

JOHN MUIR HEALTH

Your Local Resource for Living Well
March–May 2012

**Women's
Nights Out:**
Wine, Women
and Chocolate,
March 29
Mom and the City,
May 11

Inside: Free Classes and
Programs—Sign Up, Feel
Better, Have Fun

A User's Guide to Health Care

Explore key steps on your path
to better health

pg 5 Need a Hip Replacement?

pg 7 Giving Birth After a C-Section

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Colorectal Cancer



JOHN MUIR
HEALTH



Yoga, Anyone?

A typical regimen combines physical postures with breathing and relaxation techniques

The mind-body practice of yoga may have origins in ancient Indian philosophy but it's enjoying popularity now as a means for boosting health. An estimated 6 percent of U.S. adults used yoga for health purposes in the previous 12 months, according to a recent National Health Interview Survey. Among yoga's possible medical benefits:

Reduces stress. Yoga's movements and breathing are meant to draw your focus away from your to-do list and toward mental balance. What's more, that new state of calm may lower your heart rate and your blood pressure.

Builds fitness. As you master more poses, your balance, flexibility and strength can improve. This can help with weight control and can lower your risk for injury.

Eases aches and pains. Lower back pain, nausea and even headaches can be treated with yoga.

Helps manage chronic conditions. Yoga has been shown to help patients battling cancer, depression, pain, anxiety and insomnia by improving sleep issues, fatigue and general mood.

Sources: nccam.nih.gov, mayoclinic.com, webmd.com

GO To register for Prenatal Yoga (Mondays and Wednesdays, 6:30–7:45 p.m., Destination Maternity, Walnut Creek), visit johnmuirhealth.com/classes. To find out more about John Muir Health's comprehensive services for expectant parents, visit johnmuirhealth.com/pregnancy or call John Muir Health's Women's Health Center at (925) 941-7900.

Energy Drinks: Not Kid-Friendly

Canned energy drinks that are popular with kids and teens looking for extra stamina can contain more than 500 milligrams of caffeine, or as much as in 10 cans of soda, and can cause high blood pressure, an accelerated heart rate and insomnia, according to a recent American Academy of Pediatrics (AAP) report. A point of comparison: Medical experts suggest that adults limit caffeine intake to 200 milligrams per day. Caffeine affects kids more profoundly, experts say, because generally they weigh less.

The AAP report also discourages letting kids drink sports beverages meant to replace electrolytes lost through sweating unless they're engaging in strenuous physical exercise. Otherwise, the AAP advises kids to drink water to avoid sports drinks' calories and sugar, which can cause weight gain, obesity and tooth decay.



GO John Muir Health offers a wide range of children's nutrition services, support programs and classes. Physician referral may be required. To learn more, please visit johnmuirhealth.com/childrens nutrition or call (925) 941-7900.



Use Your Diet to Regain Control

Avoiding certain beverages and foods can help to calm an overactive bladder

Did you know that more than 80 percent of women who experience bladder leaks can be cured or treated successfully? Eliminating specific beverages or foods can help, but figuring out exactly what works for you may involve trial and error. Some options:

- **Cut the acid.** Citrus fruits and juices can be bladder irritants, which can cause bladder muscles to spasm. Spicy foods can have the same effect.
- **Manage your fluid intake.** You should drink enough water to avoid dehydration, but instead of guzzling large amounts of fluid at one time, try spreading out your intake during the day. Limit your drinking after dinner if you get up to use the bathroom more than twice per night.
- **Lose the caffeine.** Caffeinated beverages (colas, tea, coffee) and foods (chocolate) stimulate the bladder and act as diuretics, which increase elimination of water from the body and boost the urge to urinate. Alcohol also acts as a diuretic, experts say, and can reduce bladder control.

Sources: nafc.org, voicesforpfd.org, webmd.com

GO | To register for the Nutrition to Treat Incontinence class on April 12, visit johnmuirhealth.com/classes or call (925) 941-7900. For more info about John Muir Health's Center for Women's Continence & Pelvic Health, visit johnmuirhealth.com/getrelief or call (925) 941-7900 to talk privately to a John Muir Health professional.

Wine, Women and Chocolate—Desirable Bliss

Sexual wellness is an important component of your overall health. Join John Muir Health for a decadent, engaging and free night out (March 29, 6–9 p.m., Lafayette Library, 3491 Mount Diablo Blvd., Lafayette), as we demystify myths about female desire and restore your confidence in having a pleasurable sexual life. Enjoy a complimentary glass of wine and chocolate and presentations by:

- **Sandra Lindholm**, Psy.D., N.P., licensed clinical psychologist and sex therapist
 - From our Center for Women's Continence & Pelvic Health: **Lisette McEwen**, physical therapist, and **Rachael Cabreira**, manager and family nurse practitioner
- Space is limited and registration is required. To register, call (925) 941-7900 or visit johnmuirhealth.com/classes. Note: We request that only women register for this seminar, due to its private and sensitive nature.



2 out of 3 women

Almost two-thirds of U.S. women who die of coronary heart disease had no previous symptoms. A healthy lifestyle can help you beat those odds. Experts recommend eating healthy, staying active, being smoke-free and getting regular checkups.

Source: *cdc.gov*

GO John Muir Health provides heart-healthy resources such as the Women's Heart Program (individualized medical, nutrition and exercise plans) and the Women's Heart Spa Package (mammogram, heart disease risk assessment, massage or facial). For more info, visit johnmuirhealth.com/womensheart or call (925) 941-7965.



