

Health Education Department

Virtual Classes and Programs



Behavior Change

sutterhealth.org/behaviorchange

- Building Healthy Habits
- Manifest Your Healthy Self
- Pillars of Wellness

Disease Management

sutterhealth.org/diseasemanagementclasses

- Breathe Easy! The Basics of Managing Asthma
- Understanding Prediabetes & Type 2 Diabetes: Your Path to Healthier Living
- No Pressure! The Basics of Managing Your Blood Pressure at Home
- ¡Sin presión!

Prenatal and Postpartum

sutterhealth.org/prenatal-eclasses

sutterhealth.org/pamf-postpartumsupport

- A Mother's Place
- Becoming a Grandparent*
- Beyond the Fourth Trimester
- Breastfeeding
- Childbirth Preparation*
- Infant Care*
- Infant Care and Child Safety*
- Meet the Pediatricians
- Prenatal Yoga*
- Preparing for Multiples*

Stress Management

sutterhealth.org/nostress

- Gentle Yoga
- Midafternoon Meditation
- Mindfulness Based Stress Reduction*
- Mindfulness Orientation
- Relax and Recharge

**Fee required*



Classes are subject to change.

For full list of classes and to register visit:

www.sutterhealth.org/healthed-classes

Or scan the QR code:



For questions, email
HealthEducation@Sutterhealth.org
or call 650-853-2935