

JOHN MUIR HEALTH

Your Local Resource for Living Well
October/November 2011

Inside: Free classes and programs that promote your health

Now's the Time for Open Enrollment
It's Simple to Choose John Muir Health

The Holidays Are Coming

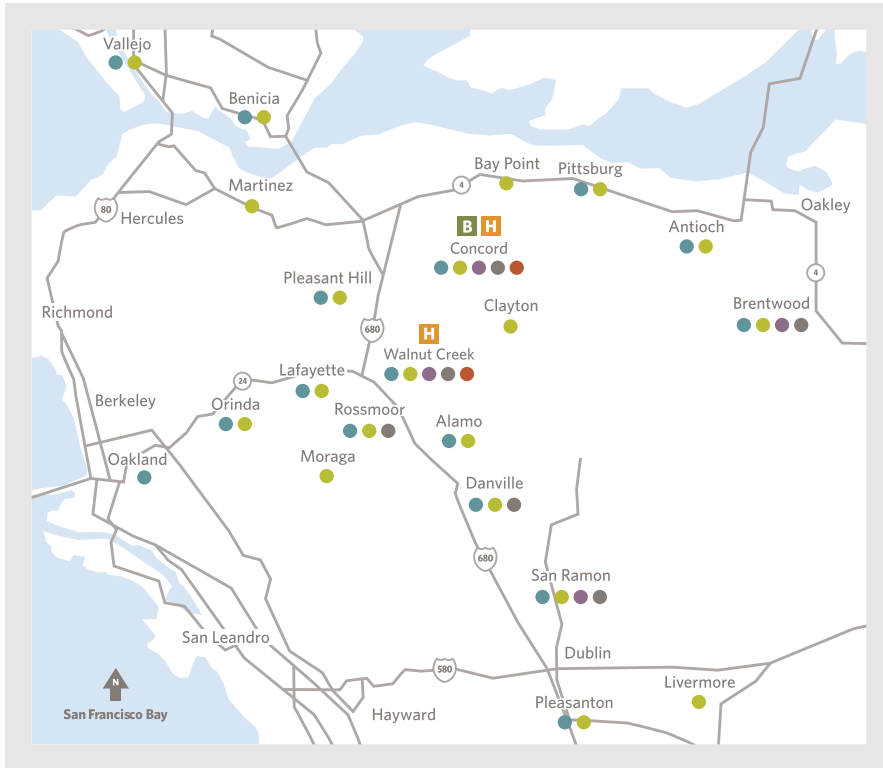
Check our seasonal guide for tips, classes and more that will keep you happy and healthy

pg 3 Get Your Life Back: John Muir Health's Continence Services

pg 5 Fight Breast Cancer: Get Digital Mammograms, Attend Oct. 20 Evening in Pink

pg 15 Sign Up for Diabetes Dialogue: Matters of the Heart

When you need health care, look for John Muir Health



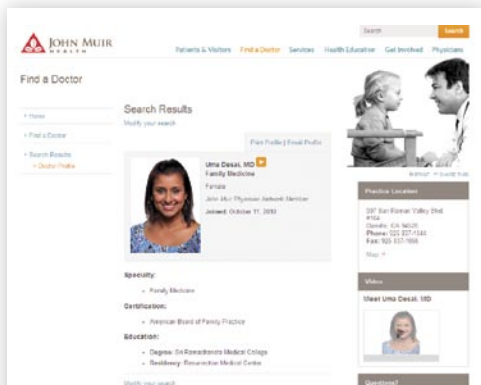
Count on us to support your health and well-being. Visit John Muir Health's many convenient facilities, including hospitals, Urgent Care Centers, lab sites, physicians and outpatient service locations. To find a facility near you, visit johnmuirhealth.com.

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/findadoctor 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.

CONNECT WITH US ON FACEBOOK

Search for "John Muir Health" and "like" our profile to get instant access to need-to-know info and updates about our facilities, programs, services and more.

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



KIDS' CONCUSSIONS

When in doubt, sit them out

Young athletes' concussions are getting more attention nowadays—and with good reason. “What seems like a minor blow to the head can cause disrupted cognitive function, brain swelling, blood vessel damage or, in the worst circumstances, death,” says Dr. Terence Chen, medical director of neurosurgical services at John Muir Health.

This is the reason why coaches, parents and other onlookers should be on alert for symptoms of concussions, including confusion, dizziness, loss of consciousness and/or memory, nausea, headache and uncoordinated movement. “Players with suspected concussions should be evaluated rapidly by qualified medical personnel and should not return to play in the game,” says Dr. Susan Colligan, clinical director of neuropsychology, brain injury and research at John Muir Health. There are no specific medications or therapies to cure these traumatic brain injuries. The brain must be given time to heal. This process can take up to several months, during which time the brain is particularly sensitive and vulnerable to second injuries.