Need Hip Replacement?

If your hip has been damaged by arthritis or an injury, even simple activities can be painful. In some cases, surgery to replace the damaged hip joint with an artificial joint can help. To find out if you may be a candidate for hip replacement surgery, take this quiz:

1. You might benefit from hip replacement surgery if:
 - a) pain inhibits your ability to walk or bend.
 - b) you get little relief from anti-inflammatory medication or changes in your everyday activities.
 - c) hip stiffness makes it difficult to move or lift your leg.
 - d) All of the above
2. Hip replacement surgery has improved in the following way(s):
 - a) The procedure can be done using leading-edge technologies, including minimally invasive surgery and types of anesthesia reducing recovery time.
 - b) Artificial joints can match patients' needs and expectations.
 - c) Hospital stays following the procedure are shorter.
 - d) All of the above
3. Today, adults of all ages get hip replacements. Hip replacement patients who are age 45 to 64 now account for:
 - a) 20 percent of patients.
 - b) 30 percent of patients.
 - c) 40 percent of patients.

Answers: 1) d; 2) d; 3) c

Sources: *aaos.org, arthritis.org, washingtonpost.com*

GO John Muir Health offers free community lectures on hip replacement, sports medicine, back pain and other orthopedic topics. There are upcoming seminars in Brentwood on March 13 on knee pain and on March 27 on shoulder osteoarthritis. For more details, visit johnmuirhealth.com/classes.



HELP TEENS CHILL OUT

Stress-busting tips for parents from John Muir Health experts

Life has its challenges for today's teens—given the demands of school, sports and clubs, relationships and peer pressure. The stress can lead to depression or other behavioral problems, experts say, but parents can help.

Simply paying attention to your child can go a long way toward identifying and relieving stress before it becomes a serious problem, says Gabriel Welcher, a counselor at John Muir Health's Behavioral Health Center. "Observe your kid and communicate," Welcher says. "You'd be surprised how many parents and kids don't talk. They eat dinner separately, then the kid goes in his room and clicks on his TV."

Jean Mirando, a Behavioral Health Center counselor, emphasizes the importance of family time—a special meal or a movie night at home, for example—when kids don't have to worry about external issues. "Don't schedule kids 24/7," she says. "They need some free time."

Parents can also help to relieve teens' academic pressure. "Don't make your kids feel, for example, that if they don't take this advanced placement class they aren't going to get into college," says Mirando. Especially in these tough economic times, she adds, it's also important not to burden teens by discussing the family's financial problems.

Encouraging your child to lead a healthy lifestyle, including eating right and getting enough sleep, can also reduce stress. But, if despite your best efforts, he or she starts to exhibit changes in behavior—such as lethargy, increased irritability, or withdrawing from friends or family—or if grades drop suddenly, consider seeking the help of a mental health professional.

John Muir Health offers a variety of outpatient and inpatient behavioral health services, for patients of all ages. For more info, please visit johnmuirhealth.com/behavioralhealthcenter or call (925) 674-4100.

GO | The new Parent Project® Sr. series takes place on Tuesdays, April 3–June 5, at John Muir Health's Outpatient Center, Brentwood, and Wednesdays, April 4–June 6, in Walnut Creek at John Muir Health's Women's Health Center. For more info or to register, visit johnmuirhealth.com/classes or call (925) 941-7900.

ABOUT VAGINAL BIRTH AFTER A C-SECTION

To learn details about vaginal birth after cesarean, or VBAC, check the following Q&A with OB/GYNs Dr. Anahat Sandhu and Dr. Stephen Wells

How and why have physicians' attitudes toward VBACs changed over the past 20-odd years?

AS: We used to say, "Once a C-section, always a C-section" because we thought a scarred uterus couldn't withstand labor. Thanks to research, we now know VBAC is a safe alternative. About 60 to 89 percent are successful—the numbers are higher for some women and lower for others depending on their medical history.

SW: The way we approach labor and delivery is a lot safer now. With today's technology, we can monitor fetal heart rate and sense changes in uterine pressure, which alerts us early to any potential complications.

What are VBAC's benefits and risks?

SW: Benefits of VBAC include shorter recovery and less risk compared to cesareans. Moms are out of the hospital the next day and up and around within several days as opposed to several weeks with cesareans. With vaginal deliveries, moms also can bond with their baby more easily, quickly and with greater independence.

AS: The most concerning risk is uterine rupture—any separation in the old wound or muscle, with or without symptoms. It's very rare and happens in only about 1 percent of cases.

What's it like to have a VBAC delivery?

SW: If you and your doctor agree to try a VBAC, you approach the delivery as a trial. That means that you will plan to go into labor with the goal to deliver vaginally. But as in any labor, it is hard to know ahead of time what will happen. You may still need a C-section. I encourage my patients to keep an open mind and remember the goal is to have a healthy baby and a positive experience.

Why should moms consider having their VBAC at John Muir Health?

AS: We have the expertise and staffing recommended by the American College of Obstetricians and Gynecologists, which is something that not all local hospitals have. John Muir Health has dedicated OBs and anesthesiologists on the ready 24/7. Should any problems arise, we're not waiting for your OB to get here. We're ready to take care of your needs immediately.



GO | To register for our VBAC class (April 16, 6:30–8:30 p.m., John Muir Health's Women's Health Center), visit johnmuirhealth.com/classes. \$40/couple.



