

JOHN MUIR HEALTH

Your Local Resource for Living Well June/July 2011

Local Dive-Ins

Handy destinations for water fun that help you beat the heat—and boost your health

Inside:

Free classes and programs that promote your health

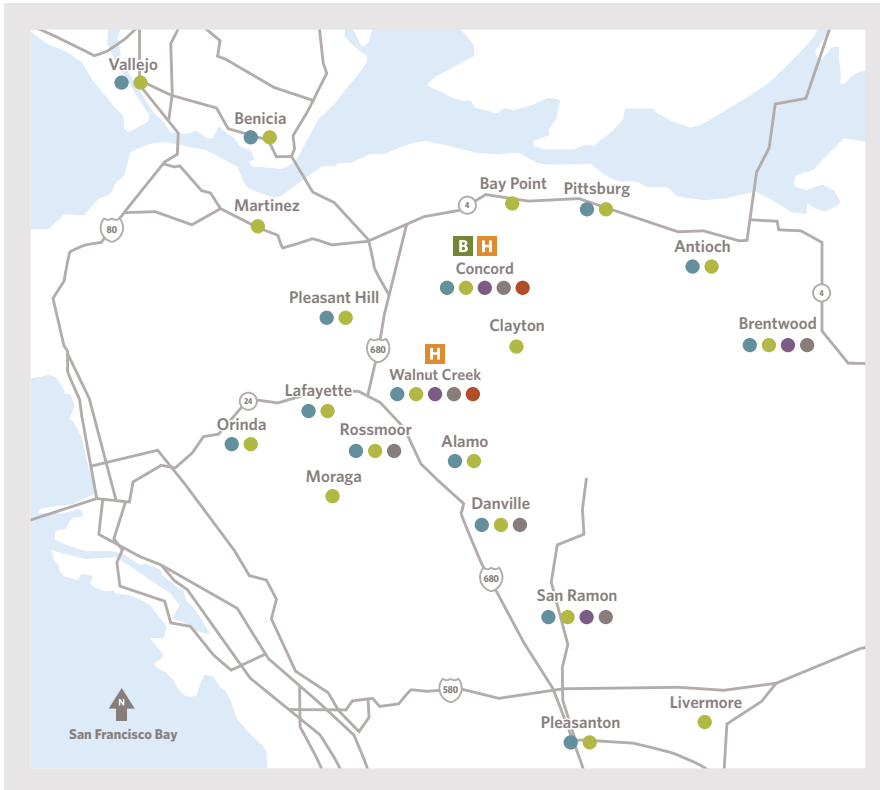
Breast Health Center Now Open

New, soothing and state of the art

- pg 4 Seniors Behind the Wheel
- pg 5 Pertussis Boosters for Kids
- pg 6 Are You an Emotional Eater?
- pg 15 Survive New Parenthood

Wherever You Are, We Are

When you need health care, look for John Muir Health



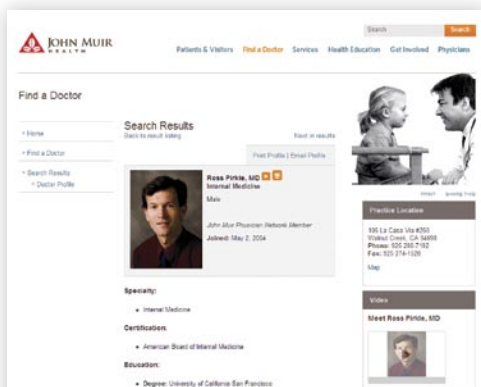
Count on us to support your health and well-being. Visit John Muir Health's many convenient facilities, including hospitals, Urgent Care Centers, lab sites, physicians and outpatient service locations. To find a facility near you, visit johnmuirhealth.com.

H John Muir Health Hospitals

John Muir Medical Center
Walnut Creek
Concord

B Behavioral Health Center Concord

- Laboratory Services
- Physician Offices
- Urgent Care Centers
- Other Outpatient Service Locations
- Emergency Services



MEET YOUR FUTURE DOCTOR—ON VIDEO

Looking for a physician? Visit johnmuirhealth.com, and click the "Find a Doctor" area to view video interviews that highlight doctors' philosophy of care, bedside manner and expertise. Use the search tool to specify specialty, gender, location and languages spoken.

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To find a John Muir Health doctor, call (925) 952-2887 or visit johnmuirhealth.com/findadoctor today



The Power of Touch

Exploring the health benefits of massage

If you've ever considered joining the ranks of the estimated 18 million-plus people in the United States who receive massage therapy each year, you should know that this type of therapy is anything but the latest craze. In fact, experts have noted references to massage in ancient writings—from ancient China, Japan and India to Egypt, Rome and Greece.