Injury prevention is also important. Parents should make sure kids wear recommended helmets for sports. Helmets should fit properly (covering the forehead to protect the brain's frontal lobe) and have chin straps. Kids should also wear helmets when they use bikes, skateboards, skates, skis or snowboards or ride in snowmobiles or ATVs.

Want more tips? Visit the Centers for Disease Control and Prevention website at cdc.gov/concussion/HeadsUp/youth.html.

GO | John Muir Health offers one of Northern California's most comprehensive programs for care of brain injury and other neurological disorders. For more information, please visit johnmuirhealth.com/braininjury.

We Rank Among the Nation's Best

For the fifth consecutive year, John Muir Medical Center, Walnut Creek ranks among the top 50 in the nation for orthopedics and gastroenterology, according to *U.S. News & World Report's* latest “America's Best Hospitals” list and metropolitan area hospital rankings. Recognized as high-performing hospitals, John Muir Medical Center, Walnut Creek ranks No. 2 and John Muir Medical Center, Concord ranks No. 3 among the San Francisco metropolitan area's 45 hospitals. The two hospitals have 19 services nationally ranked or rated as high performing. For more details, visit usnews.com.

2 of 3 people

That's the proportion of individuals who experience loss of bladder control symptoms and don't use any treatment or product to manage their incontinence. *Source: National Association for Continence*

GO | Get Your Life Back: John Muir Health's Center for Women's Continence & Pelvic Health offers programs, classes and services in a safe, supportive setting. For more information, visit johnmuirhealth.com/getrelief or call (925) 941-7900 to talk privately to a John Muir Health professional.

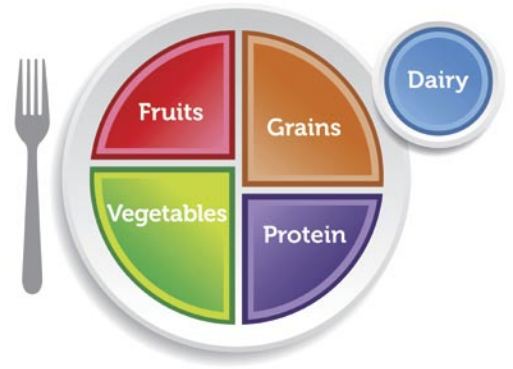
Your Time to Choose John Muir Health

Get convenient, top-quality health care

If it's open-enrollment time at your job, it's a great opportunity for you to select the best health care for you and your family. For a better health care relationship, choose a health plan that lets you choose John Muir Health. Here's why:

- **We partner with you to optimize your health.** Doctors, nurses and staff at John Muir Health listen to your concerns, explain things to you and work with you to build a vital health care relationship.
- **Our health system offers a full range of medical services.** These include primary care, lab and imaging services, plus two hospitals, a behavioral health center and four urgent care centers.
- **More than 900 physicians are at your service.** Choose primary care, OB/GYN, pediatric and other specialists from across Contra Costa County and parts of Alameda and Solano counties.
- **It's easy to find a doctor and stay in touch.** Visit our website's user-friendly Find a Doctor section to view physician videos and choose the right doctor for you. Use our free, online service to communicate securely with your John Muir Health physician's office, including requests for appointments, prescription refills and more.
- **John Muir Health offers top-quality hospitals and services.** John Muir Health's medical centers in Walnut Creek and Concord have been named, respectively, No. 2 and No. 3 in the Bay Area by *U.S. News & World Report*. Nine out of 10 people would recommend their own John Muir Health doctor.

GO | Selecting the right health plan and a John Muir Health primary care physician is the key step. To get answers to your questions or get more information, call (925) 952-2887 or visit johnmuirhealth.com/choose.



Hello, MyPlate Goodbye, Food Pyramid

Top tips from the USDA's new healthful eating guide: Avoid over-size portions—make half your plate fruits and vegetables and at least half your grains whole grains. Opt for fat-free or low-fat (1 percent) milk and foods with lower sodium. Nix sugary drinks; go with water instead.

Healthy Habits, From the Start

John Muir Health offers a comprehensive range of pediatric nutrition services, support programs and classes for the prevention and treatment of infant, childhood and adolescent nutritional issues up to age 20—whether your child is a picky eater or has food allergies, gluten sensitivity, or IBS (irritable bowel syndrome), or you are seeking general nutrition advice.

For more info, call (925) 941-7900 or visit johnmuirhealth.com and search "Pediatric Nutrition."

