

Knowing how to stay healthy can make you healthier

HEALTH AND WELLNESS CLASSES
designed for older adults in our community

Asking questions and meeting peers brings a new perspective to your health

Being diagnosed with a chronic disease is often difficult. Our goal is to help you or a loved one live with and understand any health challenges. Our education programs are:

- Free to the public
- Offered in various locations such as a WellMed clinic or local senior center
- Classes are taught weekly and monthly
- Range from one to two hours based on the type of class
- Encouraged to bring a guest

Helping seniors live well through education

- Wellness classes are set classes and offered weekly or monthly depending on the topic.
- Seating is limited. Registration for classes is required.

WellMedHealthcare.com



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WellMed's Clinic Programs and Patient Education (CPPE) team is dedicated to helping support patients and local seniors in understanding their health and how they can learn to improve and in some cases enhance their lifestyle. Doctors and other medical staff help explain a diagnosis and provide the treatments. CPPE is an extension of your medical team offering additional support and education through wellness classes.

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Enriching lives through health and wellness

Wellness classes support those directly impacted by a chronic disease.
Classes include the following:

Diabetes Basics – Learn how to manage day to day self-care such as:

- What exactly is diabetes?
- What do I do if my blood sugar reading is high or if my blood sugar is too low?
- Can low and high blood sugars be prevented? How?
- What is an A1c and why is it important?

Healthy Eating – What you eat does matter. Learn how healthy eating can help improve how you feel.

- What foods affect blood sugars the most?
- How do I read food labels?
- How can I fit foods that I love to eat into a healthy meal plan?

Diabetes Prevention – In some cases, diabetes can be prevented. Find out how.

- What is pre-diabetes?
- My doctor says I have pre-diabetes, now what?
- What can I change to make a difference?

Diabetes Complications – Diabetes can have many complications. Find out what they are and what you can do to prevent complications from occurring.

- What complications can occur?
- Can I do anything to prevent these complications?
- What lab tests or screenings do I need to have?

Heart Failure (HF) – HF is a very common disease. Learn how you can live a healthy lifestyle with HF.

- What are the signs and symptoms I need to look out for?
- How do I avoid going to the emergency room?
- What should I eat if I have heart failure?

Ischemic Heart Disease (IHD) – Controlling blood pressure and cholesterol play key roles in living with IHD. Find out what you can do to help control your symptoms.

- What are some signs and symptoms of a heart attack and stroke?
- Why is high blood pressure dangerous?
- What do my cholesterol numbers mean?

Chronic Obstructive Pulmonary Disease (COPD) – Learn how to live with COPD so you can breathe easier.

- What is COPD?
- How can I maintain a good quality of life if I have COPD or chronic lung disease?
- Can I exercise if I have COPD?

Health and Wellness – Living a healthy lifestyle is important. Learn how you can still live a healthy lifestyle with health challenges.

- How can I achieve and maintain my mental and physical wellbeing?
- How can I set achievable goals for a healthy lifestyle?

WellMed Clinic Programs and Patient Education

For registration and class information call:

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- Classes include topics that impact the health and wellness of seniors in our community.
- Classes are free and open to the public