According to the American Massage Therapy Association (AMTA), "a growing body of research" confirms the benefits of massage "for a variety of illnesses and ailments," including reducing heart rate and blood pressure, relieving certain types of back pain, and reducing anxiety and relieving stress. (For more research info from AMTA, visit amtamassage.org/infocenter/research02.html.)

The National Center for Complementary and Alternative Medicine (NCCAM) takes a more guarded view, noting "there is evidence that massage may benefit some patients" but also pointing out that "scientists are not yet certain what changes occur in the body during massage, whether they influence health, and if so, how." NCCAM is sponsoring studies to answer these questions and identify the purposes for which massage may be most helpful. (For more massage info from NCCAM, visit nccam.nih.gov/health/massage.)

GO | Certified massage therapists provide therapeutic massages at the John Muir Health Women's Health Center. For more information, call (925) 941-7900 or visit johnmuirhealth.com/classes.

21 Support Groups

At latest count, John Muir Health offers/co-sponsors 21 support groups—for new parents, cancer survivors, diabetes patients and many more. For details, check pages 12–14. To join or get more info, visit johnmuirhealth.com/classes or call (925) 941-7900.

AN APP A DAY

MONITOR YOUR HEALTH—AND YOUR FAMILY'S—WITH YOUR SMARTPHONE

.....

iPhone / Lose it! by FitNow Inc.

Cool because: Allows you to easily keep track of the calories you consume and burn each day—vital info that can help you reach your weight loss goals. Lose it! also has an online social networking feature that can connect you with friends to share progress and encouragement.

Get it at: iTunes App Store, Free



Seniors, Brush Up Your Driving Skills

Aging affects many aspects of everyday life, and unfortunately, driving is one of them. Stiff joints can make it harder to look over your shoulder, your eyes may be more sensitive to oncoming headlights and streetlights, and your reaction time may slow down.

The Driver Safety Training class, offered at John Muir Health in partnership with AARP, can help drivers over age 50 learn defensive driving techniques and current traffic laws to avoid accidents and traffic violations. At the end of the eight-hour, interactive course, participants receive a certificate of completion, which should be saved for insurance purposes and registering for the half-day refresher course.

"Maintaining one's ability to drive is crucial to one's independence," explains Arlene Phillips, director of Senior Services. Equally important, she adds, is recognizing when you're no longer able to drive safely. For information on getting around without a car, call John Muir Health Senior Services, (925) 947-3300, or visit aarp.org/home-garden/transportation (click "Mobility Guides").

GO | The AARP Driver Safety Training class and refresher course are offered at John Muir Medical Center, Walnut Creek and Concord. Classes are open to all ages, but especially recommended for those 50 and older. Registration and prepayment is required. AARP members, \$12; nonmembers, \$14. For more info or to register, call (925) 947-3300 or visit johnmuirhealth.com/classes.

74.5 MILLION

That's the estimated number of people in the United States age 20 and older who have high blood pressure (hypertension).

Source: American Heart Association

GO | High blood pressure is a treatable and preventable condition. To find a convenient location to get your blood pressure checked, visit johnmuirhealth.com/classes.



TODAY'S CIGARETTES ARE MORE ADDICTIVE

The design and contents of today's tobacco products make them more attractive and addictive than ever before. The current crop of cigarettes delivers nicotine more quickly from the lungs to the heart and brain than earlier varieties.

Source: *How Tobacco Smoke Causes Disease: A Report of the Surgeon General, 2010*

CHECK YOUR RUNNING SHOES' ODOMETER • When to search for more soles



Going out for a run is great, but too many miles on your running shoes can make your workout go from health-promoting to pain-inducing. To avoid shin splints, Achilles tendonitis, knee pain and heel pain, experts advise replacing the sneakers you run in after 350 to 500 miles, or about once a year if you run three miles three times a week. (Remember: Your shoes' inner midsoles can break down and increase the potential for injury before the outer soles show major wear.)

When you are ready to shop for new running shoes, consider buying two pairs. According to the American College of Sports Medicine, alternating their use increases the life expectancy of each pair.

Pertussis Boosters for Adolescents

California's incoming seventh- to 12th-graders must have proof to start school

Whooping cough (pertussis) is a contagious disease that causes violent coughing fits and has been on the upswing in the United States recently. In fact, this disease was widespread in California in 2010 and was responsible for 10 infant deaths, according to the California Department of Public Health.

That's why a new state law (AB 354) was passed recently that requires all students who are going into seventh to 12th grade to have proof of having an adolescent whooping cough booster shot (called "Tdap") before entering public or private schools this fall. Beginning the year after (2012-2013 school year and beyond), the law will affect only seventh-graders. Limited exemptions are allowed.

If your incoming seventh- to 12th-grader has already received the Tdap booster vaccine, you'll simply need to supply proof to your school. If your child hasn't received it, make an appointment now for him or her to get the Tdap booster. Check with your school about how and when to submit the documentation. For more info, visit shotsforschool.org/tdaplaw.html.