(Please check with your insurance plan to see if pediatric nutrition services are covered.)



Not Your Mother's Mammogram

Today's digital mammography provides clearer imaging and uses less radiation

John Muir Health offers state-of-the-art digital mammography, which provides several benefits over conventional film mammography. Digital mammograms:

- Give the radiologist a clearer view. A doctor can view a digital mammogram on a computer screen and adjust its size, brightness or contrast to see particular areas more clearly.
- Use less radiation. A study by the American College of Radiology Imaging Network (ACRIN)—with more than 49,500 women, one of the largest breast screening trials ever conducted—showed that digital mammograms expose patients to about 22 percent less radiation than conventional film mammography, on average.
- Are better at detecting breast cancer in younger women. The ACRIN study also showed that up to 28 percent more cancer was visible in digital mammography than film mammography in women 50 and younger, premenopausal and perimenopausal women, and women with dense breasts.

GO To schedule a mammogram at John Muir Health, call (925) 952-2701 Monday through Friday, 8 a.m.–5:30 p.m. A signed physician order is needed at the time of the appointment. To view our mammogram locations, visit johnmuirhealth.com/mammograms.

Go Pink! Enjoy an Evening in Pink—Every Woman Counts on Oct. 20, 6–9 p.m. Support John Muir Health's Breast Health Services and learn about the programs and treatments we offer. Pick up a free gift at John Muir Health's Women's Health Center, then tour participating downtown Walnut Creek businesses, including those offering signature drinks, appetizers or discounts/promotions for event guests. Proceeds support John Muir Health's Breast Health Services and the Every Woman Counts Program, which provides free education, screenings, and breast and cervical health services to low-income, uninsured or underinsured women in Contra Costa County.

Event cost: \$30 with advanced registration, \$35 at the door

For more info, call (925) 941-7900 or visit johnmuirhealth.com/classes.



How To

QUIT SMOKING—FOR GOOD

Are you ready to try today's effective cessation techniques?

The American Lung Association estimates that by 2009, 49.9 million U.S. adults had joined the ranks of former smokers. "We are seeing better outcomes than ever," says Cynthia Corbett, certified smoking cessation specialist and facilitator of John Muir Health's Beat the Pack Smoking Cessation class. "Research confirms that the combination of medication and support increases the odds for success and can help even the most habitual smoker quit for good."

These medications are now FDA-approved for smoking cessation:

- Nicotine patches (over-the-counter, or OTC)

- Nicotine gum (OTC)
- Nicotine lozenges (OTC)
- Nicotine nasal spray (prescription)
- Nicotine inhaler (prescription)
- Zyban (bupropion SR), a non-nicotine medication (prescription)
- Chantix (varenicline tartrate), non-nicotine medication (prescription)

Nicotine replacement therapy (NRT) reduces withdrawal symptoms and cravings by providing a lower amount of the nicotine found in cigarettes. Non-nicotine prescription medicines affect brain chemistry in a different way but also reduce cravings and decrease the pleasure of smoking.

If you're ready to be an ex-smoker, John Muir Health can help. We will

provide education and support while you are quitting and beyond. Sign up for our Beat the Pack Smoking Cessation class: Dec. 10, 9 a.m.-1 p.m. at John Muir Medical Center, Concord. The fee is \$40.

Remember: "Smoking harms almost every organ of the body and can cause or increase the risk of cancer, heart disease, stroke and more," says Corbett. "No matter when you quit, it can benefit your health. And that's the very best reason to do it today."

To learn more information about smoking cessation, please visit johnmuirhealth.com/readytoquit and smokefree.gov.

GO | Come to John Muir Health's Pulmonary Health Fair, Oct. 22, 8 a.m.-1 p.m., at John Muir Medical Center, Concord. This free community event will provide you with vital information about your lung health. Our specialists will lecture on pertinent topics, highlighting the most up-to-date information on all aspects of lung health. There will be time for questions, an opportunity for free screenings and informational booths. Call (925) 947-4447 to register (phone line opens on Oct. 1) or visit johnmuirhealth.com/classes.



Find insights into ways to successfully navigate the challenges of a loved one's cancer journey in the following Q&A with Dr. Esther Catalya, medical oncology director at John Muir Health.

Q: What are some of the impacts that a cancer diagnosis can have on loved ones?

EC: Expect a wide range of emotions—shock, anxiety, grief, anger and helplessness are all common reactions. For a patient's spouse or partner, a diagnosis can strain the relationship, but it can also deepen the bond. Bear in mind that many things are likely to change: the division of responsibilities, financial worries, sexual intimacy, plans for the future. Open, honest communication can greatly reduce the stress that comes with illness.