Tried and True: Annual Checkups

If you're feeling good, you might be tempted to skip your annual physical. You might even have heard about a study published in the *Archives of Internal Medicine* that found annual exams to be unnecessary, given that most people manage to get preventive care at other doctor visits.

An annual checkup gives your doctor a dedicated block of time to review your health history, conduct a physical exam and create a personalized care plan for you. In fact, in a survey of nearly 800 primary care physicians—also published in the *Archives of Internal Medicine*—94 percent said annual exams improve the patient–doctor relationship, and 74 percent said they improve early detection of illness.

The specifics of an annual physical may vary, depending on your needs, but you can likely expect the following:

- ✓ **Medical history**—your doctor will ask about your medical history and that of your family, your health habits (like smoking and exercise), vaccinations and any concerns you might have.
- ✓ **Vital sign checks**—these include blood pressure, heart rate and respiration checks.
- ✓ **Heart exam**—done with a stethoscope, to detect an irregular heartbeat and other signs of heart disease.
- ✓ **Abdominal exam**—your doctor may feel your abdomen or use a stethoscope to detect liver or bowel abnormalities.
- ✓ **Prostate exam (for men)**—the doctor feels your prostate for suspicious lumps.
- ✓ **Breast and pelvic exam (for women)**—your doctor examines your breasts for suspicious lumps and conducts a Pap smear to screen for cervical cancer.

To prepare for your upcoming exam, make a list of your questions and concerns. Are you experiencing any symptoms? Would you like advice on changing your diet? Also make a list of any medications you're currently taking, including vitamins and herbal remedies. During your appointment, take notes so you have a record of your doctor's instructions and advice.

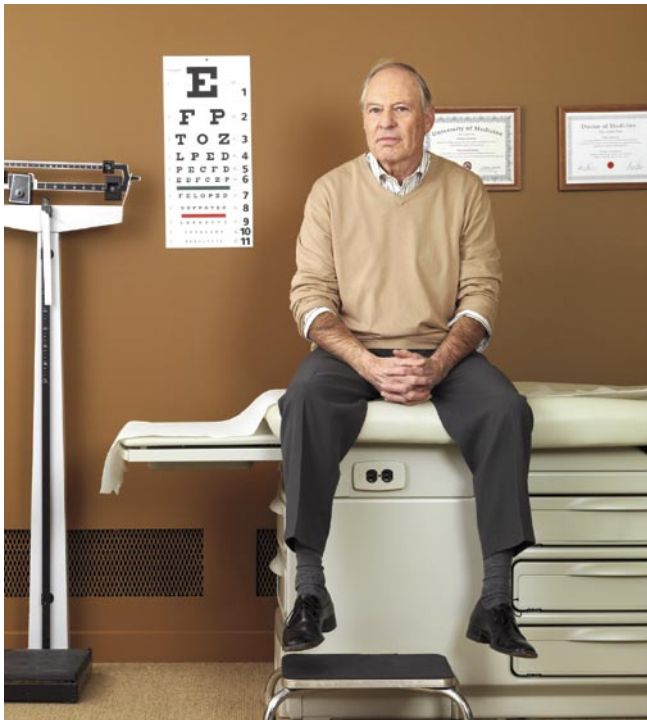
Need a New Doctor?

Visit johnmuirhealth.com/findadoctor or call (925) 952-2887, option 1, today.

A User's Guide to Health Care

ADVICE FOR KEEPING YOUR WHOLE CREW IN TOP HEALTH

We live at a time when medicine is advancing at a dizzying pace. But the first step—connecting with the care you need—is up to you. Whether you need a checkup, are concerned about your spouse's symptoms or want to be prepared for your child's upcoming appointment, the following advice can provide a boost toward better health.



Getting Men to the Doctor

A recent survey of 2,282 men and women conducted by the American Academy of Family Physicians (AAFP) found that 55 percent of men hadn't had a physical in the past year. One in four men admitted they wait "as long as possible" before seeking help. Now for some hopeful news: 78 percent of men said their spouse or significant other had some influence over their decision to get to the doctor.

How best to wield that influence over the men in your life? Try gently nudging, but never nagging, says the AAFP. Warning him about health dangers may backfire. (Seven percent of men said they mainly avoid the doctor out of fear that something's wrong with them.) Instead, talk with him about positive experiences you've had getting care and encourage him to talk with his own doctor about any concerns that have kept him from getting checkups, including procedures he might feel are personally invasive. Finally, remind him that getting accurate information—whether it's his cholesterol reading or nutrition advice—is what will help empower him to stay in good health.

A User's Guide to Health Care

Looking for a New Pediatrician?

To find a pediatrician at John Muir Health, visit johnmuirhealth.com/findadoctor or call (925) 952-2887, option 1, today.



Your Child's Doctor Visit—a Pediatrician's View

Pediatrician Dr. Bob Kadas values the time spent at what is called the “well child visit” and finds that it presents an opportunity to know his patients and their parents a little better. These visits occur at regular intervals during your child's growing years and follow your child's physical and mental growth and development. They also are meant to review any medical and psychological issues that may be a problem for you and your child. How can you and the doctor maximize the time? Here are a few of Dr. Kadas' suggestions.