GO | Get your child's Tdap or other shots at your pediatrician's office or at John Muir Health's Urgent Care Centers in Brentwood, Concord, San Ramon and Walnut Creek (appointments advised). We offer extended weekday hours, and are open weekends and holidays. For more info, visit johnmuirhealth.com/urgentcare.

How To



CURB EMOTIONAL EATING

Filling up with food, pushing down feelings

When you hit the fridge after rough days at work or routinely munch a bunch of chips to unwind and watch TV, you may be engaged in emotional eating and pay the consequences in unwanted inches and pounds on the scale.

Ironically, comfort food may not be what you're craving. "Emotional eating is not a physical hunger—it can be described as a hunger of the heart," says Trina Swerdlow, C.C.H.T., who teaches a John Muir Health class on the topic and works with clients on weight loss and stress management. "We may be starving for love, respect, acceptance, a sense of belonging."

So what to do? A family member, friend, therapist or support group can help you deal with your emotions. Experts also recommend various strategies to manage the problem eating, including the following.

- **Avoid temptations:** Don't keep supplies of comfort foods on hand; if necessary, advises Swerdlow, stow them for family members in an avoidable location.
- **Control stress:** Yoga or meditation can help.
- **Keep a food diary:** Track your feelings and what, when and how much you're eating.
- **Fight boredom:** Instead of snacking, indulge in diversions—call a friend, take a walk, surf the Internet, go out for a movie.

GO Attend Managing Emotional and Compulsive Eating at John Muir Health Women's Health Center on Thursday, June 2, 6:30–8:30 p.m., \$40 (includes two-CD set). To register, call (925) 941-7900, option 3, or visit johnmuirhealth.com/classes.

Weight Loss Surgery

At the John Muir Health Weight Loss Surgery Center, weight loss (bariatric) surgery is an option for those who are at least 70 pounds overweight and have not had success with diets or other nonsurgical methods. These procedures (usually done through tiny incisions) help patients slim down by reducing the size of the stomach. Some procedures also impair absorption of calories through the intestine. Today's weight loss surgery often requires just one day in the hospital.

FYI: A free weight loss surgery seminar is held at John Muir Medical Center, Concord, Leshar Room, on the second Wednesday of every month, 6–7:30 p.m. Other days and times are offered at additional locations. Call (800) 710-6111 or visit johnmuirhealth.com/weightloss for more information or to register.

GETTING THE 4-1-1 ON YOUR SURGERY

Key questions to ask your doctor or surgeon

If your doctor has recommended surgery, it's important to do your homework. The more information you have, the better prepared you'll be to make decisions about your health care—and the more relaxed and confident you'll be on the day of surgery.

Following are some questions to ask your doctor, based on checklists from the Agency for Healthcare Research and Quality and the Patient Education Institute.

- **How will surgery benefit me?** Before your operation, make sure you have a realistic understanding of the benefits and how long the results will last.
- **What risks are associated with this procedure?** Every procedure has some risks, and if you have other medical conditions, you may be more likely than others to have complications from surgery.
- **What will happen if I don't have surgery?** If you forgo the recommended procedure, will your condition get worse? Might it resolve itself?
- **Are there any alternatives to surgery?** If there are alternative treatments, find out why surgery is being recommended in your case.
- **Should I get a second opinion?** It's always a good idea to get a second opinion, especially when surgery is recommended.
- **How will the procedure be performed?** Get a clear explanation and, if necessary, ask your doctor to draw you a diagram.
- **Is there anything I should do to prepare for my procedure?** There may be steps you can take to ensure the best outcome. If you smoke, for example, stopping two weeks before surgery can help speed your recovery. If there's a risk of substantial blood loss, you may be able to store some of your own blood for transfusion.
- **Will I need to stay in the hospital after surgery?** For some surgeries, especially minimally invasive procedures, you can arrive and return home the same day. Other procedures require that you remain in the hospital for one day or more.

Splash!

Discover great ways to take a dip and beat the heat—and keep safe and sound while you're at it

Some people may find the summer heat oppressive on the sunny end of the Caldecott. There's one thing, though, that you can say for sure: It's good weather for water play. So get in there and cool off—and get some exercise in the process. You don't have to swim laps to get a refreshingly strenuous workout. In fact, arid climate or not, there's all kinds of water fun around us.

Watery World

A community pool can be more than just a pool. Sometimes it's an over-the-top water park with a huge, multicolored play structure that shoots and pours big quantities of the wet stuff in several directions; a raging fountain that looks a bit like a giant plastic mushroom with water showering down from its cap; a two-story waterslide; an ongoing inner-tube derby; and not one, but three pools.

That's the featured fun at San Ramon Olympic Pool and

Aquatic Center, which your whole family will love. If you live closer to East County, check out the Antioch WaterPark, which has five pools and five waterslides.

San Ramon Olympic Pool and Aquatic Center, 9900 Broadmoor Drive, San Ramon, (925) 973-3335, sanramonca.gov/Parks/programs/aquatics.htm; Antioch WaterPark, 4701 Lone Tree Way, Antioch, (925) 776-3070, ci.antioch.ca.us/CitySvcs/Prewett/#.

WANT TO LEARN TO SWIM?

For swim lessons in your area, go to your city or town's website and do a search, or look for "parks and recreation" or a "guide to activities." Summertime offerings are extensive, catering to all ages at affordable prices.



**MYTH BUSTER:
SWIMMING AFTER EATING**



Your parents' warning was grim: If you don't wait an hour after eating before going back in the pool, you'll get a cramp and sink like a stone.



Well, it turns out your parents didn't always know best. "It's a total myth that you can't swim after eating," says Dr. Bob Kadas, a John Muir Health pediatrician. "There is no physiologic reason why you couldn't, no real scientific basis for the myth at all."



Wild Water

The East Bay isn't exactly lake country, but we've got a few sizable bodies of water that make for great outings. Lake Del Valle in Livermore—good for swimming and boating—offers striking, hilly scenery and two sandy beaches tended by lifeguards in the summer (ebparks.org/parks/del_valle). Contra Loma Regional Park in Antioch (ebparks.org/parks/contra_loma) is also available for swimming and allows boats of many types, including row boats and canoes.

On the other side of the tunnel: Lake Anza is in Berkeley's Tilden Park ([\[ties/swimming/facilities\]\(http://ebparks.org/activi-ties/swimming/facilities\)\). Make time to soak in the sweet and unspoiled wooded setting and sandy swimming area.](http://ebparks.org/activi-</p></div><div data-bbox=)

Get Wet, Get Fit

Want a fun and challenging workout that's gentle on your body? Try bouncing around in a water fitness class, which will allow you to stretch, strengthen and give yourself a cardio boost, without stressing your joints. It's great for all ages and offered on an ongoing basis at a number of public pools.

- **Clarke Memorial Swim Center**, Heather Farm Park, 1750 Heather Drive, Walnut Creek Monday–Friday, 8 a.m., 9 a.m.,

\$7 drop-in; \$85/20-class punch card, walnut-creek.org/citygov/depts/arts_rec_cs/recreation/aquatics.asp

- **Jewish Community Center**, 2071 Tice Valley Blvd., Walnut Creek

Mondays and Wednesdays, noon–1 p.m., \$50/month, ccjcc.org/articlenav.php?id=17

- **Soda Aquatic Center**, 300 Moraga Road, Moraga Tuesdays and Thursdays, 8:30–9:30 a.m., \$9 drop-in, www.acalanes.k12.ca.us/aquatics (click “Soda Aquatics Center”)

- **Concord Community Pool**, 3501 Cowell Road, Concord Deep water: Tuesdays and Thursdays, 10–11 a.m.; shallow

water: Tuesdays and Thursdays, 8–9 a.m. Ten classes: resident \$60/nonresident \$70; drop-in: resident \$6.50/nonresident \$7.50.

cityofconcord.org/recreation/activityGuide.asp?pid=15

• **Antioch WaterPark**, 4701 Lone Tree Way, Antioch Mondays, Wednesdays, Fridays, Saturdays 9–10 a.m., Tuesdays and Thursdays 6:30–7:30 p.m., drop-in \$5, ci.antioch.ca.us/LeisureSvcs/RecGuide.pdf.

One With the Bay

To spend time kayaking is to become one with the water. As part of its Paddle to the

Sea fundraiser, the Tuolumne River Trust is offering a guided sea-kayaking trip around San Francisco's waterfront on June 4. Like a water bird, you'll skim across the water from Pier 52 to San Francisco's famous Pier 39. Beginners are welcome.

Proceeds from the paddle (\$30 to participate, plus a minimum donation from "your sponsors" of \$60) go toward protection of the Tuolumne River, one of California's great whitewater rivers. Bring your own kayak, or rent at a discount from one of the event's partner rental outfits.

Go to paddletothesea.org for more information.



GO | John Muir Health offers monthly morning and evening CPR and safety classes for parents, grandparents and others who care for children (infant to 8 years). Classes will be held on June 6 and July 11, 6:30–9:30 p.m., and on June 18 and July 16, 9:30 a.m.–12:30 p.m., at the John Muir Health Women's Health Center, 1656 N. California Blvd., Walnut Creek. Call (925) 941-7900, or go to johnmuirhealth.com/classes for more dates and times, and to register.



Keep It Safe

Drowning is the second most common cause of unintentional injury-related death in children ages 1 to 14 years. "We can't overemphasize for everyone to be really conscientious about water safety," says Dr. Hartwell Lin, a John Muir Health ER physician.