It's also important to remember that loved ones should not overlook their own well-being. Exercise, rest, a healthy diet and support groups can help frazzled caretakers and supporters stay in top form.

Q: How may children be affected by a parent's cancer diagnosis?

EC: Children will naturally sense that something is wrong, and they need truthful information to help them cope. Keep the explanation age-appropriate, offer as much reassurance as you can, and encourage them to talk about their feelings. Try to maintain your children's daily routines, and seek support for them if they are having difficulties adapting.

Q: What are some things friends and family can do to help?

EC: A loved one can assist during treatment in many ways, from doing housework to driving to and from the hospital. It also can be very helpful to accompany patients to doctors' appointments, to ask questions and take notes on the treatment plan.

Often, patients feel overwhelmed by the number of people in their lives who want updates. A friend or family member may volunteer to serve as a spokesperson and write group e-mails. CarePages, available on johnmuirhealth.com, is an online tool for creating a DIY private Web site and reaching many people at once. A loved one could assume responsibility for handling the communications—and the entire family will feel better for it.

CANCER AND LOVED ONES

A cancer diagnosis can be overwhelming, not only for the patient but also for friends and family



GO | Attend **Cancer for Two**, a free session taught by Dr. Alan Brast, Ph.D., C.C.H.T., at John Muir Health's Women's Health Center on Tuesday, Oct. 4, 6:30–8 p.m. To register, please call (925) 941-7900 or visit johnmuirhealth.com/classes.

A roasted turkey with stuffing and rosemary in a white bowl. The turkey is the central focus, surrounded by stuffing and fresh rosemary sprigs. The background is a warm, reddish-brown color with decorative white diamond patterns.

Healthy Holiday Meals

Do the Math

How much exercise would you need to do to burn off the average Thanksgiving dinner, which weighs in at 2,000 calories?

- 4 hours of aerobics
- 3.5 hours of basketball
- 5 hours of hiking
- 7 hours of walking

Source: mayoclinic.com

Customize your feast to meet the needs of everybody at the table—with the help of experts at John Muir Health

Gearing up for holiday meals used to be a whole lot simpler. Apart from dealing with the usual family rivalries and grudges, you'd cook the traditional meal, and that was that.

Nowadays, you've got everyone's dietary concerns to consider. Heart-healthy, low-carb, gluten-free, vegetarian—it's enough to make you feel like you need a team of dietitians to put the meal together.

The good news is we're seeing huge advances in ways to address health concerns with diet modification. Even better news: The food you make can still be delicious and not all that complicated. Check these and the following pages for some valuable tips on ways to make wonderful food that will work for you and everyone at your holiday table.

Heart-Healthy Cooking

Cutting down on salt is an important part of cooking heart-healthy. Avoiding salt keeps the body from retaining excess fluid and burdening the cardiovascular system. Keep in mind the following spices, herbs and other flavorful ingredients as alternatives to salt. They're listed below with savory holiday foods that liven up beautifully with their addition, but if other combinations speak to you, go for it!



Allspice: meats, gravy
Basil: meat, salad, soup
Bay leaves: poultry and other meats, soups
Chives: salads, soups, vegetables
Cider vinegar: salads, sauces
Cinnamon: breads, pie crust
Curry: poultry, butternut squash
Dill: soups, cabbage, carrots, cauliflower, green beans, cucumbers, potatoes, salads
Garlic: meats, soups, salads, vegetables, potatoes

Lemon juice: salads, vegetables
Mustard: salads, Brussels sprouts, cabbage
Nutmeg: potatoes, winter squash
Onion: meats, vegetables, salads, soups
Parsley: poultry, meats, soups, salads, vegetables
Rosemary: meats, stuffing, potatoes, peas, lima beans
Sage: poultry, biscuits, green beans, lima beans, onions
Thyme: stuffing, soups, onions, peas, salads

GO Find out what to eat to reduce your risk of heart disease in John Muir Health's Cardiac Nutrition class on Mondays, Nov. 7 and Dec. 5, from 5–6 p.m. For more information, call (925) 674-2518, or visit johnmuirhealth.com/classes.



Healthy Holiday Meals

No Meat? No Worries!

If you have vegetarians at your holiday table, you can help them keep up their healthy eating by emphasizing certain foods. You may not be able to meet every nutritional need, but you can provide some foods that go a long way toward balancing a meat-free diet. Keep these facts in mind as you plan your menu:

- Dark green vegetables, such as turnip and collard greens, kale, and broccoli, provide calcium.
- Dried beans and peas; whole grains; dried fruit; and dark, leafy green vegetables are good sources of iron.
- Soy products and meat substitutes (tofurkey, anyone?), legumes, lentils, nuts, seeds and whole grains provide protein.

