

Wellness Classes



Please join us!

These free classes are especially geared toward Dignity Health Medical Network members. Feel free to come to one class or to all of them!

Call our Customer Service Department to reserve your seat today!
831.465.7800 or Toll Free 866.875.3773.

DHMN-SC Office

100 Enterprise Way, Suite D2004 Scotts Valley, CA 95066
Free parking in the visitor lot right out front.

Dominican Oaks

3400 Paul Sweet Road Santa Cruz, CA 95065

Si usted necesita asistencia en español, por favor llame a el Departamento de Servicio para Miembros 831.465.7800 o al 866.875.3773.

Fitness for Busy Bodies

How to Get Maximum Results in Minimum Time

Wednesday, July 24 • 11:30am
DHMN-SC Office

Lack of time is the number one challenge to exercise according to many studies. This class will discuss heart rate training, exercise modifications, cardio vs resistance training and much more.

Diabetes 101

Wednesday, August 21 • 2pm
Dominican Oaks

Learn the symptoms, risk factors and how to effectively manage or prevent this ever-growing epidemic. Participants will learn how to manage diabetes and reduce complications through proper nutrition, physical activity and other lifestyle changes.

Cholesterol Management

Wednesday September 25 • 11:30am
DHMN-SC Office

What do your cholesterol numbers mean? We address common concerns, risk factors, and what you can do to control your cholesterol with lifestyle changes such as nutrition and physical activity.

Osteoporosis:

Building Better Bones

Wednesday, October 23 • 2pm
Dominican Oaks

Learn about the risk factors, available screenings, nutrition tips and discover key exercises to combat this debilitating disease.

Diabetes 101

Monday, November 4 • 11:30am
DHMN-SC Office

Learn the symptoms, risk factors and how to effectively manage or prevent this ever-growing epidemic. Participants will learn how to manage diabetes and reduce complications through proper nutrition, physical activity and other lifestyle changes.

Healthy Holidays

Wednesday, December 4 • 11:30am
DHMN-SC Office

Did you know, some studies state the average American gains nearly 5lbs between Halloween and New Years Day? Holiday parties, high-calorie food, missed workouts, stress, family issues, late-night shopping and crowded stores - all holiday stressors. Learn tips on nutrition, stress and exercise - all specific to this time of year to keep you healthy this holiday.

Classes are presented by: