



TALBERTSM
MEDICAL
GROUP

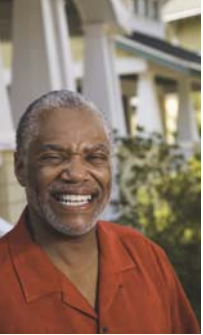


**Patient
Health
Education
Classes &
Events**

2009



Patient Health Education Classes & Events 2009



In this booklet you will find Talbert's current list of recurring classes offered to all Talbert Medical Group patients. Talbert's health education classes are offered as a complimentary service to our patients and are held at one of our health centers. A list and maps of these centers are provided on pages 8 thru 10 of this booklet.



In addition to the classes and events listed in this health education brochure, Talbert Medical Group (TMG) also offers other complimentary classes open to the community. These events can be found in our Community Events Calendar and/or on our website at www.talbertmedical.com.



Thank you for your interest in Talbert Medical Group's health education classes and events. We hope these classes help you gain a better understanding of your health and move you to a healthier life.



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Advance Directive

California law gives you the ability to ensure your health care wishes are known and to be considered if you become unable to make these decisions yourself. An Advance Health Care Directive is the best way to make sure your wishes are known and considered.

Join this class and learn the significance of the Advance Health Care Directive and how to initiate and complete the Directive. Please ask your physician or the front office staff for a schedule of classes for your center.

Directiva Anticipada de Su Salud

Usted tiene el derecho de dirigir su cuidado médico y de seleccionar a una persona para realizar sus deseos. Talbert Medical Group le enseñará como iniciar y terminar la directiva por adelantado del cuidado médico. Las clases se llevan a cabo en Español en nuestro centro médico de Santa Ana. Póngase en contacto con el centro de Santa Ana, (714) 835-8501, para el horario.

Acompañenos en esta clase importante!

Aging into Medicare

As you approach 65 you might be concerned about finding health care coverage best suited to your medical needs. Knowledge is your greatest tool to get what you need. Understanding the Medicare system, though, can be a challenge.

Join Talbert for an in-depth look at Medicare and the decisions you will need to make. This class covers:

- The difference between Parts A, B, C, & D
- The difference between straight Medicare and Medicare Advantage
- Coverage costs
- What medical services are covered
- Coverage limitations
- What Medi-gap is
- Important dates you need to remember

Health plan sales representative will be present with information and applications. For meeting times and locations, please call (800) 610-5784.

All About Weight for Kids

Talbert's Health Ed department, in cooperation with CalOptima, has an 8-week weight management program for children, 7 to 11 years old, diagnosed with obesity. This interactive program teaches:

- Healthy cooking
- Portion control
- Reading labels
- Eating out
- Kid's Tae Bo
- Healthy snacking
- Emotional eating
- Fun ways to be active

Each week, children and their parents have a learning activity and 30 minutes of physical activity. Admission to this class is by referral. Parents may obtain a referral to this program from their primary care pediatrician.

Diabetes Mellitus

This one hour class, taught by a registered dietitian, is designed for adults recently diagnosed with type 2 Diabetes or for those needing a refresher course. The class will teach carbohydrate counting and how to reach blood glucose goals through food and exercise. Topics include:

- What is Diabetes?
- How insulin works
- Types of Diabetes
- Symptoms of Diabetes
- Treatment
- Chronic complications of Diabetes
- Hypoglycemia symptoms & treatment
- Risk factors - lifestyle contributing to Obesity and Diabetes
- Blood sugar tests
- Hemoglobin A1C
- ADA Food Pyramid
- Guide to the food label
- Serving sizes
- Carbohydrate choices
- Sample menu plan

Classes are held each month at most TMG locations including a Spanish session in Santa Ana. For class times, please contact your center.

Diabetes Mellitus

Esta clase de una hora, impartido por una dietista registrada, se ha diseñado para los pacientes adultos diagnosticados con diabetes tipo 2 o para pacientes que necesitan un curso de actualización. Esta clase ayudará a los pacientes a controlar su diabetes mediante la enseñanza de cómo contar carbohidratos. También enseñará a los pacientes cómo alcanzar sus objetivos de glucosa en la sangre a través de los alimentos y el ejercicio. Temas incluyen:

- Qué es la diabetes?
- Cómo funciona la insulina?
- Tipos de diabetes
- Síntomas de la diabetes
- Prueba de azúcar en la sangre
- Guía de la etiqueta de los alimentos
- Complicaciones crónicas de la diabetes
- Síntomas y tratamiento de hipoglucemia
- Factores de riesgo - estilos de vida que contribuyen a la obesidad y la diabetes
- Hemoglobina A1C
- ADA Piramide Alimentaria
- Tamaño de la porción
- Opciones de carbohidrato
- Muestra de plan de menú
- Tratamiento

Clases se llevará a cabo muchas veces cada mes y en la mayoría de los locales de Talbert. Una sesión en Español se llevará a cabo en la localidad de Santa Ana. Para las fechas y las horas de la clases, por favor póngase en contacto con su centro de salud.