***Vegetarian holiday showstopper:** roasted acorn squash filled with a stuffing of wild rice, chopped chard, pecans and dried cranberries.

Eat Well, Be Well

Learn how to shop for healthy foods and prepare quick, easy and delicious meals at two Saturday morning classes led by Alison Negrin, John Muir Health’s executive chef and Chez Panisse alum, and Susie Howard, a John Muir Health registered dietitian.

- Seasonal Harvest, Oct. 29, 10 a.m.–noon
- Healthy Holiday Cooking, Dec. 3, 10 a.m.–noon

For more information, go to johnmuirhealth.com/classes and search “Eat Well, Be Well,” or call (925) 941-7900.

Still a Treat: Low-Sugar Dessert

This recipe, recommended by John Muir Health dietitians, calls for very little sugar. Taste your fruit, however; if it’s very sweet and flavorful, you may be able to cut down even further. Use a sugar substitute if you like, and you can always use half whole-wheat flour to make all your holiday food healthier. Also, remember to keep dessert portions small.

Apple-Pear Crisp / 10–12 servings

FILLING

- 4 pounds apples and pears, cored and cut
- 2 tablespoons flour (1 tablespoon whole wheat)
- ½ teaspoon cinnamon
- ¼ teaspoon freshly ground nutmeg
- ¼ teaspoon salt
- 2 teaspoons lemon juice

Preheat oven to 450 degrees. Grease an 11-by-14-inch baking dish. Put the fruit in a large bowl and sprinkle with remaining filling ingredients. Place evenly in baking dish.

TOPPING

- 1¼ cups flour (½ cup whole wheat)
- ⅓ cup sugar
- ½ teaspoon salt
- ½ cup tub margarine

Stir dry ingredients together. Put spoon-size pats of margarine on top and blend, using a pastry blender or your fingers, until the texture is granular with a few small lumps. Sprinkle the topping over the fruit, and bake for 15 minutes before reducing the oven temperature to 350 degrees. Then bake about 30 minutes more, until the topping is golden and the fruit is tender.





Expert Tips for Cooking Gluten-Free

Talking about gluten-free diets seems to be on the upswing among parents and foodies, but cooking gluten-free can be a little intimidating, especially at first. Pat Morris M.P.H., R.D., clinical nutrition manager for John Muir Health, offers some straightforward advice in the following Q&A.

Q: What adaptations can be made to convert typical holiday dishes into gluten-free fare?

A: An important thing to remember is to keep any gluten-free food separate. Don't, for instance, put regular bread stuffing into a turkey and then serve the turkey to someone who needs to eat gluten-free. Cook that stuffing separately in a baking dish.

Q: Are there typical danger spots that people don't think of, where the food they're making contains gluten and they don't know it?

A: Check labels for any indication that there's wheat, rye or barley. (FYI: Some oats are contaminated with wheat.) If you're unsure, then opt for a product that is labeled gluten-free; they are coming up with so many these days.

Q: Are all potatoes, vegetables and meat OK?

A: Potatoes are fine, fresh vegetables and fresh meats are fine. But watch out for any ready-made products that might have a sauce that's thickened with wheat, barley or rye. Also, if you buy preserved meat, be sure to read the label and check for any disallowed ingredients.

Q: Are there some go-to ingredients that could help the first-time gluten-free cook?

A: Use cornstarch or tapioca instead of wheat flour as a thickener. Other good foods to have around during the holidays are sweet potatoes, quinoa, nuts, dried beans and peas.

GO | Learn to cook gluten-free holiday dishes at a Lafayette Community Center class on Thursday, Oct. 20, 6:30–9:30 p.m. For more info, visit lafayetterec.org or call (925) 284-2232.

FIND GREAT CLASSES & PROGRAMS AT JOHN MUIR HEALTH

Many are free and in 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, 7-8:30 p.m., Cancer Support Community

Breast Cancer Support Group
Second and fourth Thursdays, 11 a.m.-12:30 p.m., Cancer Support Community

Cancer for Two
Oct. 4, 6:30-8 p.m., WHC

Colorectal Cancer Group
Second Wednesday, 4-5:30 p.m., Cancer Support Community

An Evening in Pink: Every Woman Counts
Oct. 20, 6-9 p.m., WHC

Gynecologic/Ovarian Cancer Support Group
First and third Thursdays, 11 a.m.-12:30 p.m., Cancer Support Community

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, 6-7:30 p.m., Cancer Support Community

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

Lymphedema Support Group
Oct. 8, 10-11:30 a.m., Medical Center, Concord

Pediatric Oncology Support Group
First Monday, 6-8 p.m., Medical Center, Walnut Creek. Please call (925) 947-5272.

