

# Health Promotion Classes

## Sepulveda Ambulatory Care Center

**\*\*Call (818) 891-7711 to reach extensions listed. Please always check as schedules/locations are subject to change\*\***

### **Diabetes Education:**

#### **• Basic Diabetes Education**

*Introduction to Diabetes, glucose monitoring, A1C, insulin resistance, foot care, medications, prevention of complications, and resources available.*

1st Tuesday and 3rd Thursday, 9:30am - 11:30am

Building 200, Conference Room A

Contact: Tim Penix (health coach), ext. 5282 OR Gaynell Newchurch, MSA, ext. 9425

#### **• Diabetes Diet Class A**

*Carbohydrate counting and label reading.*

1st or 3rd Monday, 10:00am - 12:00pm OR 1st Thursday, 1:30pm - 3:00pm

Building 200, Conference Room B&C

Contact: Mira Doshi, MS, RD, ext. 9041

#### **• Diabetes Diet Class B**

*Healthy meal prep, dining out, exercise recommendations, alcohol, fiber, protein, fat information, artificial sweeteners.*

2nd or 4th Monday, 10:00am - 12:00pm OR 1st Thursday, 1:30pm - 3:00pm

Building 200, Conference Room B&C

Contact: Mira Doshi, MS, RD, ext. 9041

### **Healthy Living Group:**

*A group of Veterans making and maintaining goals for a healthy lifestyle. Help with weight management, managing a chronic illness. etc. Support for those wanting to change their health and lifestyle!*

Every Monday, 9:00am - 10:30am, By Appointment Only

Contact: Tim Penix, ext. 5282 or PERC, ext. 9569

### **Healthy Heart Series:**

*In-depth understanding on cardiac risk factors, how diet plays a role in your lab levels, healthy cooking techniques plus how to read the food label for saturated fats, trans fat and sodium.*

3rd Tuesday, 9:00am - 10:30am

Building 200, Conference Room A

Contact: Diane Lucero, RD, ext.5103



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## **MOVE! Weight Management:**

- **MOVE! Intro**

*Learn how to select healthy foods and set goals to achieve success.*

2nd & 4th Friday, 9:00am - 10:30am OR 1st & 3rd Monday, 2:00pm - 3:30pm  
Building 200, Conference Room B&C  
Contact: Diane Lucero, RD, ext. 5103

- **MOVE! Group Weekly**

*Multidisciplinary Series (must have attended MOVE Intro).*

Mondays - orientation 1:00pm - 2:00pm, 8-week series 2:00pm - 3:00pm  
Wednesdays - orientation 8:30am - 9:30am, 8-week series 9:30am - 11:00am  
Building 200, Conference Room A  
Contact: Diane Lucero, RD, ext. 5103

- **MOVE! Ongoing group (once monthly)**

*Must have completed MOVE weekly group.*

2nd Tuesdays, 1:30pm - 2:30pm  
Building 200, Conference Room B&C  
Contact: Diane Lucero, RD, ext. 5103

- **MOVE! Weight Support Group**

*Must have completed MOVE intro, walk-ins welcome.*

Wednesdays, 10:00am  
Meet at track, then class held in Building 20, Room B125  
Contact: Mira Doshi, MS, RD, ext. 9041

## **Diet and Kidney Disease:**

*Diet modifications common with chronic kidney disease—protein, sodium, potassium, phosphorus, fluid.*

4th Tuesday, 1:00pm - 3:00pm  
Building 200, Conference Room B&C  
Contact: Mira Doshi, MS, RD, ext. 9041

## **Smoking Cessation:**

*If interested in quitting smoking, attend our 8-week program that combines counseling, support, and medication to help you become a non-smoker.*

Fridays - orientation 8:30am - 10:00am, follow-ups 10:00am - 11:00am  
Building 200, Conference Room A  
Contact: Rachel Rosen, MPH, ext. 9569