

  July, Aug, Sep 2017					
Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
California Smokers' Helpline					
	Smoking Cessation Counseling	Mon-Fri 9:00am-9:00pm & Sat 9:00am- 1pm	E	FREE	1-800-NO-BUTTS
	Smoking Cessation Counseling	Mon-Fri 9:00am-9:00pm & Sat 9:00am- 1pm	Sp	FREE	1-800-456-6386
	Smoking Cessation Counseling	Mon-Fri 9:00am-9:00pm & Sat 9:00am- 1pm	CANT	FREE	1-800-838-8917
	Smoking Cessation Counseling	Mon-Fri 9:00am-9:00pm & Sat 9:00am- 1pm	VIE	FREE	1-800-778-8440
	Smoking Cessation Counseling	Mon-Fri 9:00am-9:00pm & Sat 9:00am- 1pm	KO	FREE	1-800-556-5564
	Smoking Cessation Counseling	Mon-Fri 9:00am-9:00pm & Sat 9:00am- 1pm	TDD/TTY	FREE	1-800-933-4833
Rady Childrens Hospital	3020 Children's Way, San Diego 92123				
	Child life Services	Call for Information	*		858-576-1700
Paradise Valley Hospital	2400 East Fourth St., National City 91950				www.paradisevalleyhospital.net
	Asthma	call for schedule	E/SP	FREE	619-470-4346
	Club Walk	call for schedule	E	FREE	619-470-4346
	Fitness for All	call for schedule	E	FREE	619-470-4346
	Smoking Cessation	six-sessions call for schedule	E/SP	FREE	619-470-4346
	Diabetes Management	call for schedule	E	FREE	619-470-4346
	Stress Management	call for schedule	E	FREE	619-470-4346
	Weight Management	call for schedule	E	FREE	619-470-4346
	Yoga and Zumba	call for schedule	E	FREE	619-470-4346
	Cholesterol / Nutrition / Hypertension	call for schedule	E	FREE	619-470-4346
Palomar Medical Center Escondido	2185 Citracado Pkwy Escondido, 92029				
	Joint Replacement Class	Mon 7/17, 8/14, 8/21, 9/11, 9/18, 5:00pm-7:00pm	E	Charge	800-628-2880
	<i>following class held at:</i> Palomar Medical Center Poway: 15615 Pomerado Rd., Poway 92064				
	Bariatric Dietary Education	Wed 8/16, 9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 12/6, 12/20 3:00pm-4:30pm	E	FREE	800-628-2880
	Heartsaver First Aid	Wed 7/26, 8/23, 9/27 6:00pm-9:00pm	E	Charge	800-628-2880

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	Joint Replacement Class	Mon 7/24, 7/31, 8/7, 8/28, 9/25 9:00am-11:00am	E	FREE	800-628-2880
Scripps Well Being Center, Chula Vista	237 Church Ave., Chula Vista 91910				
	Your Heart Your Life Health Management Class	Tue 3:00pm-4:30pm	E/SP	FREE	619-559-8653
Support Groups	Breast Cancer	1st & 3rd Monday 10:00am-11:30am	E/SP	FREE	619-862-6600
	Stoke and Brain Injury	2nd and 4th Monday 3:00pm-4:15pm	E/SP	FREE	619-862-6611
	Breastfeeding	Mondays 1:00pm-2:00pm	E	FREE	619-862-6600
	Narcotics Anonymous	Every Saturday 7:00pm-8:00pm	E	FREE	619-862-6600
	Widowed	2nd & 4th Mondays 10:00am-noon	E	FREE	619-862-6600
Scripps Dabetes Center, Chula Vista	450 4th Ave Suite 407., Chula Vista 91910				
	Group Classes for Type 1 diabetes & Type 2 diabetes	call for schedule	E	FREE	858-727-4777
	National counseling, meal planning and exercise strategies for weight management	call for schedule	E	FREE	858-727-4777
Support Groups	call for list of groups	call for schedule	E	FREE	858-727-4777
Norman Park Senior Center	270 F Street., Chula Vista 91910				
	Exercise with Kay	Mondays and Wednesdays 8:00am-9:00am	E	FREE	619-409-1930
	Dance Cardio Party	Mondays and Wednesdays 5:30pm-6:30pm	E	FREE	619-409-1930
	Bridge	Tuesdays 10:00am-noon & Fridays noon-	E	FREE	619-409-1930
	Chair Yoga	Wednesdays 4:30pm-5:55pm	E	FREE	619-409-1930
	Knitting & Crocheting	Wednesdays 9:30am-11:30am	E	FREE	619-409-1930
	Yoga	Thursdays 4:00pm-7:00pm	E	FREE	619-691-5086
Tri-City Medical Center	4002 Vista Way., Oceanside 92056				
	Baby Safe Class	Thurs 8/17 6:30pm-9:00pm	E	Charge	760-940-5750
Support Groups	Narcotics Anonymous	Sundays & Fridays 7:30pm-9:00pm	E	FREE	760-940-3333
	Better Breathers	Wednesdays 1:30pm-3:00pm	E	FREE	760-940-3055
	Breastfeeding	Wednesdays 11:00am-12:30pm	E	FREE	760-940-7745
	Diabetes- Daytime Sessions	1st Thursday of each month 11:00am-noon	E	FREE	760-644-1201
	Parkinson's Exercise	Saturdays 11:00am-noon	E	FREE	760-940-7272
	Stroke Exercise	Thursdays 10:00am-11:00am	E	FREE	760-940-7272
Sharp Rees-Stealy Mount Helix	1380 El Cajon Blvd., El Cajon 92020				