Pulmonary Health Fair
Oct. 22, 8 a.m.-1 p.m., Medical Center, Concord

CONTINENCE

Pelvic Floor Strengthening
Oct. 17, 5:30-6:30 p.m.; Nov. 21, 10-11 a.m.; Dec. 19, 5:30-6:30 p.m., WHC

Taking Back Control
Oct. 5, 6-8 p.m.; Nov. 3, 10 a.m.-noon; Dec. 7, 6-8 p.m., WHC

GENERAL HEALTH AND PREVENTION

Diabetes Dialogue: Matters of the Heart
Oct. 26, 5:30-8:30 p.m., Medical Center, Walnut Creek

Diabetes Support Group
Sponsored by the American Diabetes Association (ADA)

Fourth Tuesday, 7-8:30 p.m., Medical Center, Concord

Second Saturday, 9:30-11:30 a.m., Medical Center, Walnut Creek

Insulin Pump Support Group
Call (925) 941-5076 for dates and times; Medical Center, Walnut Creek

Beat the Pack Smoking Cessation
One-day class, Dec. 10, 9 a.m.-1 p.m., Medical Center, Concord

HEART HEALTH

Blood Pressure Screening
Oct. 3, Nov. 7, Dec. 5, 9:30-11 a.m., Pleasant Hill Senior Center

Oct. 27, Nov. 17, Dec. 22, 11 a.m.-noon, Alcosta Senior Center, San Ramon

Third Monday, 10-11:30 a.m., John Muir Health Outpatient Center, Tice Valley/Rossmoor

Third Monday, 11 a.m.-noon, Ambrose Community Center
Nov. 17, Dec. 15, 10-11:30 a.m., Jewish Community Center, Walnut Creek

Oct. 17, Nov. 21, 10-11 a.m., Antioch Senior Center

Oct. 19, Nov. 16, 9:30-10:15 a.m., Brentwood Senior Center

Second Thursday, 12:30-1 p.m., Lafayette Senior Center

Second Wednesday, 9:30-11 a.m., Walnut Creek Senior Center

Third Friday, 9:30-11:30 a.m., Concord Senior Center

Second Tuesday, 10 a.m.-noon, First Presbyterian Church, Concord

Oct. 3, Oct. 17, Nov. 7, Dec. 5, 10-11 a.m., Danville Senior Center
Oct. 17, Nov. 14, Dec. 12, 9-10:30 a.m., Martinez Senior Center

Third Friday, 10:30-11:30 a.m., Pittsburg Senior Center
Monday-Friday, 9 a.m.-5 p.m., WHC

Cardiac Nurse Education
Call (925) 941-7965; WHC

Cardiac Nutrition Class
First Monday, 5-6 p.m., Medical Center, Concord

Comprehensive Heart Screening
Call (925) 941-7965; WHC

Full Lipid and Glucose Screening
Call (925) 941-7965; WHC

Mended Hearts Support Group
Oct. 13, Dec. 8, 7-8:30 p.m., Medical Center, Concord
Nov. 10, 7-8:30 p.m., Medical Center, Walnut Creek

Online Heart Risk Assessment
Visit johnmuirhealth.com/heart; WHC

Women's Heart Spa Package
Call (925) 941-7965; WHC

MIND AND BODY WELLNESS

Banishing the Blues
Dec. 13, 6:30-8 p.m., WHC

Managing Insomnia
Oct. 27, 9:30-11 a.m., Medical Center, Concord
Nov. 21, 6:30-8 p.m., WHC

Managing Stress and Anger Series
Nov. 7 and Nov. 14, 6:30-8:30 p.m., WHC

Massage Therapy
Please call; WHC

The Mind-Body Connection
Nov. 8, 6:30-8 p.m., WHC

Mindfulness Training
Oct. 11, 6:30-8 p.m., WHC

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

Seven Steps to Wellness
Nov. 17, 9:30-11 a.m., Medical Center, Concord

Stress Management for All
Oct. 24, 6:30-8 p.m., Medical Center, Concord

NUTRITION AND WEIGHT MANAGEMENT

Age-Proof Your Skin With Nutrition
Oct. 18, 6:30 p.m.-8 p.m., WHC

Eat Well, Be Well: Seasonal Harvest
Oct. 29, 10 a.m.-noon, Medical Center, Walnut Creek

Eat Well, Be Well: Healthy Holiday Cooking
Dec. 3, 10 a.m.-noon, Medical Center, Concord

Metabolic Nutrition Program
Call (925) 933-3438 for details; 2255 Ygnacio Valley Road, Suite N, Walnut Creek

Sugar Shock
Oct. 28, 9:30-11 a.m., WHC

Contra Costa Celebrity Cooking Class
Oct. 8, 11 a.m.-2 p.m., Pittsburg Senior Center

Weight Loss Surgery Seminar
Second Wednesday, 6-7:30 p.m., Medical Center, Concord
Register with our form or call (800) 710-6111.

