednesday of the month 12-1p	Call to Register: 209-944-8355	<a href="https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education">https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education</a>
San Joaquin County Clinic / SJGH	Diabetes Classes	Pre-diabetes educational classes	En inglés	500 W. Hospital Road, French Camp, CA 95231	Llame para obtener información	(209) 468-6820	<a href="https://www.sanjoaquingeneral.org/community-outreach">https://www.sanjoaquingeneral.org/community-outreach</a>
Community Medical Centers	En asociación con Dignity Health: clase sobre la diabetes	Sesiones personalizadas para miembros de CMC	En inglés y en español		Physician referral needed - call to make an appointment	209-751-1900	<a href="#">Diabetes Education and Resources Handout.10.22 (002).pdf</a>
Dignity Health	Evening Diabetes Support Group	Support group for members with diabetes	En inglés		Cada tercer jueves, 6:00-7:00 p. m.	Llame para inscribirse: 209-662-9487	<a href="https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education">https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education</a>

<b>Dignity Health</b>	Grupo de apoyo para el control del azúcar	Serie sobre el nivel de azúcar en sangre	En inglés	Classroom 1, 1800 N. California St. Stockton, CA 95204	Los terceros miércoles, 3:30-4:30 p. m.	Call to Register: 209-944-8355	<a href="https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education">https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/diabetes-education</a>
<b>San Joaquin General Hospital</b>	Autocontrol de la diabetes	Cuidado de la diabetes, nutrición e información general	En inglés y en español		Semanal, los viernes. Vea el sitio web para más detalles.	Llame al 209-468-6820	<a href="https://www.sanjoaquingeneral.org/community-outreach">https://www.sanjoaquingeneral.org/community-outreach</a>
<b>San Joaquin General Hospital</b>	Educación sobre maternidad	Clases y asesoramiento	En inglés	Algunas están disponibles de manera virtual	Variables	<a href="mailto:ctsanders@sjgeneral.org">ctsanders@sjgeneral.org</a>	<a href="https://www.sanjoaquingeneral.org/media/2020-Maternity%20Ed_Flyer_6-20.pdf">https://www.sanjoaquingeneral.org/media/2020-Maternity%20Ed_Flyer_6-20.pdf</a>
<b>Dignity Health</b>	Welcome to Life Class Series	For expectant parents to become prepared as you welcome your new baby into the world	En inglés	Please call	Variables	<a href="tel:2094615213">(209) 461-5213</a>	<a href="https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/prenatal-and-parenthood-classes">https://www.dignityhealth.org/central-california/locations/stjosephs-stockton/classes-and-events/prenatal-and-parenthood-classes</a>
<b>Sutter Health</b>	Breastfeeding Support and Supplies	Consultation and free resources for parents	En inglés	Sutter Tracy Community Hospital Community Room: 1420 N. Tracy Blvd Tracy, CA 95376	By Appointment - Call to schedule	209-833-2419	<a href="https://www.sutterhealth.org/sgmf/classes-events/breastfeeding-support-supplies-28258-138152">https://www.sutterhealth.org/sgmf/classes-events/breastfeeding-support-supplies-28258-138152</a>
<b>Sutter Health</b>	Postpartum - Lactation Warm Line	Breastfeeding Related Hot Line to Ask questions and related info	En inglés	Via Cell	Call to speak to a consultant about Lactation	415-600-6243	<a href="https://www.sutterhealth.org/sgmf/classes-events/a-cpmc-postpartum-offering-lactation-warm-line-phone-26068-236928">https://www.sutterhealth.org/sgmf/classes-events/a-cpmc-postpartum-offering-lactation-warm-line-phone-26068-236928</a>
<b>San Joaquin General Hospital</b>	Stop the Bleed	Basic bleeding control	En inglés	500 W. Hospital Road, French Camp, CA 95231	Varies		<a href="https://www.sanjoaquingeneral.org/downloads/StopTheBleed-Mthly_Flyer.pdf">https://www.sanjoaquingeneral.org/downloads/StopTheBleed-Mthly_Flyer.pdf</a>
<b>Community Medical Centers</b>	Reproductive Health Education Class Series	Series of free classes that discuss various Sexual Health Topics	En inglés y en español	Online via Zoom	Varies	209-299-6025	<a href="https://www.communitymedicalcenters.org/Services/Health-Education-Community-Outreach">https://www.communitymedicalcenters.org/Services/Health-Education-Community-Outreach</a>
<b>Community Medical Centers</b>	Clinic Based Health Education	Guidance, info, and support with managing and preventing	En inglés y en español	Via Zoom or appointment	Varies	209-299-6025	<a href="https://www.communitymedicalcenters.org/Services/Health-Education-Community-Outreach">https://www.communitymedicalcenters.org/Services/Health-Education-Community-Outreach</a>
<b>San Joaquin County - Public Health Services</b>	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	Call for details	Llame para inscribirse	209-468-2243	<a href="http://www.sicphs.org/healthed/health_education_community_resources.aspx">http://www.sicphs.org/healthed/health_education_community_resources.aspx</a>
<b>Kick it California</b>	Dejar el tabaco	Línea gratis para llamadas/mensajes de texto. Materiales para ayudar a dejar el tabaco. Puede incluir asesoramiento gratis.	Inglés, español	Por celular/mensajes de texto. Hay opciones de asesoramiento. Vea el enlace.	Lunes-viernes: 7:00 A to 9:00 PM o Sábados: 9:00 5:00 P	En inglés: 1-800-NO-BUTTS (800-662-8887). O puede enviar la frase "Quit smoking" al 66819. En español: 1-800-600-8191	<a href="https://kickitca.org/our-program">https://kickitca.org/our-program</a>