

# YOUR HEALTH GUIDE

In-person and online classes and support groups  
for the Santa Clarita Valley community



For information on our classes, including dates, times, and  
how to register, please visit: [henrymayo.com/classes](https://henrymayo.com/classes)

We are now offering a combination of in-person and online classes.  
Visit our website for the most up-to-date information.

## SUPPORT GROUPS

- Aphasia
- Bosom Buddies
- OCD GOAL
- OCD Parent
- SCRAPPI (Amputee)
- Stroke and Brain Injury
- T2 Connect - Diabetes
- Type One-derful
- Women for Sobriety



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## LABOR OF LOVE CLASSES

- Baby Care Basics
- Breastfeeding Support Group
- Childbirth Education Series
- Healthy Transitions, Breastfeeding Workshop
- Successful Breastfeeding

## UPCOMING EVENTS

- Flu Shot Clinics - October
- Breast Cancer Awareness Month - October
- National Diabetes Awareness Month - November
- Health Fairs - TBD

Should you have any questions regarding classes, please e-mail [communityeducation@henrymayo.com](mailto:communityeducation@henrymayo.com),  
or call 661.200.2300. For more information on Maternity Courses, please contact [laboroflove@henrymayo.com](mailto:laboroflove@henrymayo.com).



# CLASSES AND PROGRAMS

## BRAIN HEALTH

- Nutrition to Boost Your Brain
- Stroke: Prevention, Treatment and Recovery
- Parkinson's Education Series
- Managing Symptoms of Parkinson's with the Alexander Technique

## DIABETES MANAGEMENT PROGRAMS

- Diabetes Prevention Program
- Diabetes and Your Heart
- Diabetes Self-Management Education
- Gestational Diabetes

## DIET AND NUTRITION

- Avoiding Weight Gain During the Holidays
- Conversations Around Weight
- Food Safety
- Fueling for Fitness
- Healthy Weight Workshop
- Kidney Disease Nutrition Management
- Mediterranean vs. DASH Diet
- Nourishing your Baby and Toddler
- Nutrition and Inflammation
- Nutrition for Digestive Disorders
- Personalize My Plate
- Plant-Based Eating for Optimal Health
- Understanding Food Choices for Celiac Disease

## HEART HEALTH

- Heart Attack: Prevention, Treatment and Recovery
- Heart Healthy Nutrition
- Heart Failure: Knowing your Disease and Learning How to Manage It
- Heart Surgery: What You Need to Know



## LUNG HEALTH

- COPD Education
- Pneumonia: Prevention, Treatment and Recovery
- Smoke Free You
- So You Have Asthma

## MENTAL HEALTH

- Body Image in Adulthood
- Digital Detox
- Maintaining Your Well-being
- Mindful Eating
- Practicing Mindfulness
- Relaxing and Relating in Rhythm
- SPIRT: Suicide, Prevention, Intervention, Recovery and Treatment

## TAKING CARE OF YOUR BODY

- Foot and Ankle Pain
- Healthy Hands
- Improving Balance and Preventing Falls
- Lymphedema and Edema Education
- Neck and Back Care
- Myths and Truths about Men and Women's Pelvic Health
- Understanding Pain
- Why Are You Dizzy?

## SPECIAL TOPICS

- Advanced Care Planning: Sharing Your Wishes for Future Care
- Disaster Planning for Seniors and Those With Medical Needs
- Hiking and Venomous Snake Bite Prevention and Treatment
- Your Immune System and You! How to Boost Your Immune System
- Stop the Bleed