OLDER ADULT

AARP Driver Safety Training
Nov. 8, 8:30 a.m.-1 p.m., Medical Center, Concord
Oct. 15, 8:30 a.m.-5 p.m.; Nov. 12, 8:30 a.m.-1 p.m.; Dec. 17, 8:30 a.m.-5 p.m., Medical Center, Walnut Creek

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 Senior Services**
3480 Buskirk Ave., #100, Pleasant Hill
- **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

Advance Health Care Directives

Oct. 6, 9:30 a.m.-11:30 a.m., Medical Center, Concord
Dec. 7, 9:30 a.m.-11:30 a.m., Medical Center, Walnut Creek
Nov. 15, 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?
Oct. 18, 9 a.m.-noon;
Oct. 19, 1-4 p.m.; Nov. 15, 9 a.m.-noon; Nov. 16, 1-4 p.m.; Dec. 13, 9 a.m.-noon; Dec. 15, 1-4 p.m., John Muir Health Outpatient Center, Brentwood. Appointment required; call (925) 947-3300.

Oct. 18, 9 a.m.-noon;
Oct. 19, 1-4 p.m.;
Nov. 15, 9 a.m.-noon;
Nov. 16, 1-4 p.m.; Dec. 13, 9 a.m.-noon; Dec. 15, 1-4 p.m., John Muir Health Outpatient Center, Tice Valley/Rossmoor. Appointment required; call (925) 947-3300.

Oct. 18, 9 a.m.-noon;
Oct. 19, 1-4 p.m.; Nov. 15, 9 a.m.-noon; Nov. 16, 1-4 p.m.; Dec. 13, 9 a.m.-noon; Dec. 15, 1-4 p.m., Senior Services Office. Appointment required; call (925) 947-3300.

Stroke Support Group
Second Monday, 7-9 p.m., Medical Center, Concord

Second Monday, 7-9 p.m., Medical Center, Walnut Creek

Welcome to Medicare
Oct. 12, Nov. 9, Dec. 14, 7-9:30 p.m., Medical Center, Walnut Creek

PARENTING AND CHILDREN'S HEALTH

MuirMommies: Best Beginnings (0-3 months)
Every Tuesday, WHC. Please call to register.

MuirMommies: Mommy and Me (3-12 months)
Every Thursday, WHC. Please call to register.

MuirMommies: Back to Work (Moms of babies 3-12 months)
Second and fourth Wednesdays, 6:30-7:30 p.m., WHC. Call for more information.

Loving Solutions
Tuesdays, Oct. 11-Nov. 29 (except Nov. 22), 4-6 p.m., John Muir Health Outpatient Center, Brentwood
Wednesdays, Oct. 12-Nov. 30 (except Nov. 23), 4-6 p.m., WHC
Registration required.

Parent Project Sr.
Tuesdays, Oct. 11-Dec. 20, 6:30-9 p.m., John Muir Health Outpatient Center, Brentwood
Wednesdays, Oct. 12-Dec. 21, 6:30-9 p.m., WHC
Registration required.

Pediatric Emergencies: Common Childhood Injuries and Accidents
Oct. 13, 6:30-8 p.m., WHC

Pediatric Nutrition
Please call; WHC

PREGNANCY TO NEWBORN

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

Breastfeeding Support Services
Please call; WHC

Breastfeeding Your Infant
Oct. 1, 9:30-11:30 a.m.;
Nov. 3, 6:30-8:30 p.m.;
Dec. 10, 9:30-11:30 a.m., WHC

Nov. 17, 6:30-8:30 p.m., John Muir Health Outpatient Center, Brentwood

Breastfeeding Your Multiples
Nov. 17, 6:30-9 p.m., WHC

Car Seat Checkup
Every Wednesday and every other Thursday, WHC. Please call or go online.

