

# SEQUOIA CALENDAR



Sequoia Hospital wants to be your partner in a lifetime of good health. Many programs are FREE and are held at Sequoia Hospital's Health & Wellness Center, 749 Brewster Ave., Redwood City. Many programs are ongoing throughout the year. Please call to confirm dates or to ask about future sessions. Call (650) 367-5998 for more information or visit [www.sequoiahospital.org](http://www.sequoiahospital.org).

## Support Groups

### DIABETES SUPPORT GROUP

Sessions serve adults with type 1 and type 2 diabetes and their families. Call (650) 367-5213 for schedule and location.

### HEPATITIS C SUPPORT GROUPS

Support Group: Third Thursday of each month, 7–8:30 p.m.  
Caregivers' Support Group: Third Thursday of each month, 7–8:30 p.m.

### LUNG CANCER EDUCATION AND SUPPORT GROUP

Third Monday of each month  
6–7 p.m.

### OSTEOPOROSIS SUPPORT GROUP

First Wednesday of each month  
1:30–2:30 p.m.

### PAIN MANAGEMENT APPRENTICESHIP SUPPORT GROUP

First and third Thursdays of each month  
1:30–3 p.m.

### PARKINSON'S SUPPORT GROUP

Third Friday of each month  
1–2:30 p.m.

### PROSTATE INFORMATION FORUM

First Tuesday of each month  
Noon–1:30 p.m.

### SURGICAL WEIGHT LOSS SUPPORT GROUP

One Saturday morning each month  
For schedule and location, call (650) 482-6152.

## Programs

### LOOK GOOD ... FEEL BETTER

Free sessions facilitated by the American Cancer Society teach cosmetic techniques that help restore positive self-image in women undergoing chemotherapy and radiation. Call (800) 227-2345 for schedules and locations, as well as 24/7 Cancer Resource Network information.

### OPTIFAST® WEIGHT MANAGEMENT

This hospital-based, medically supervised program treats patients who are overweight and may have obesity-related medical problems. Tuesday evenings; call (650) 482-6065 for more information.  
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### ADULT ASTHMA EDUCATION CLASSES

Provides education and management skills that encourage an active partnership among adult asthmatics, their families and their healthcare providers. Call (650) 367-5550 for more information.

### PATHWAYS GRIEF SUPPORT

If you have experienced a recent loss, join us in a friendly, safe and supportive setting to explore and make sense of the complex and overwhelming feelings that may accompany grief. Sessions are facilitated by a Pathways-trained bereavement intern. For information and to register, call toll-free (408) 773-4329. Second and fourth Thursdays of each month  
Noon–1:30 p.m.

### YOUNG FATHERS GROUP

A 12-week program targeting dads up to the age of 26. Come network with other fathers and learn about the growth and development of your child, establishing a co-parenting relationship, and enhancing your parenting skills. Also learn strategies for navigating the family law and child support system. Excursions with your child, incentives for participation and food will also be provided. To register for the class or for more information, call (650) 573-2505. Wednesdays, April 9–July 2  
4–6 p.m.

### DIABETES CENTER

This certified center offers treatment and education for people living with pre-diabetes, type 1 and type 2 diabetes, and diabetes during pregnancy. For more information, call (650) 367-5213.

### SMOKING CESSATION PROGRAM

Call (650) 573-3989 for schedule and program information.

## Blood Pressure Screenings (Senior Centers)

### VETERAN'S MEMORIAL SENIOR CENTER, REDWOOD CITY

First Tuesday of each month  
9–11 a.m.  
(650) 780-7270

### LITTLE HOUSE SENIOR CENTER, MENLO PARK

Second Tuesday of each month  
Noon–1:45 p.m.  
(650) 326-2025

### TWIN PINES SENIOR CENTER, BELMONT

Third Tuesday of each month  
8:30–10 a.m.  
(650) 595-7444

### SAN CARLOS ADULT COMMUNITY CENTER

Third Tuesday of each month  
11 a.m.–noon  
(650) 802-4384

### FAIR OAKS INTERGENERATIONAL CENTER, REDWOOD CITY

Se habla español.  
Fourth Tuesday of each month  
Noon–1:30 p.m.  
(650) 780-7500

### MENLO PARK SENIOR CITIZENS CENTER (BELLE HAVEN)

Second Tuesday of each month  
9:30–11:30 a.m.  
(650) 330-2280

## Health Screenings

Free blood pressure screenings and low-cost cholesterol and diabetes screenings, along with free counseling by a registered nurse.

Second and fourth Thursdays of each month at the Health & Wellness Center  
8:30 a.m.–1 p.m., by appointment  
(650) 482-6059

## Maternity and Family Programs

For additional information, please call  
(650) 368-2229.

### CHILDBIRTH PREPARATION

Relaxation, breathing patterns, positioning and labor-support techniques.  
\$175

### INFANT MASSAGE

Some of the most intimate experiences that a parent and newborn can share.  
\$28/family

### PREPARATION FOR BREASTFEEDING

Learn solutions to common breastfeeding problems.  
\$30/person; \$60/couple

### INFANT CARE

Recommended for expectant parents, grandparents, older siblings (ages 10 and up), child-care providers and babysitters. Learn basic infant care.  
\$40/person; \$80/couple

### FAMILY AND FRIENDS CPR

Get hands-on practice for choking prevention and CPR techniques on both infant- and child-size mannequins.  
\$50/person; \$100/couple

### PREPARED SIBLING PROGRAM

Gets children ages 2 and older ready to become big brothers or sisters. Takes place at Sequoia Hospital. At least one adult is required to attend with child.  
\$40/first child; \$15/each additional child

### BABY SAFETY CLASS

Prepares caregivers for the many aspects of baby safety.  
\$50/person; \$100/couple

### NEW PARENTS SUPPORT GROUP

A group that addresses early child- and parent-development issues. Wednesdays (newborns to 5 months)  
Thursdays (6 to 9 months)  
9:30–11:30 a.m.