- **Set specific goals.** Before the visit, spend some time thinking about any things that you would like to discuss such as nutrition, sleep or anything that might be of concern to you.
- **Explore any behavior problems.** Are there things that you are having trouble with as far as discipline? Does your child tend to push your buttons? Are you wondering if your child's behavior is normal? These are some of the things that might be appropriate for discussion at the time of your visit.
- **Discuss “the news.”** How often do you hear about parenting-related issues from friends or the Internet? This is an opportunity to ask for your doctor's opinion. Your doctor is very well educated in child development and can help you learn what you can do to keep your children healthy.
- **Ask questions.** Find out which vaccinations your child needs. If your doctor advises a test, find out why it's being recommended. If medication is prescribed, ask about any side effects.
- **Eliminate distractions.** During the visit, turn off your cell phone, and if possible, leave your other children at home. Make it a special time for your child. Reducing any distractions will allow you to have a more successful conversation with your pediatrician.



Just for Women

John Muir Health is a vital resource for East Bay women, offering a wide range of classes, support groups, screenings, special events and other services

John Muir Health offers comprehensive women's health services and resources that can help support you on your personal path to health. Here is a glance at what's available:

- **Classes, support groups and screenings on a variety of health topics:** For more info or to register, visit johnmuirhealth.com/classes.
- **Pregnancy and New Parent Services:** Pregnancy assistance program, classes, support groups, breastfeeding services, car seat installations and more. johnmuirhealth.com/pregnancy, (925) 941-7900
- **Breast Health Services:** Comprehensive care, including cancer screening, diagnosis, treatment, support and education. johnmuirhealth.com/breasthealth, (925) 947-3322
- **Women's Heart Program:** Evaluates your risk factors and designs an individualized medical, nutrition and exercise plan. johnmuirhealth.com/womensheart, (925) 941-7965
- **Continenence Services:** Individualized treatments for bladder problems, offered in a caring and comforting setting. johnmuirhealth.com/continence. Call (925) 941-7900 to talk privately with a professional about how we can help.
- **Osteoporosis Services:** Exercise classes, patient education library, state-of-the-art osteoporosis testing. johnmuirhealth.com/bones, (925) 941-7990
- **Boutique:** Products and supplies that enhance your physical and mental well-being. For your convenience, shop online at johnmuirhealth.com/estore.



Open Enrollment: Your Time to Choose John Muir Health

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. Selecting the right health plan and a John Muir Health primary care physician is the key step. To get more information or answers to any questions, call (925) 952-2887, option 1, or visit johnmuirhealth.com/choose.

FIND GREAT CLASSES & PROGRAMS AT JOHN MUIR HEALTH

MOST ARE FREE, UNLESS OTHERWISE NOTED—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, VISIT JOHNMUIRHEALTH.COM/CLASSES OR CALL **(925) 941-7900**.

Check highlighted boxes for upcoming special events.

CANCER

Brain Tumor Support Group

WHEN: Second and fourth Wednesdays, 7–8:30 p.m.

WHERE: Cancer Support Community
Please call to register.

Breast Cancer Support Group

WHEN: Second and fourth Thursdays, 11 a.m.–12:30 p.m.

WHERE: Cancer Support Community
Please call to register.

Colorectal Cancer Group

WHEN: Second Wednesday of every month, 4–5:30 p.m.

WHERE: Cancer Support Community
Please call to register.

Digestive Health and Prevention of Colorectal Cancer

WHEN: March 15, 6–7:30 p.m.

WHERE: John Muir Medical Center, Concord
Please call (925) 947-4447 to register.

Gynecologic/Ovarian Cancer Support Group

WHEN: First and third Thursdays, 11 a.m.–noon

WHERE: Cancer Support Community
Please call to register.

Kids Circle and Teen Talk Cancer Support Group

WHEN: Second Saturday, 10 a.m.–1 p.m.

WHERE: Cancer Support Community
Please call to register.

Leukemia, Lymphoma and Multiple Myeloma Support Group

WHEN: First Thursday, 7–8:30 p.m.

WHERE: John Muir Medical Center, Walnut Creek
Must call the facilitator at (925) 952-2797 before attending.

Life After Cancer

WHEN: Second and fourth Wednesdays, 6–8 p.m.

WHERE: Cancer Support Community
Please call to register.

Lung Cancer Group

WHEN: Second Wednesday, 4–5:30 p.m.

WHERE: Cancer Support Community
Please call to register.

Metastatic Breast Cancer Support Group

WHEN: Third Wednesday, 4:30–6 p.m.

WHERE: Cancer Support Community
Please call to register.

Metastatic Prostate Cancer Group

WHEN: Fourth Thursday, 11 a.m.–12:30 p.m.

WHERE: Cancer Support Community
Please call to register.

Most of These Won't Cost a Dime

Classes and programs are free of charge, unless **Fee** is noted.

Prostate Cancer Support Group

WHEN: Fourth Thursday, 1-2:30 p.m.

WHERE: Cancer Support Community

Please call to register.

CONTINENCE

Nutrition to Treat Incontinence

WHEN: April 12, 6:30-8 p.m.

WHERE: Women's Health Center

Fee

Pelvic Floor Strengthening

WHEN: March 19, 10-11 a.m.;

April 16, 5:30-6:30 p.m.; May 21,

10-11 a.m.; June 18, 5:30-6:30 p.m.

WHERE: Women's Health Center

Fee

Taking Back Control

WHEN: March 21, 6-8 p.m.; April 5,

10 a.m.-noon; May 2, 6-8 p.m.;

June 7, 10 a.m.-noon

WHERE: Women's Health Center

GENERAL HEALTH AND PREVENTION

Beat the Pack Smoking Cessation: Five-week class

WHEN: Wednesdays, March 7-

April 4, 6-8 p.m.

