This annual breast cancer awareness celebration takes place October 18, 2018. Everyone is welcome. 

See page 17 for details.
**Chronic Kidney Disease: FAQ**
Your kidneys play a vital role in keeping your body healthy. They are responsible for filtering waste products, maintaining your bone health and avoiding anemia. Unlike many other diseases, you may not have any severe symptoms until kidney disease is advanced. At this seminar, learn how to maintain your kidney health and get answers to your FAQs about chronic kidney disease.

**When:** Tuesday, July 17, 6 to 8 p.m.
**Location:** Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont

**Atrial Fibrillation (Afib) What You and Your Family Should Know**
Does your heart feel like it's fluttering or pounding? It could be atrial fibrillation (Afib). Afib is an irregular and often rapid heart rate that can increase your risk of stroke, heart failure and other heart-related complications. At this seminar, learn about risks, signs and symptoms of Afib. You will also learn about treatment options and lifestyle changes to help keep your Afib under control.

**When:** Tuesday, July 31, 6 to 8 p.m.
**Location:** Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont

**Recovering After a Stroke: A Patient and Family Guide**
The healing process following a stroke may involve spontaneous recovery or extensive rehabilitation before returning to community living. Progress and recovery are different for each person. At this seminar you will learn about cognitive and physical conditions including aphasia (language disorder) that may impact stroke survivors. In addition, you will learn about treatment options and tips for managing post-stroke conditions.

**When:** Tuesday, August 7, 6 to 8 p.m.
**Location:** Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont

**Learn the Signs and Symptoms of Sepsis**
Without proper treatment, ordinary infections can become so severe they cause an overwhelming immune response called sepsis. This life-threatening condition can begin anywhere in the body and affect anyone. At this seminar, learn how to prevent sepsis and how to detect the early signs of infection.

**When:** Wednesday, August 29, 1 to 3 p.m.
**Location:** Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont

**Peripheral Vascular Disease: What You Need to Know**
Peripheral vascular disease (PVD) causes loss of circulation in legs and feet due to blocked arteries. At this seminar, learn about symptoms, diagnosis and treatment options.

**When:** Wednesday, September 5, 6 to 8 p.m.
**Location:** Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont

**How to Stop Disease Before It Starts**
Most people go to the doctor when they feel sick, but many people do not consider going to the doctor beforehand for preventive medicine. At this seminar, learn what you can do to help prevent cardiovascular disease, respiratory disease, diabetes, and other conditions.

**When:** Tuesday, September 25, 6 to 8 p.m.
**Location:** Washington Township Medical Foundation Nakamura Clinic conference room
33077 Alvarado-Niles Road, Union City

**Keeping Your Brain Healthy**
Proper nutrition and physical activity is essential to maintain or improve your health. However, just like our bodies, it is equally important to keep our brains fit. At this seminar, learn techniques to enhance brain health, and get tips on memory improvement and stress management.

**When:** Wednesday, September 26, 6 to 8 p.m.
**Location:** Washington Township Medical Foundation Nakamura Clinic conference room
33077 Alvarado-Niles Road, Union City

**How to Navigate Your Medicare Plan**
Learn about the different options to supplement your Medicare plan. This seminar will also cover information on Medicare Part D prescription drug plans and what you need to know during open enrollment.

**When:**
- Tuesday, October 2, 6:30 to 8:30 p.m.
- Wednesday, October 10, 10 a.m. to noon
**Location:** Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont
Take Charge of Your Health
Lifestyle choices are an important part of healthy aging. At this seminar, learn tools and strategies to help you make healthy choices to maintain, protect and improve aspects of your health.

**When:** Wednesday, October 3, 6 to 8 p.m.
**Location:** Washington Township Medical Foundation
Newark Clinic conference room
6236 Thornton Ave., Newark

The Link Between Hepatitis B and Liver Cancer: Prevention and Treatment
The rate of deaths due to liver cancer is increasing faster than any other type of cancer. Hepatitis B and C are major contributing factors to liver cancer. At this seminar, learn the critical importance of hepatitis prevention and treatment. Also learn the signs and symptoms of liver cancer and how it is diagnosed and treated.

**When:** Wednesday, October 24, 6 to 8 p.m.
**Location:** Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont

Getting Through the Holidays When You are Grieving
It is not easy to grieve—there is no timeline and there is no step-by-step roadmap. Grieving can be especially difficult during the holidays. This seminar will provide strategies to navigate through the holiday season.