"The cases we see are tragic," says Lin, adding that for every death in this country due to drowning, there are four nonfatal submersion injuries, which can result in long-term memory problems, developmental delay, lung damage and even a permanent vegetative state.

According to the American Academy of Pediatrics (AAP), parents shouldn't leave young children unsupervised near water, even if they have had swim lessons. The AAP recommends "touch supervision," which means that the child is always within arm's reach. "It only takes a few seconds for a tragedy to occur that could change your life forever," says Dr. David Birdsall, who is also a John Muir Health ER physician.

Older children should follow the buddy system, Lin says, and boaters should be sure to use appropriate, well-fitting life jackets. Boaters should also avoid all alcohol and sedatives, and be certain that everyone in the boat knows such survival skills as low-energy survival floating, which is taught in swimming classes.

FIND GREAT CLASSES & PROGRAMS AT JOHN MUIR HEALTH

Many are in free, convenient locations—sign up today!

JOHN MUIR HEALTH OFFERS A VARIETY OF HEALTH-PROMOTING CLASSES, PROGRAMS AND EVENTS FOR PEOPLE OF ALL AGES. FOR MORE INFO ABOUT TOPICS AND LOCATIONS OR TO REGISTER, CALL (925) 941-7900 OR VISIT JOHNMUIRHEALTH.COM/CLASSES.

CANCER

Brain Tumor

Support Group

Second and fourth Wednesdays, 7-9 p.m., Cancer Support Community. Registration required.

Breast Cancer

Support Group

Second and fourth Thursdays, 11 a.m.-1 p.m., Cancer Support Community. Registration required.

Colorectal Cancer

Support Group

Second Wednesday, 4-5:30 p.m., Cancer Support Community. Registration required.

Grupos de apoyo para pacientes con cáncer

El tercer jueves de cada mes, de 12-2 p.m., John Muir Health Pulmonary Rehabilitation. Para más información llame al número (925) 933-1569.

Gynecologic and

Oncology Cancer

Support Group

First and third Thursdays, 11 a.m.-1 p.m., Can-

cer Support Community. Registration required.

Kids Circle and Teen Talk

Cancer Support Group

Second Saturday, 10 a.m.-1 p.m., Cancer Support Community. Registration required.

Leukemia, Lymphoma and Multiple Myeloma

Support Group

First Thursday, 7-8:30 p.m., Medical Center, Walnut Creek. Must call facilitator at (925) 952-2797 before attending.

Life After Cancer

Support Group

Second and fourth Wednesdays, 6-8 p.m., Cancer Support Community. Registration required.

Lung Cancer

Support Group

First Wednesday, 4-6 p.m., Cancer Support Community. Registration required.

Newly Diagnosed

Breast Cancer Group

Wednesdays, 10:30 a.m.-12:30 p.m., Cancer Support Community. Registration required.

Pediatric Oncology

Support Group

First Monday, 6-8 p.m., Medical Center, Walnut Creek. Call (925) 947-5272

CONTINENCE

Nurse Practitioner

Appointments

Please call; WHC

Pelvic Floor

Strengthening

June 20, 5:30-6:30 p.m.; July 18, 10-11 a.m.; Aug. 15, 5:30-6:30 p.m., WHC

Taking Back Control

June 2, 6-8 p.m., July 7, 10 a.m.-noon; Aug. 4, 6-8 p.m., WHC

GENERAL HEALTH AND PREVENTION

Diabetes Support Group

Sponsored by American Diabetes Association

Fourth Tuesday, 7-

8:30 p.m., Medical

Center, Concord

Second Saturday,

9:30-11:30 a.m., Medical

Center, Walnut Creek

Diabetes Screening Fair

June 4, 9 a.m.-1 p.m.

