

# HDMG

## Health Education

Our Health Education Department offers a number of classes and workshops on a variety of health related topics, with no fee for High Desert Medical Group & Heritage Health Care patients.

We provide quality educational programs to empower our members to prevent, and manage disease in an effort to improve their health and quality of life.

To sign up or to learn more about these programs please call:

# 661.951.3375

or email:

[hdmghealthed@hdmg.net](mailto:hdmghealthed@hdmg.net)



### *HDMG - Health Education*

43791 15th St. West  
Lancaster, CA 93534

## 661.951.3375



### *High Desert Medical Group*

43839 N. 15th St. W.,  
Lancaster, CA 93534  
661.945.5984

### *Heritage Health Care*

48209 47th St. E., Suite C  
Palmdale, CA 93534  
661.951.3100

HIGH DESERT MEDICAL GROUP  
HERITAGE HEALTH CARE

# Make Healthy Happen For *Life...*



## PROGRAMS WORKSHOPS ONLINE CLASSES

## Safe Today, Healthy for Life... - Fall Prevention Program

The program is designed to raise the participant's fall prevention knowledge and awareness, improve strength, mobility and independence. Participants learn about fall risk factors, strategies to decrease risks, and are eligible to participate in our "Better Balance" Exercise Program to help increase strength and balance.

## Living Well With Arthritis Workshop

An interactive program to help participants learn how to manage arthritis. Learn about the types of arthritis, treatment options, symptom and pain management techniques, and diet and lifestyle changes that can help you live well with arthritis.

## "Baby and Me" Prenatal Program

This program provides members support from a licensed nurse throughout pregnancy. Educational workshops help participants understand each stage of pregnancy, healthy eating, safe exercises, labor, delivery, breastfeeding and newborn care.

## Managing Chronic Obstructive Pulmonary Disease (COPD) Class

Learn the basics of COPD, including causes, risk factors, symptoms, treatment options, managing flare ups, goal setting and self-care guidelines.

## Smoking Cessation - Getting Ready to Quit Class

The Smoking Cessation Program supports a tobacco user's ability to quit through understanding addiction, identifying triggers, and learning to cope and stay quit. Topics include: benefits of quitting, motivation, stages of change, recognizing triggers, understanding withdrawal symptoms, coping strategies, stress management, nutrition, exercise and goal setting.



## Healthy Weight for Life...

This six month program focuses on overall health and wellbeing and provides participants with the informations, skills and support needed to make healthy lifestyle changes. Sessions cover: Basic nutrition principles, portion control, meal planning, how to read food labels, grocery shopping, eating out, exercise, stress management, problem solving and goal setting. The program offers an on-going monthly support group with focused topics each month.

## Healthy Heart – Blood Pressure, Cholesterol

This workshop provides attendees with the information and tools needed to manage high blood pressure, and high cholesterol. Learn about causes, risk factors, symptoms, treatments, lifestyle changes and self-care guidelines.

## Managing Heart Failure

Learn to live well with heart failure. Class topics include: basics of heart failure, causes, risk factors, symptoms, and self-care guidelines (identifying and managing flare-ups, nutrition, exercise, daily weights, smoking cessation, and goal setting).

## Diabetes / Prediabetes

A two session workshop that provides participants with the information, tools and skills needed to manage prediabetes and diabetes.

**Self-Management - Session 1:** An overview of prediabetes and diabetes, including causes, risk factors, symptoms, treatment options, goal setting and self-care guidelines.

**Healthy Eating - Session 2:** Basic nutrition principles, healthy eating guidelines, how to read food labels, serving sizes, meal planning, plate method, basic carbohydrate counting and goal setting.

## Getting Ready for Surgery:

Classes provide attendees with important information on preparing for, and recovering from surgery. Classes provide an opportunity to ask questions and cover a range of topics.

## Bariatric Weight Management Program

\*A referral from the program medical director is required.

## Getting Ready for Joint Replacement Surgery

## Getting Ready for Spine Surgery

**Ask us about our  
online classes!**