WHERE: John Muir Medical Center,

Concord

Fee

Beat the Pack Smoking Cessation: One-day class

WHEN: May 12, 9-11 a.m.

WHERE: John Muir Medical Center,

Concord

Fee

Better Bones Forever: Osteoporosis Update 2012

WHEN: April 18, 6:30-8 p.m.

WHERE: Women's Health Center

Class Locations

- John Muir Health Women's Health Center

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

- Health Center Gym

2710 Grant St., Concord

- Lafayette Library

3491 Mount Diablo Blvd., Lafayette

- Club Los Meganos, Trilogy at the Vineyards

1700 Trilogy Parkway, Brentwood

Fighting Inflammation With Nutrition

WHEN: March 12, 6:30-8 p.m.

WHERE: Women's Health Center

Healthy Aging With Nutrition

WHEN: June 11, 6:30-8 p.m.

WHERE: Women's Health Center

Help for GERD: Is It Only Heartburn?

WHEN: March 3, 8:30 a.m.-noon

WHERE: John Muir Medical Center, Walnut Creek

Please call to register.

PAHLs: Your Family's Partner for Better Health

Even families who try their best to be healthy need a little help sometimes. At John Muir Health, we're dedicated to providing your family with the tools to achieve good nutrition and fitness.

That's why we've developed our Partners in Active and Healthy Lifestyles (PAHLs) program. PAHLs is a family program designed to assist kids and adults in discovering ways to incorporate balanced nutrition and exercise into their day-to-day lifestyle. Over the course of the program, we'll cover healthy eating, physical activities, building self-esteem and ways to plan for the future. If your family is motivated to make lifestyle changes so you all can enjoy overall wellness, this is the program for you. Sign up today!

For more info about PAHLs, including upcoming dates and locations, visit johnmuirhealth.com/classes or call (925) 941-7900.

Insulin Pump Support Group

WHEN: Please call (925) 941-7966.
WHERE: John Muir Medical Center, Walnut Creek

New Treatment Options for Knee Pain

WHEN: Tuesday, March 13, 6-8 p.m.
WHERE: Club Los Meganos, Trilogy at the Vineyards, Brentwood
Please call (925) 941-2677 to register.

Reverse and Prevent Osteoporosis Through Nutrition

WHEN: April 13, 9:30-11 a.m.
WHERE: John Muir Health Outpatient Center, Tice Valley/Rossmoor
WHEN: May 21, 6:30-8 p.m.
WHERE: Women's Health Center

New Advances in the Treatment of Shoulder Osteoarthritis

WHEN: Tuesday, March 27, 6-8 p.m.
WHERE: Club Los Meganos, Trilogy at the Vineyards, Brentwood
Please call (925) 941-2677 to register.

HEART HEALTH

Blood Pressure Screening

WHEN: Monday-Friday, 9 a.m.-5 p.m.
WHERE: Women's Health Center

Blood Pressure Screening (for Seniors)

WHEN: March 5, April 2, May 7, June 4, 9:30-11 a.m.
WHERE: Pleasant Hill Senior Center
WHEN: March 5, March 19, April 2, April 16, May 7, May 21, June 4, June 18, 10-11 a.m.
WHERE: Danville Community Center

WHEN: March 8, noon-12:30 p.m.
WHERE: Lafayette Senior Center

WHEN: March 12, April 9, May 14, June 11, 9-10:30 a.m.

WHERE: Martinez Senior Center

WHEN: March 13, April 10, May 8, June 12, 10 a.m.-noon

WHERE: First Presbyterian Church

WHEN: March 14, April 18, May 9, June 13, 9:30-11 a.m.

WHERE: Walnut Creek Senior Center

WHEN: March 15, April 19, May 17, June 21, 10-11:30 a.m.

WHERE: Jewish Community Center

WHEN: March 16, April 20, May 18, June 15, 9:30-11:30 a.m.

WHERE: Concord Senior Center

WHEN: March 16, April 20, May 18, June 15, 10:30-11:30 a.m.

WHERE: Pittsburg Senior Center

WHEN: March 19, April 16, May 21, June 18, 10-11:30 a.m.

WHERE: John Muir Health Outpatient Center, Tice Valley/Rossmoor

WHEN: March 19, April 16, May 21, June 18, 10:30-11:30 a.m.

WHERE: Ambrose Community Center

WHEN: March 22, 11 a.m.-noon; April 2, 9:30-11 a.m.; April 26,

11 a.m.-noon; May 24,

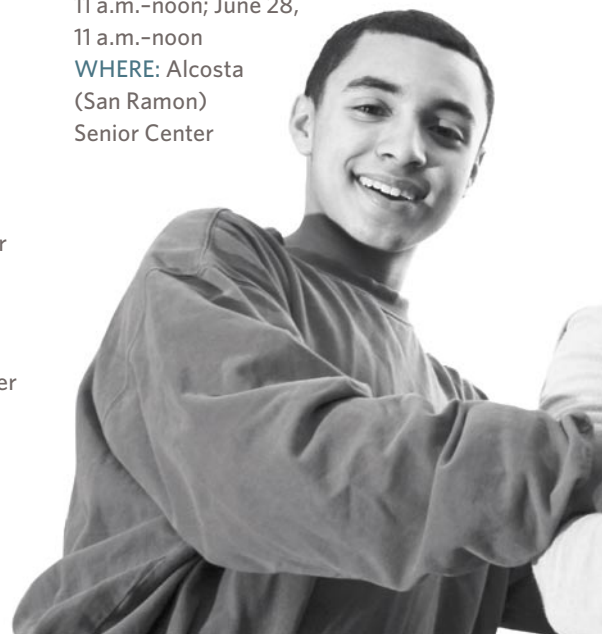
11 a.m.-noon; June 28,

11 a.m.-noon

WHERE: Alcosta

(San Ramon)

Senior Center



Your John Muir Health

WHEN: April 18, May 16, June 20,
9:30-10:15 a.m.