Endoscopy/Colonoscopy

In this class you will learn what an endoscopy (or EGD) and a colonoscopy are and how to prepare for these diagnostic endoscopic procedures.

This class is offered by referral only for those patients scheduled for an endoscopy or a colonoscopy. For more information, please speak to your primary care provider or your gastroenterologist.

Exercise Class (PACE)

Join Talbert for a great workout with our Arthritis Foundation exercise class (formerly known as PACE) taught by a certified Arthritis Foundation instructor. Not only is it fun but it is an excellent way to burn calories, gain strength and agility, and keep those joints in tip-top shape.

Activities include endurance building, socialization games, relaxation techniques, and health education topics.

Classes are held Monday thru Thursday, 2:30 p.m. to 3:30 p.m., at Talbert's Huntington Beach center. Open to the community.

Health Screenings

Gain the knowledge you need to make positive health related decisions. Find out your risk for stroke, heart disease, and other conditions by taking part in the following health screenings:

- Blood pressure
- Bone density
- Cardio step
- Derma scan
- Hearing
- Mini mental state exam
- Pulse oximetry
- Skin
- Stroke

Complimentary screenings are conducted at TMG centers and throughout the community. For information on times and locations, please call us at (800) 610-5784 or you can visit us at our website, www.talbertmedical.com.



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Healthy Weighs

This one hour class, taught by a registered dietitian, is designed for adult patients diagnosed with high blood pressure, high cholesterol, and/or overweight/obesity. Topics include:

- Is my blood pressure normal?
- What is cholesterol?
 - LDL "lousy" cholesterol
 - HDL "healthy" cholesterol
 - What are triglycerides?
 - Are excess triglycerides harmful?
 - What do my numbers mean?
- Obesity defined by body mass index
- Food guide pyramid
- Serving sizes
- What is dietary fiber?
 - Soluble fiber
 - Insoluble fiber
 - Tips to increase fiber
 - Fiber rich foods
- Reading food labels

This class is offered by referral only. Ask your doctor, nurse, or front office staff for a referral and appointment to the health education department.

Peso Saludable

Esta clase de una hora, impartido por una dietista registrada, se ha diseñado para los pacientes adultos diagnosticados con presión arterial alta, colesterol alto, y/o sobre peso o obesidad.

Temas incluyen:

- Obesidad definida por el índice de masa corporal
- Es mi presión arterial normal?
- Qué es el colesterol?
 - LDL el colesterol malo
 - HDL el colesterol saludable
 - Qué son los triglicéridos?
 - Cómo puede ser perjudicial el exceso de triglicéridos?
 - Qué significan mis números?
- Guía pirámide de alimentos
- Tamaño de la porción
- Qué es la fibra dietética?
 - Fibra soluble
 - Fibra insoluble
 - Consejos para aumentar la fibra
 - Alimentos con alto contenido de fibra dietética
- Leyendo las etiquetas de los alimentos

Esta clase es ofrecida por recomendación solamente. Pregunte a su médico, enfermera o personal de oficina para su referencia y cita para el departamento de educación para la salud.

Sales Meetings with Health Plans

It is vitally important for you to have the insurance that fits your health needs. Each year you have the potential opportunity to change health insurance plans, especially if you are eligible for Medicare.

Talbert Medical Group hosts meetings throughout the year with Medicare Advantage insurance plans to give you the opportunity to learn about the various options available to you. All sales meetings have health plan representatives available to answer all of your questions and have applications for those who want to sign up for a new plan.

Meetings are held at Talbert Medical Centers as well as throughout the community. Some meetings are open to the public and others are held exclusively for our Talbert patients. For more information about these meetings, meeting times, and locations, please call (800) 610-5784.

SilverSneakers

The SilverSneakers Fitness Program can open the door to better health, greater independence, and a more fulfilling life. If you're an older adult,

join our customized SilverSneakers classes to improve your strength, flexibility, balance, and endurance.

Classes are held at the TMG Fitness and Physical Therapy Center located on-site at our Downey center. For class times, you may either contact the center at (562) 904-2090 or visit our website at www.talbertmedical.com.