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	Healthier Living Workshop	Mon 7/10, 7/17, 7/24, 7/31, 8/7, 8/14 5:00pm-7:30pm	E	FREE	619-590-3300
Sharp Rees-Stealy Murphy Canyon	9610 Granite Ridge Drive., San Diego 92123				
	Healthier Living Workshop	Fri 7/21, 7/28, 8/4, 8/11, 8/18, 8/25 10:00am-12:30pm	E	FREE	858-505-5400
Sharp Grossmont Cancer Center	555 Grossmont Center Dr., La Mesa 91942				
	call for list of classes	call for schedules	E	FREE	619-740-4500
Sharp Chula Vista Medical Center	751 Medical Center Court., Chula Vista 91911				
	call for list of classes	call for schedules	E	FREE	619-502-5800
Sharp Memorial Outpatient Pavilion	3075 Health Center Drive., San Diego 92123				
	call for list of classes	call for schedules	E	FREE	858-939-3400
Sharp- Douglas & Nancy Barnhart Cancer Center	769 Medical Center Court., Chula Vista 91911				
	call for list of classes	call for schedules	E	FREE	619-502-5851
Cesar Chavez Community Center	455 Sycamore Road., San Diego 92173				
	Arts and Crafts (ages 5-12)	Tuesday-Thursday 4:30pm-5:30pm	E	FREE	619-424-0464
	Snacks Cooking Class (ages 6-14)	Mondays 4:30pm-5:30pm	E	Charge	619-424-0464
	Aerobics Multimitrics (ages 18+)	Tuesdays & Thursdays 6:30pm-7:45pm	E	Charge	619-424-0464
	LEAN " Leveraging, Education, Activity and Nutrition"	Mondays 3:30pm-4:30pm	E	FREE	619-424-0464
San Ysidro Civic Center	212 W. Park Avenue., San Ysidro 92173				
	call for list of classes	call for schedules	E	FREE	619-215-3204
San Ysidro Health Center	4004 Beyer Blvd., San Ysidro 92173				
	call for list of classes	call for schedules	E	FREE	619-662-4100
Robert Egger, Sr. South Bay Recreation Center	1885 Coronado Ave., San Diego 92154				
	Lean Kids (ages 6-13)	Mon/Tues/Thurs/Fri 2:30pm-3:30pm	E	FREE	619-424-0470
	Cooking Class (ages 8-17)	Mondays 4:30pm-5:30pm	E	Charge	619-424-0470
	Adult Ceramics (age 18+)	Tuesdays 4:00pm-6:00pm	E	FREE	619-424-0470
	Zumba (ages 13+)	Tues/Wed/Thurs 6:30pm-7:30pm	E	FREE	619-424-0470