WHERE: Brentwood Senior Center

WHEN: June 18, 10-11:30 a.m.

WHERE: Antioch Senior Center

Cardiac Nutrition Class

WHEN: First Monday of even months
or third Thursday of odd months,
5-6 p.m.

WHERE: John Muir Medical Center,
Walnut Creek

Contact John Muir Health Nutrition
Services at (925) 947-5313.

Cardiac Nurse Education

WHEN: Please call (925) 941-7965.

WHERE: Women's Health Center

Fee

Comprehensive Heart Screening

WHEN: Please call (925) 941-7965.

WHERE: Women's Health Center

Fee

Full Lipid and Glucose Screening

WHEN: Please call (925) 941-7965.

WHERE: Women's Health Center

Fee

Online Heart Risk Assessment

Visit johnmuirhealth.com/heart

Women's Heart Spa Package

(Mammogram, heart disease risk as-
sessment, massage or facial)

WHEN: Please call (925) 941-7965.

WHERE: Women's Health Center

Fee

MIND AND BODY WELLNESS

Brain Power: Keeping Your Mind Fresh

WHEN: April 26, 11 a.m.-noon

WHERE: Women's Health Center

Massage Therapy

WHEN: Please call.

WHERE: Women's Health Center

Mindfulness Training

WHEN: March 22, 6:30-8:30 p.m.

WHERE: Women's Health Center

Mindfulness-Based Stress Reduction

WHEN: Seven-session series,
Tuesdays, April 3-May 22,
6:30-8:30 p.m.

WHERE: Women's Health Center

Fee

Power Tools for Couples Communication

WHEN: May 14, 6:30-8 p.m.

WHERE: Women's Health Center

Tapas Acupressure Technique

WHEN: May 16, 6:30-8 p.m.

WHERE: Women's Health Center

Wonders of Guided Imagery and Self-Hypnosis

WHEN: April 4, 6:30-8 p.m.

WHERE: Women's Health Center

NUTRITION AND WEIGHT MANAGEMENT

Let's Get Moving

WHEN: 12-session series, Tuesdays
and Thursdays, March 20-April 26,
May 22-June 28, 5-6:30 p.m.

WHERE: Health Center Gym

Fee

Managing Emotional and Compulsive Eating

WHEN: June 6, 6:30-8:30 p.m.

WHERE: Women's Health Center

Fee

Metabolic Nutrition Program

WHEN: Please call (925) 933-3438.

Nutrition for Young Athletes

WHEN: March 19, 6:30-8 p.m.

WHERE: Women's Health Center

Weight Loss Surgery Seminar

WHEN: Please check website for date
and time details.

WHERE: Brentwood, Concord,
Walnut Creek, San Ramon



Your John Muir Health

OLDER ADULT

Department of Motor Vehicles and Senior Drivers

WHEN: March 2, 9:30–11 a.m.

WHERE: John Muir Health Outpatient Center, Tice Valley/Rossmoor
Please call (925) 947-3300 for reservations.

WHEN: April 26, 9:30–11 a.m.

WHERE: John Muir Medical Center, Concord
Please call (925) 947-3300 for reservations.

Advance Health Care Directives

WHEN: March 23, 9:30–11:30 a.m.

WHERE: John Muir Health Outpatient Center, Tice Valley/Rossmoor

WHEN: April 17, 10 a.m.–noon

WHERE: John Muir Health Outpatient Center, Brentwood

WHEN: May 17, 9:30–11:30 a.m.

WHERE: John Muir Medical Center, Walnut Creek

WHEN: June 12, 6–8 p.m.

WHERE: John Muir Medical Center, Concord

ALS (Lou Gehrig's Disease) Support Group

WHEN: Third Saturday, 1–3 p.m.

WHERE: John Muir Medical Center, Walnut Creek
Call (925) 360-0551 to register.

Grief Awareness Group

WHEN: Second and fourth Mondays, 6:30–7:45 p.m.

WHERE: John Muir Medical Center, Concord

Memory Screening: What's Your Memory Fitness?

WHEN: March 13, 9 a.m.–noon; March 14, 1–4 p.m.; April 17, 9 a.m.–noon; April 18, 1–4 p.m.; May 15, 9 a.m.–noon; May 16, 1–4 p.m.; June 19, 9 a.m.–noon; June 20, 1–4 p.m.

WHERE: John Muir Health Outpatient Center, Tice Valley/Rossmoor
Appointment required; call (925) 947-3300.

WHEN: March 13, 9 a.m.–noon; March 14, 1–4 p.m.; April 17, 9 a.m.–noon; April 18, 1–4 p.m.; May 15, 9 a.m.–noon; May 16, 1–4 p.m.; June 19, 9 a.m.–noon; June 20, 1–4 p.m.

WHERE: Senior Services Office
Appointment required; call (925) 947-3301.

WHEN: March 13, 9 a.m.–noon; March 14, 1–4 p.m.; April 17, 9 a.m.–noon; April 18, 1–4 p.m.; May 15, 9 a.m.–noon; May 16, 1–4 p.m.; June 19, 9 a.m.–noon; June 20, 1–4 p.m.