John Muir Physician Net-

work Clinical Research

Center, 2700 Grant St.,

Suite 200, Concord

HEART HEALTH

Blood Pressure

Screening

Monday-Friday, 9 a.m.-5 p.m., WHC

First Monday, 9:30-

11 a.m., Pleasant Hill

Senior Center

First and third Mondays,

10-11 a.m., Danville

Community Center

Second Monday, 9:30-

10:30 a.m., Martinez

Senior Center

Second Tuesday, 10 a.m.-

noon, First Presbyterian

Church, Concord

Second Wednesday,

9:30-11 a.m., Walnut

Creek Senior Center

Third Monday, 10 a.m.-

noon, Antioch Senior

Center

Third Monday, 10:30-

11:30 a.m., Ambrose

Community Center

Third Monday, 10-11:30

a.m., John Muir Health

Outpatient Center, Tice

Valley/Rossmoor

Third Wednesday, 9:30-

10:15 a.m., Brentwood

Senior Center

Third Thursday, 10-11:30

a.m., Jewish Community

Center, Walnut Creek

Third Friday, 9:30-11:30

a.m., Concord Senior

Center

Third Friday, 10:30-

11:30 a.m., Pittsburg

Senior Center

Fourth Thursday, 11 a.m.-

noon, Alcosta Senior

Center, San Ramon

Fourth Friday, 12:30-

1:30 p.m., Lafayette

Senior Center

Cardiac Nurse

Education

Please call (925) 941-7965; WHC

Cardiac Nutrition

First Monday of every

month, 5-6 p.m.; Medical

Center, Concord

Comprehensive Heart

Screening

Please call (925) 941-7965; WHC

Full Lipid and Glucose

Screening

Please call (925) 941-7965; WHC

Online Heart Risk

Assessment

Ongoing; WHC

Women's Heart Spa Package
Please call; WHC

MIND AND BODY WELLNESS

Massage Therapy for Women
Please call; WHC

Osteoporosis, Movement and Exercise Class
Wednesdays, 9:15-10:15 a.m., WHC

NUTRITION AND WEIGHT MANAGEMENT

Back to School With Healthy Lunches
Aug. 23, 6:30-8 p.m., WHC

Eat Well, Be Well—Summer Salads
June 11, 10 a.m.-noon, Medical Center, Concord.
Registration required; call (925) 921-2143.

Managing Emotional and Compulsive Eating
June 2, 6:30-8:30 p.m., WHC

Preventing Osteoporosis Through Nutrition
June 13, 6:30-8 p.m., WHC

Weight Loss Surgery Seminar
Second Wednesday of every month, 6-7:30 p.m., Medical Center, Concord
Other days and times are offered at additional locations. Call (800) 710-6111 or visit johnmuirhealth.com/classes for more information or to register.

OLDER ADULT

AARP Driver Safety Training
June 11, 8:30 a.m.-5 p.m.;
July 16, 8:30 a.m.-1 p.m.;

Aug. 13, 8:30 a.m.-5 p.m., Medical Center, Walnut Creek

July 12, 8:30 a.m.-1 p.m., Medical Center, Concord

Advance Health Care Directives
Aug. 17, 9:30-11:30 a.m., John Muir Health Outpatient Center, Tice Valley/Rossmoor

June 8, 6-8 p.m., Medical Center, Concord

July 13, 10 a.m.-noon, John Muir Health Outpatient Center, Brentwood

ALS (Lou Gehrig's Disease) Support Group
Third Saturday, 1-3 p.m., Medical Center, Walnut Creek

Grief Support Group
Second and fourth Mondays, 6:30-7:45 p.m., Medical Center, Concord

Memory Screening: What's Your Memory Fitness?

June 14, 9 a.m.-noon;
June 15, 1-4 p.m., John Muir Health Outpatient Center, Brentwood.
Appointment required; call (925) 947-3300.

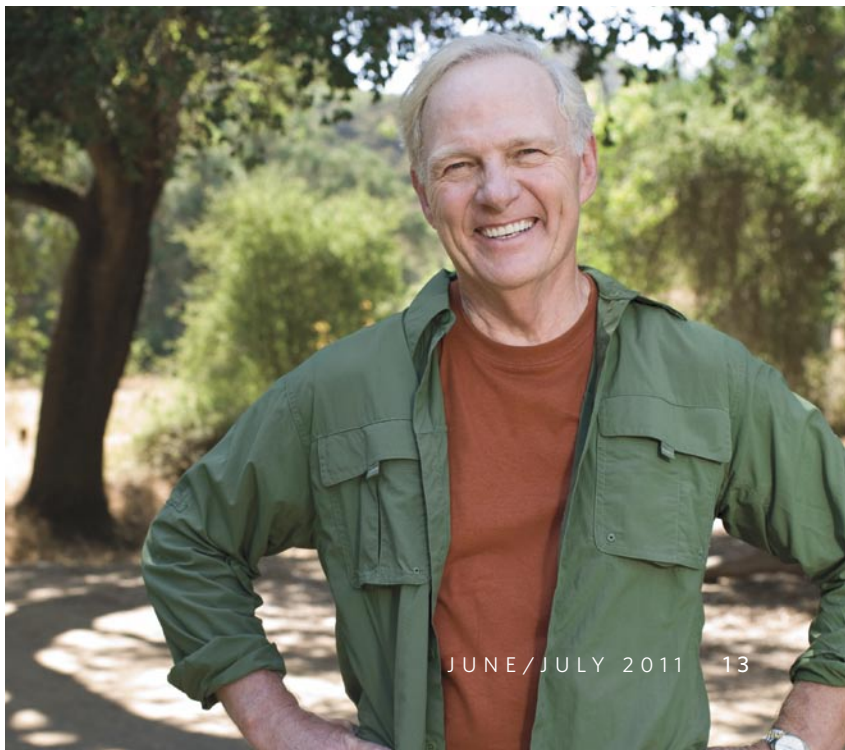
June 14, 9 a.m.-noon;
June 15, 1-4 p.m., John Muir Health Outpatient Center, Tice Valley/Rossmoor.
Appointment required; call (925) 947-3300.