Stress Management

Do you suffer from stress related headaches, pain, or sleeping problems? Is the stress in your life bringing you down? Do you want to get back in control of your stress response?

You are not alone.

Mary Shook, RN, NP, teaches this workshop which is devoted to helping you become aware of your stress, to explaining the types and symptoms of stress, to discussing stress relief, and to helping you reduce your stress and the fatigue associated with stress.

Classes are held at all Talbert centers and in the community. For times and locations, please call (800) 610-5784.

Smoking Cessation

Prepare to quit smoking by learning about nicotine addiction and weight control, coping with those nagging urges, developing a support system, and learning relaxation techniques.

This 5-week program also focuses on forming new skills and habits to help you stay smoke-free. Useful handouts for your continued success are provided. For class times and locations, please call (800) 610-5784.

Swim Classes

Activate your aqua exercise urge for variety! Arthritis Foundation and SilverSneakers Gentle Fitness aquatic/swim therapy classes give you the ability to exercise safely without putting excess strain on joints and muscles for an improved sense of well-being. Both classes offer LOTS of fun and exercising in warm water will improve agility, flexibility, and cardiovascular endurance.

Swim classes are held at the TMG Fitness and Physical Therapy Center located on-site at our Downey center. For class times, you may either contact the center at (562) 904-2090 or visit our website at www.talbertmedical.com.

TMG4ME Training

TMG4ME is Talbert Medical Group's on-line patient portal for your health records. TMG4ME allows our patients access, and their designated users proxy access, to their personal health records from any computer with internet access.

If you haven't discovered this wonderful tool to help you manage your health care, now is the time.

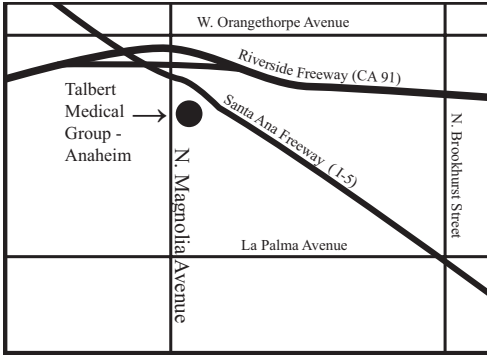
Not certain how to sign up, get access, or use the system? Here is a class that will teach you all you need to know to take advantage of this phenomenal, FREE, electronic, patient health portal.

Join a TMG4ME training class to learn all you need to know to get started or to brush up on your skills. Don't feel shy - all levels of computer users are welcome.

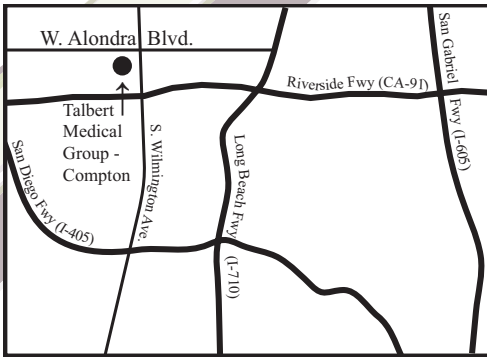
For information on class times and locations, please call (800) 610-5784.

Talbert Medical Group Locations:

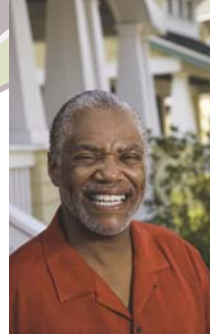
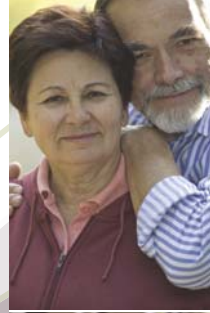
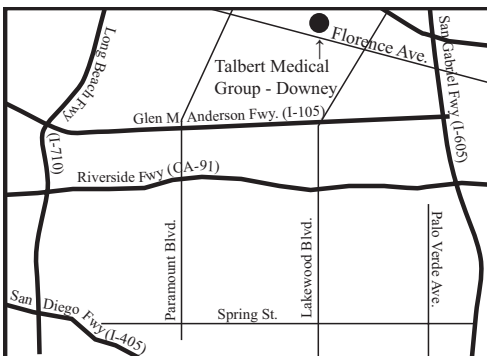
1236 N. Magnolia Avenue
Anaheim, CA 92801
(714) 995-1000