WHERE: John Muir Health Outpatient Center, Brentwood
Appointment required; call (925) 947-3302.

Stroke Support Group

WHEN: Second Monday of the month, 7–9 p.m.

WHERE: John Muir Medical Center, Concord

Welcome to Medicare

WHEN: March 14, April 11, May 2, June 13, 7–9:30 p.m.

WHERE: John Muir Medical Center, Walnut Creek

PARENTING AND CHILDREN'S HEALTH

Healthy Eating Habits for Children

WHEN: April 19, 6:30–8 p.m.

WHERE: Women's Health Center

Loving Solutions®

WHEN: Seven-session series: Wednesdays, April 4–May 16, 4–6 p.m.

WHERE: Women's Health Center
Registration required.

Fee

WHEN: Seven-session series: Tuesdays, April 3–May 15, 4–6 p.m.

WHERE: John Muir Health Outpatient Center, Brentwood

Did You Know?

A stroke can happen to anyone, at any time, regardless of race, sex or age

A stroke is a medical emergency that occurs when blood flow to part of your brain is interrupted or greatly reduced. With stroke, time is critical, and the sooner the treatment, the better the chances of saving a life or limiting disabilities. The American Heart and American Stroke Associations have honored John Muir Health with multiple gold-level achievement awards for our top-quality stroke care—awards that are important to your family and this community. They bring assurance that, when needed, staff members are available who are experienced in providing stroke care as quickly and skillfully as possible. When seconds count, you and your loved ones can count on John Muir Health.

Registration required.

Fee

Parent Project® Sr.

WHEN: 10-session series, Wednesdays, April 4–June 6, 6:30–9 p.m.

WHERE: Women's Health Center
Registration required.

Fee

WHEN: 10-session series, Tuesdays, April 3–June 5, 6:30–9 p.m.

WHERE: John Muir Health Outpatient Center, Brentwood
Registration required.

Fee

Children's Nutrition Services

WHEN: Please call.

WHERE: Women's Health Center

Fee

PREGNANCY TO NEWBORN

Baby Boot Camp

WHEN: Every Friday, 9:30–10:45 a.m.

WHERE: Destination Maternity

Fee (no charge for first class)

Breastfeeding Your Infant

WHEN: March 13, 6:30–8:30 p.m.;

May 1, 6:30–8:30 p.m.; May 5, 9:30 a.m.–11:30 a.m.

WHERE: Women's Health Center

Fee

WHEN: April 19, 6:30–8:30 p.m.;

June 9, 9:30–11:30 a.m.

WHERE: John Muir Health Outpatient Center, Brentwood

Fee

Breastfeeding Your Multiples

WHEN: April 19, 6:30–9 p.m.

WHERE: Women's Health Center

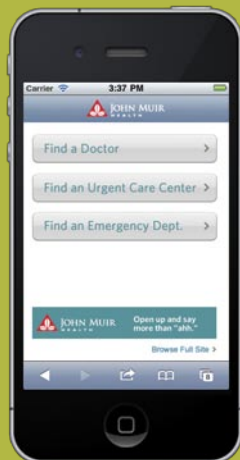
Fee

Breastfeeding Support Services

WHEN: Please call.

WHERE: Women's Health Center

Fee



Navigating John Muir Health

Your smartphone can keep our doctors and services at your fingertips, 24/7

Did you know John Muir Health is “mobile”? Visit johnmuirhealth.com on your mobile phone, and you'll see our handy

guide to finding a doctor or any of our Urgent Care Centers or Emergency Departments, as well as a quick guide to help determine when you need urgent care, emergency services or a primary care doctor. You can search for doctors by gender, specialty or location, and even view their introductory videos right on your phone. Once you've found the physician or facility you're looking for, just click to place a call to them or get maps and directions.

Do plan to stay in touch. We'll keep adding more mobile features so you can easily take us with you when you're on the go!

Car Seat Checkup

WHEN: Weekly (usually Thursday);

please call or go online

WHERE: Women's Health Center

Childbirth: Prepared Childbirth

WHEN: Two-session series: April 16 and 23, 6:30–9:30 p.m.

WHERE: John Muir Health Outpatient Center, Brentwood

Fee

Childbirth: Prepared Childbirth

WHEN: March 24, April 28, May 20, June 23, 9 a.m.–4 p.m.

WHERE: Women's Health Center

Fee

Childbirth: Convenience Class

WHEN: March 6, May 8, June 5, 6–9 p.m.

WHERE: Women's Health Center

Fee

Childbirth: Low-Intervention Childbirth

WHEN: Four-session series: Mondays, March 5–26, April 30–May 21, June 4–25, 6:30–9 p.m.

WHERE: Women's Health Center

Fee

Cord Blood Banking: Is It Right for Your Family?

WHEN: April 17, 6:30–7:30 p.m.

WHERE: Destination Maternity

CPR: Infant and Child CPR and Safety

WHEN: March 17, 9:30 a.m.–12:30 p.m.; April 2, 6:30–9:30 p.m.; May 19, 9:30 a.m.–12:30 p.m.; June 4, 6:30–9:30 p.m.

WHERE: Women's Health Center

Fee

Taking Steps to Prevent Colorectal Cancer

Get vital info at a free community lecture on March 15

Here's an important opportunity for you and your family: Come to a free community talk and learn the latest on colorectal cancer. Find out about colorectal cancer prevention and risks (including certain genetic changes that run in families), best techniques for colorectal screening, new surgical approaches and more.