June 14, 9 a.m.-noon;
June 15, 1-4 p.m., John Muir Health Senior Services, Pleasant Hill.
Appointment required; call (925) 947-3300.

Stroke Support Group
Second Monday, 7-9 p.m., call for location (alternates between Medical Centers, Walnut Creek and Concord)

CLASS LOCATIONS

- John Muir Health Women's Health Center (WHC)
1656 N. California Blvd., Suite 100, Walnut Creek
- John Muir Medical Center, Walnut Creek
1601 Ygnacio Valley Road, Walnut Creek
- John Muir Medical Center, Concord
2540 East St., Concord
- John Muir Health Outpatient Center, Brentwood
2400 Balfour Road, Brentwood
- John Muir Health Outpatient Center, Tice Valley/Rossmoor
1220 Rossmoor Parkway, Walnut Creek
- John Muir Health Pulmonary Rehabilitation
2720 Grant St., Classroom A, Concord
- John Muir Health Senior Services
3480 Buskirk Ave., #100, Pleasant Hill
- John Muir Physician Network Clinical Research Center
2700 Grant St., Suite 200, Concord
- Destination Maternity
1604 Mount Diablo Blvd., Walnut Creek
- Cancer Support Community
3276 McNutt Ave., Walnut Creek, and various locations; for details, call (925) 933-0107



Your John Muir Health

Welcome to Medicare
June 8, 7-9:30 p.m.;
July 20, 7-9:30 p.m.;
Aug. 10, 7-9:30 p.m.
Medical Center, Walnut
Creek

PARENTING AND CHILDREN'S HEALTH

Babysitting 101
July 8 and July 15,
10 a.m.-2 p.m. and
noon-2 p.m., WHC

Loving Solutions
July 27-Sept. 7, 4-6 p.m.,
WHC

July 26-Sept. 6, 4-6
p.m., John Muir Health
Outpatient Center,
Brentwood
Registration required.

Parent Project
July 26-Sept. 27, 6:30-
9 p.m., John Muir Health
Outpatient Center,
Brentwood

July 27-Sept. 28, 6:30-
9 p.m., WHC
Registration required.

Pediatric Nutrition
Please call; WHC

PREGNANCY TO NEWBORN

Baby Boot Camp
Every Friday, 9:30-
10:45 a.m., Destination
Maternity

**Breastfeeding Support
Line**
Please call; WHC

**Breastfeeding Support
Services**
Please call; WHC

**Breastfeeding Your
Infant**
Aug. 18, 6:30-8:30 p.m.,
John Muir Health Outpa-
tient Center, Brentwood
June 2, 6:30-8:30 p.m.;
June 11, 9:30-11:30 a.m.;

July 9, 9:30-11:30 a.m.;
July 14, 6:30-8:30 p.m.;
Aug. 6, 9:30-11:30 a.m.;
Aug. 23, 6:30-8:30 p.m.,
WHC

**Breastfeeding Your
Multiples**
Aug. 18, 6:30-9 p.m.,
WHC

Car Seat Checkup
Every other Wednesday
and every Thursday.
Appointment required—
please call, WHC

**Childbirth:
Convenience Class**
June 7, 6-9 p.m.; July 12,
6-9 p.m.; Aug. 2, 6-
9 p.m., WHC

**Childbirth: Low
Intervention Childbirth**
Mondays, June 6-27,
6:30-9 p.m.; July 11-
Aug. 1, 6:30-9 p.m. WHC

**Childbirth: Marvelous
Multiples**
Aug. 2 and Aug. 9,
6-9 p.m., WHC

**Childbirth: Online
Preparation**
Ongoing

**Childbirth: Prepared
Childbirth**
June 25, 9 a.m.-4 p.m.;
July 23, 9-4 p.m.; Aug. 2,
9-4 p.m., WHC

Aug. 15 and Aug. 22,
6:30-9:30 p.m., John
Muir Health Outpatient
Center, Brentwood

**CPR: Infant and Child
CPR and Safety**
June 6, 6:30-9:30 p.m.;
June 18, 9:30 a.m.-
12:30 p.m.; July 11,
6:30-9:30 p.m.;
July 16, 9:30 a.m.-
12:30 p.m.; Aug. 1,
6:30-9:30 p.m.; Aug. 20,
9:30 a.m.-12:30 p.m.,
WHC

**CPR: Infant and Child
CPR and Safety for
Grandparents**
July 30, 9-11:30 a.m.,
WHC

**Family Birth Center
Tour**
June 11, 9 a.m.-2 p.m.;
June 28, 5-7 p.m.; July 9,
9-2 p.m.; July 26, 5-
7 p.m.; Aug. 13, 9-2 p.m.;
Aug. 23, 5-7 p.m. Medi-
cal Center, Walnut Creek.
Please call to make
reservations.