818 W. Alondra Boulevard
Compton, CA 90220
(310) 537-1337



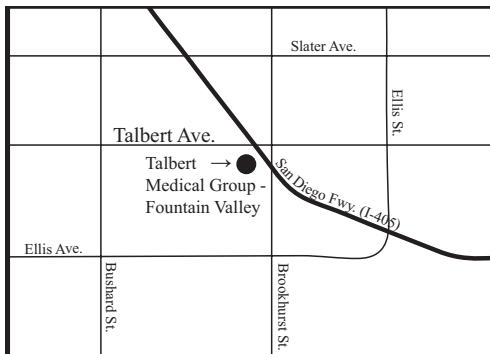
8311 Florence Avenue
Downey, CA 90220
(562) 923-4911



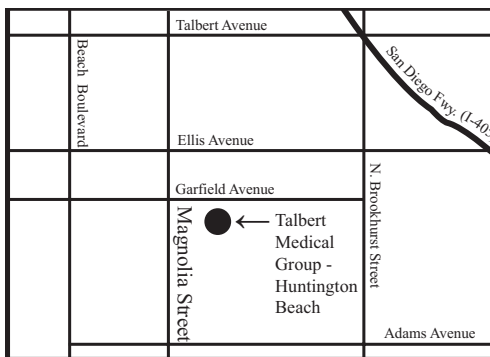
Talbert Medical Group Locations:



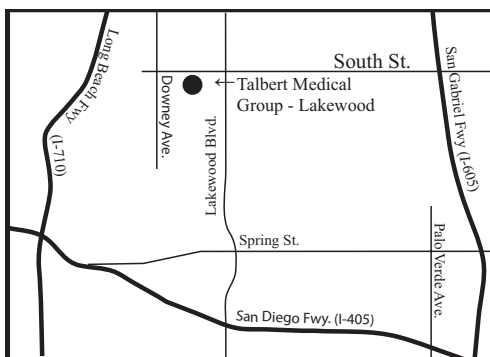
9930 Talbert Avenue
Fountain Valley, CA 92708
 (714) 964-6229



19066 Magnolia Street
Huntington Beach, CA 92646
 (714) 968-0068



3650 E. South Street, Suite 303
Lakewood, CA 90712
 (562) 633-9734



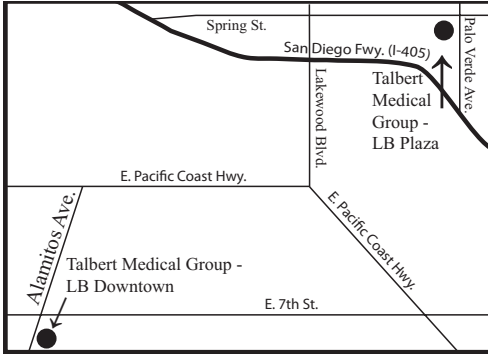
Talbert Medical Group Locations:

LB Downtown

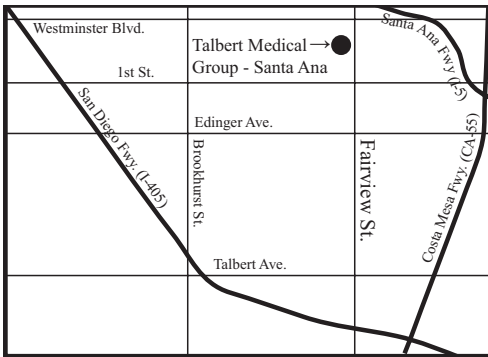
500 Alamitos Avenue
 Long Beach, CA 90802
 (562) 432-5661

LB Plaza

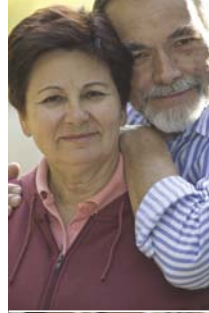
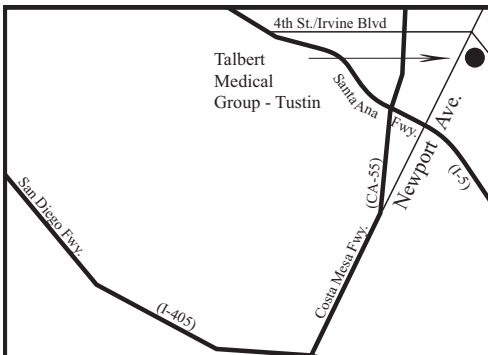
2925 Palo Verde Avenue
 Long Beach, CA 90815
 (562) 429-2473



1002 N. Fairview Street
Santa Ana, CA 92703
 (714) 835-8501



13152 Newport Avenue
Tustin, CA 92780
 (714) 442-4864





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