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Loma Verde Recreation Center	1420 Loma Lane., Chula Vista 91911					
	call for list of classes	call for schedule	E	FREE	619-409-1939	
Montgomery Waller Park	3020 Coronado Ave., San Ysidro 92154					
	Belly Dance (ages 12+)	Tuesdays & Fridays 11:00am-noon	E	FREE	619-424-0466	
	Lean kids (ages 7-13)	Wednesdays & Fridays 3:30pm-5:00pm	E	FREE	619-424-0466	
	Zumba (ages 13+)	Mondays & Wednesdays 5:45pm-6:45	E	FREE	619-424-0466	
Park Way Recreation Center	373 Park Way., Chula Vista 91910					
	call for list of classes	call for schedule	E	FREE	619-409-1980	
George L. Stevens Senior Center	570 South 65th Street., San Diego 92114					
	Strenght Training & Exercise	Mondays & Wednesdays 12:45pm-1:45pm	E	FREE	619-266-2066	
		Fridays 10:30am-11:30am	E	FREE	619-266-2066	
	Sit & Stand Yoga	Tuesdays 3:00-4:30pm	E	FREE	619-266-2066	
		Thursdays 11:15am-12:15pm	E	FREE	619-266-2066	
The Kimball Senior Center	1221 D Ave., Escondido 92025					
	call for list of classes	call for schedule	E	FREE	619-336-6760	
North County Inland Senior Center	15905 Pomerado Rd., Poway 92064					
	call for list of classes	call for schedule	E	FREE	858-674-1123	
San Diego LGBT Community Center	3909 Centre St., San Diego 92103					
	Behavioral Health Services	call for Information	E	FREE	619-692-2077 x208	
	Individual, Couples/Family, & Group Counseling	call for Information	E	FREE	619-692-2077 x208	
	Transgender Counseling	call for Information	E	FREE	619-692-2077 x118	
	Substance Abuse Treatment	call for Information	E	FREE	619-692-2077 x208	
	Support Groups	Family Groups	call for Information	E	FREE	619-692-2077 x211
		Men's Groups	call for Information	E	FREE	619-692-2077 x211
	Senior Groups	call for Information	E	FREE	619-692-2077 x211	
	Transgender Groups	call for Information	E	FREE	619-692-2077 x211	
	Women's Groups	call for Information	E	FREE	619-692-2077 x211	

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
	Youth Groups	call for information	E	FREE	619-497-2920 x101
Gary & Mary West Senior Wellness Center	525 4th Avenue Suite 200., San Diego 92101				
	call for list of classes	call for schedule	E	FREE	619-487-0719
Poway Senior Center	13094 Civic Center., Poway 92064				
	Tai Chi defensive moves	Wednesdays 9:00am-10:00am	E	FREE	858-748-6094
	Line dancing	Wednesdays 1:30pm-3:30pm & Fridays noon-2:00pm	E	FREE	858-748-6094
	Needle-Crafting	Mondays 12:30pm-4:00pm	E	FREE	858-748-6094
	Feeling Fit Exercise	Mondays & Thursdays 10:00am-11:00am	E	FREE	858-748-6094
	Silver age yoga	Fridays 9:30am-10:30am	E	FREE	858-271-9125
Solana Beach Community Senior Center	120 Stevens Avenue., Solana Beach 92075				
	call for list of classes	call for schedule	E	FREE	858-509-2587
St. Charles Nutrition	945 18th Street., San Diego 92154				
	call for list of services	call for schedule	E	FREE	619-423-2877
Otay Recreation Center	3554 Main Street., Chula Vista 91911				
	call for list of services	call for schedule	E	FREE	619-476-5325
Linda Vista Library	2160 Ulric St., San Diego 92111				
	call for list of programs	call for schedule	E	FREE	858-573-1399
La Mesa Adult Enrichment Center	8450 La Mesa Blvd., La Mesa 91942				
	call for list of classes	call for schedule	E	FREE	619-667-1322
College Avenue Center	6299 Capri Drive., San Diego 92120				
	call for list of classes	call for schedule	E	FREE	858-637-3270