What: Panel presentation by John Muir Health physician experts

When: Thursday, March 15; 6 p.m., registration; 6:30–7:30 p.m., seminar

Where: John Muir Medical Center, Concord (Concord I and II)

RSVP: Call (925) 947-4447 (leave your name and the number attending).

CPR: Infant and Child CPR and Safety for Grandparents

WHEN: March 3, May 5, 9–11:30 a.m.

WHERE: Women's Health Center

Fee

Family Birth Center Tour

WHEN: March 10, 9 a.m.–12:30 p.m.;

March 20, 5–7:30 p.m.;

March 30, 9 a.m.–12:30 p.m.;

April 24, 5–7:30 p.m.;

May 19, 9 a.m.–12:30 p.m.;

May 22, 5–7:30 p.m.;

June 9, 9 a.m.–12:30 p.m.;

June 26, 5–7:30 p.m.

WHERE: John Muir Medical Center,

Walnut Creek

Fit4Baby

WHEN: Every Thursday; 5:30–6:30 p.m.

WHERE: Destination Maternity

Fee (no charge for first class)

Mom and the City

WHEN: May 11, 6:30–9 p.m.

WHERE: John Muir Medical Center, Walnut Creek

MuirMommies: Back to Work (working moms and babies 3–12 months)

WHEN: Second and fourth Wednesdays, 6:30–7:30 p.m.

WHERE: Women's Health Center

Call for more information.

MuirMommies: Best Beginnings (0–3 months)

WHEN: Every Tuesday

WHERE: Women's Health Center

Please call to register.

MuirMommies: Mommy and Me (3–12 months)

WHEN: Every Thursday

WHERE: Women's Health Center

Please go online to register.

Multiples Preparation

WHEN: March 27, 6:30–9 p.m.

WHERE: Women's Health Center

Fee

Newborn Care

WHEN: March 22, 6:30–8:30 p.m.;

March 31, 12:30–2:30 p.m.;

May 22, 6:30–8:30 p.m.;

June 9, 12:30–2:30 p.m.

WHERE: Women's Health Center

Fee

WHEN: April 26, 6:30–8:30 p.m.

WHERE: John Muir Health Out-

patient Center, Brentwood

Fee

Pain Relief Options for Labor and Delivery

WHEN: April 21, 10:30–11:30 a.m.

WHERE: Destination Maternity

Pelvic Floor Strengthening for Pregnancy

WHEN: March 13, May 15, 10–11 a.m.

WHERE: Destination Maternity

Pregnancy Nutrition

WHEN: May 1, 6:30–8 p.m.

WHERE: Destination Maternity

Pregnancy Pilates

WHEN: Every Tuesday, noon–1 p.m.

WHERE: Destination Maternity

Fee (no charge for first class)

Prenatal Yoga

WHEN: Every Monday and Wednesday,

6:30–7:45 p.m.

WHERE: Destination Maternity

Fee (no charge for first class)

Post-Pregnancy Pilates

WHEN: Every Monday, noon–1 p.m.

WHERE: Destination Maternity

Fee (no charge for first class)

Shopping for a Car Seat

WHEN: March 31, 10:30–11:30 a.m.;

April 28, 10:30–11:30 a.m.;

May 22, 6:30–7:30 p.m.;

June 23, 10:30–11:30 a.m.

WHERE: Destination Maternity



Sibling Celebration

WHEN: March 10, May 19, 2-3 p.m.

WHERE: Destination Maternity

Fee

Stroller Strides

WHEN: Every Thursday, 9:30-10:30 a.m.

WHERE: Destination Maternity

Fee (no charge for first class)

Surviving Your First Weeks at Home With Your Baby

WHEN: March 6, May 8, 6:30-8:30 p.m.

WHERE: Destination Maternity

Fee

Teen Pregnancy

WHEN: Please call.

WHERE: Women's Health Center

Vaginal Birth After Cesarean (VBAC) Class

WHEN: April 16, 6:30-8:30 p.m.

WHERE: Women's Health Center

Fee

You're Pregnant, Now What?

WHEN: April 14, June 2, 10:30-11:30 a.m.

WHERE: Destination Maternity

WOMEN'S HEALTH

Menopause: Hot Flashes and Hormones

WHEN: March 7, 6:30-8:30 p.m.

WHERE: Women's Health Center

The Wig Source

WHEN: Second and fourth Fridays, 9:30 a.m.-1:30 p.m.

WHERE: Women's Health Center

Appointment is required. Please call (925) 947-5328.

Wine, Women and Chocolate—Desirable Bliss

WHEN: March 29, 6-9 p.m.

WHERE: Lafayette Library

Pregnant and Pampered Treat yourself to a free night on the town

Enjoy your pregnancy in style with our Mom and the City event! You and all the moms-to-be in the area are invited to get dolled up for a fun night out. Mingle over mocktails (pregnancy-friendly drinks), enjoy pampering stations, tour John Muir Health's Family Birth Center, and check out the latest pregnancy and post-baby styles with a mini fashion show presented by Destination Maternity. For more information or to register, call (925) 941-7900 or visit johnmuirhealth.com/classes.

When: Friday, May 11, 6:30-9 p.m.

Where: John Muir Medical Center, Walnut Creek

Cost: Free



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Walnut Creek, CA 94597

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Open up and say more than "aah."

At John Muir Health, our ears perk up when you speak up. Because 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. Find a doctor near you at johnmuirhealth.com/findadoctor.



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