Childbirth: Convenience Class
First Tuesday, 6-9 p.m., WHC

Childbirth: Low Intervention Childbirth
Mondays, Nov. 14-Dec. 5, 6:30-9 p.m., WHC

Childbirth: Marvelous Multiples
Nov. 1 and Nov. 8, 6-9 p.m., WHC

Childbirth: Prepared Childbirth
Oct. 22, Nov. 26, Dec. 17, 9 a.m.-4 p.m., WHC

Nov. 7 and Nov. 14, 6:30-9:30 p.m., John Muir Health Outpatient Center, Brentwood

Cord Blood Banking: Is It Right for Your Family?
Nov. 19, 10:30-11:30 a.m., Destination Maternity

CPR: Infant and Child CPR & Safety
Oct. 3, 6:30-9:30 p.m.;
Nov. 19, 9:30 a.m.-12:30 p.m.; Dec. 5, 6:30-9:30 p.m., WHC

CPR: Infant and Child CPR and Safety for Grandparents
Nov. 5, 9-11:30 a.m., WHC

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

Newborn Care
Oct. 1, 12:30-2:30 p.m.;
Oct. 13, 6:30-8:30 p.m.;
Nov. 5, 12:30-2:30 p.m.;
Nov. 17, 6:30-8:30 p.m.;
Dec. 8, 6:30-8:30 p.m.;
Dec. 10, 12:30-2:30 p.m., WHC

Nov. 15, 6:30-8:30 p.m., John Muir Health Outpatient Center, Brentwood

Prenatal Yoga
Every Monday and Wednesday, 6:30-7:45 p.m., Destination Maternity

Shopping for a Car Seat
Oct. 22, 10-11 a.m.;
Nov. 22, 6:30-7:30 p.m.;
Dec. 20, 6:30-7:30 p.m., Destination Maternity

Sibling Celebration
Oct. 8, Nov. 12, Dec. 10, 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
Nov. 16, 6:30-8:30 p.m., WHC

Teen Pregnancy
Please call; WHC

Family Birth Center Tour
Oct. 8, 9 a.m.-12:30 p.m.;
Oct. 25, 5-7 p.m.;
Nov. 12, 9 a.m.-12:30 p.m.;
Nov. 22, 5-7 p.m.;
Dec. 10, 9 a.m.-12:30 p.m.;
Dec. 27, 5-7 p.m., Medical Center, Walnut Creek.
Appointment required.

WOMEN'S HEALTH

The Wig Source
Second and fourth Fridays, 9:30 a.m.-1:30 p.m., WHC.
Appointment required.

New Urgent Care Address for You

John Muir Health's Urgent Care Center in Concord moved to a new location in August. Add this info to your address book or cell phone contacts so you'll have it when you need it:

Urgent Care Center, Concord
2700 Grant St., Suite 110
Concord, CA 94520
(925) 674-2500

Diabetes Dialogue: Matters of the Heart

Get insight into heart-healthy approaches for better living with diabetes on Oct. 26, 5:30–8:30 p.m., at John Muir Medical Center, Walnut Creek. At this free presentation, Dr. Douglas Zlock, medical director, John Muir Health Diabetes Center, Walnut Creek, will discuss the link between diabetes and heart disease, and Dr. Kristine Batten will talk about understanding heart disease, risk factors and risk reduction. To make a reservation for this American Diabetes Association co-sponsored event, call (510) 654-4499, ext. 7531. To learn more about John Muir Health's diabetes services, call (925) 941-5076 or visit johnmuirhealth.com/diabetes.



Trade Notes With Parents

Loving Solutions® (for parents of kids ages 4 to 12) and Parent Project Sr.® (for parents of kids ages 13 and up) classes start Oct. 11 and 12

Loving Solutions (seven-week series) and Parent Project Sr. (10-week series) are available at John Muir Health's Women's Health Center in Walnut Creek and John Muir Health Outpatient Center, Brentwood. These interactive classes can help you prevent or intervene in your child's negative choices. More insights from Gabriel Welcher, the program's co-facilitator and John Muir Health clinical outreach coordinator:

Q: Who can benefit from these classes?

GW: Anyone can benefit—whether you're from a nuclear, blended or single-parent family. More than anything, this program is about being proactive and less reactive.

Q: What do you say to someone who's reluctant to talk publicly about family matters?

GW: I tell them that they'd be surprised how many other parents feel frustrated and isolated and that they're not alone. This workshop is intended to provide support, parent to parent.

Q: What do the sessions entail?

GW: Group discussions and a parent-created curriculum that's been used across the country for 20 years. We talk about a variety of things—love and affection, the difference between the strong-willed and the compliant child, helping kids who are having difficulty in school, and more. We've been getting lots of positive feedback. People often say that they wish they'd come sooner!

To register for the \$90 series, visit johnmuirhealth.com/classes or call (925) 941-7900.

These parenting classes are a program of John Muir Health's Behavioral Health Center, which provides a full range of inpatient and outpatient psychiatric services for patients of all ages. For more information, please call (925) 674-4100 or visit johnmuirhealth.com/behavioralhealthcenter.

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.