Fit4Baby
Every Thursday 5:30-
6:30 p.m., Destination
Maternity

Meet the Pediatricians
July 12, 6:30-8 p.m.,
Destination Maternity

**MuirMommies: Best
Beginnings
(0-3 months)**
Every Tuesday, please
call; WHC

**MuirMommies:
Mommy and Me
(3-12 months)**
Every Thursday, please
call; WHC

Newborn Care
Aug. 24, 6:30-8:30 p.m.,
John Muir Health Outpa-
tient Center, Brentwood
June 11, 12:30-2:30 p.m.;
June 23, 6:30-8:30 p.m.;
July 9, 12:30-2:30 p.m.;
July 28, 6:30-8:30 p.m.;
Aug. 6, 12:30-2:30 p.m.;
Aug. 11, 6:30-8:30 p.m.,
WHC

**Pelvic Floor Strength-
ening for Pregnancy**
June 7, 10:30-11:30 a.m.,
Destination Maternity

**Perinatal Grief Sup-
port Group/Miscarriage
Support**
Please call (510) 273-
9548, WHC

**Postpartum
Depression/Anxiety
Group**
Please call (510) 273-
9548

Pregnancy Nutrition
June 25, 10:30 a.m.-
noon, Destination
Maternity

Prenatal Yoga
Mondays and Wednes-
days, 6:30-7:45 p.m.,
Destination Maternity

Shopping for a Car Seat
June 18, 10-11 a.m.; July
30, 10-11 a.m., Destina-
tion Maternity

Sibling Celebration
June 11, 2-3 p.m.; July
9, 2-3 p.m.; Aug. 13,
2-3 p.m., Destination
Maternity

Stroller Strides
Every Thursday 9:30-
10:30 a.m., Destination
Maternity

**Surviving Your First
Weeks at Home With
Your Baby**
July 19, 6:30-8:30 p.m.,
Destination Maternity

**Teen Pregnancy
Program**
Ongoing, please call;
WHC

**You're Pregnant,
Now What?**
July 16, 10:30-11:30 a.m.,
Destination Maternity

WOMEN'S HEALTH

The Wig Source
Second and fourth
Fridays, 9:30 a.m.-12:30
p.m., WHC





New Breast Health Center Now Open

Breast cancer is a life-changing experience for each woman it touches and her family—that's why breast health must be a priority for all women. You can feel confident in the comprehensive breast health services of John Muir Health.

The new Breast Health Center at John Muir Medical Center, Walnut Creek consolidates services in one convenient, soothing and state-of-the-art location. Each breast cancer patient has the benefit of an integrated treatment plan, guided by patient-centered physicians and a nurse navigator who personalize care every step of the way, from diagnosis and treatment through recovery and survivorship.

In addition to screening and diagnostic services/imaging, our Breast Health Centers in Concord and Walnut Creek provide patient education, genetic counseling/testing, cancer support groups, a lending library and more.

Visit johnmuirhealth.com for more information, or stop by our Breast Health Centers in Walnut Creek or Concord. You may schedule appointments at both locations by calling (925) 947-3322.

Preparing for a New Baby? Sign up for Surviving Your First Weeks at Home With Your Baby

A newborn can introduce a whirlwind of excitement and activity in your life—and plenty of challenges, too. This class will help you deal with the sleepless nights, exhaustion and communication hurdles you may face when you bring your baby home from the hospital. Get tips for surviving—and thriving—during one of life's peak experiences.

When: Tuesday, July 19, 6:30–8:30 p.m.

Where: Destination Maternity, 1604 Mount Diablo Blvd., Walnut Creek

Cost: \$50

For more info and to register: Call (925) 941-7900 or visit johnmuirhealth.com/classes.

WE'VE REDESIGNED OUR WEBSITE

The newly redesigned johnmuirhealth.com is your go-to resource for everything about John Muir Health and relevant information for you and your family. We've made it easier to find details about our services and locations. With other improved online features, you can:

- search, view and register for classes, screenings and support groups
- find a doctor from the home page
- create a custom patient site on CarePages to communicate with loved ones: announce a new baby, report on recovery and more

More improvements are coming. We welcome your feedback on how we can provide a great online experience for you and your family through the "site feedback" link.



1400 Treat Blvd.
Walnut Creek, CA 94597

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John Muir Health

Someone talks.
Someone listens.
It's a good system.

At John Muir Health, we don't just see you as a patient, we see you as a partner. We listen. We explain. And we work together. So if you're looking for a better health care relationship, look to us.



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