**When:** Tuesday, November 13, 6 to 8 p.m.
**Location:** Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont

How to Sleep Your Way to Better Health
Sleep is vital for healing and prevention of serious health issues like diabetes, heart disease and obesity. At this seminar, learn how sleep can increase your physical fitness, reduce stress and improve your overall state of mental well-being.

**When:** Wednesday, November 28, 6 to 8 p.m.
**Location:** Washington Township Medical Foundation
Newark Clinic conference room
6236 Thornton Ave., Newark

Healthy, Happy, Holiday Eating
Enjoy a live cooking demonstration with a registered dietitian. You will learn how to prepare delicious, healthier alternatives to the traditional favorites for your entire family to enjoy during the holidays.

**When:** Friday, November 30, 1 to 3 p.m.
**Location:** Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont

CAREGIVER SERIES
Providing care for a loved one can be a rewarding, but overwhelming, endeavor. In order to be effective, caregivers need to take care of themselves. This series will provide tips and support for those who care for others.

- **Tuesday, July 10**
  *Codependency and the Caregiver*
  Understanding characteristics of codependent caregiver behavior

- **Thursday, September 20**
  *Securing Care Preferences Through Advance Health Care Directives*
  Starting the conversation of identifying values and goals at the end of life

- **Thursday, November 8**
  *Caring for Someone with Dementia or Other Medical-related Memory Loss*
  An overview of the signs and symptoms of dementia and how to support a loved one experiencing dementia
HEALTH PROGRAMS

DIABETES EDUCATION

whhs.com/diabetes

The Washington Outpatient Diabetes Center offers a range of programs and classes geared toward specific topics related to diabetes management. Some of the programs include:

**Diabetes BASICS Program**
Individual and group classes for patients and family members who live with diabetes are available for patients with the required physician referral.

**Diabetes Support Group**
The Diabetes Support Group meets on the first Thursday of every month from 8 to 9 p.m. Patients and guests are welcome.

**Sweet Success**
California Diabetes and Pregnancy Program offers education for pregnant women with diabetes. Physician referral required.

**Medical Nutrition Therapy (MNT)**
Intensive and focused nutrition therapy service that relies on follow-up and feedback to change behavior over a period of time.

Diabetes Matters

The Diabetes Matters program will focus on healthy recommendations for foods across cultures. Our experience with food can be rooted in community and culture. Food is used as daily nourishment and for special celebrations such as sporting events, religious occasions or national holidays. Navigating the choices can be complicated and confusing. These presentations will explore modifying traditional recipes to make them healthier without losing their distinctive flavors. Join us for one, two, or all three presentations.

**When:** First Thursday of every other month, 7 to 8 p.m.: August 2, Indian Asian October 4, Filipino December 6, Latino

**Location:** Conrad E. Anderson, MD, Auditorium, room B Washington West, 2500 Mowry Ave., Fremont

**Call:** (510) 745-6556 or visit whhs.com/diabetes

STROKE EDUCATION SERIES

whhs.com/stroke

Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. The goal of this two-part series is to educate community members about prevention, symptoms and what to do if you are experiencing signs of a stroke. Additionally, the program provides an overview to better understand your condition and how to move forward after a stroke.

Washington Hospital’s Stroke Program has been recognized for its commitment to excellence by The Joint Commission, American Heart Association and Healthgrades®.

**PART 1: STROKE PREVENTION**

**When:** Tuesday, October 9, 6 to 8 p.m.

**Location:** Conrad E. Anderson, MD, Auditorium, room A Washington West, 2500 Mowry Ave., Fremont

**Call:** (800) 963-7070 or visit whhs.com to register

**PART 2: LIFE AFTER A STROKE**

**When:** Tuesday, October 16, 6 to 8 p.m.

**Location:** Conrad E. Anderson, MD, Auditorium, room A Washington West, 2500 Mowry Ave., Fremont

**Call:** (800) 963-7070 or visit whhs.com to register

PRENATAL DIAGNOSTIC CENTER

Prenatal Diagnostic Center

1900 Mowry Ave., suite 101, Fremont
(510) 818-5110

The Washington Prenatal Diagnostic Center provides comprehensive counseling, screening and diagnostic testing for fetal disorders to help women and their partners make informed decisions. These advanced services are offered to patients within their community.

The clinic’s medical director is a UCSF Medical Center maternal-fetal medicine specialist, Jacquelyn Chyu, MD, who leads the state-of-the-art center. Prenatal diagnostic appointments require a physician order and can be made by calling (510) 818-5110.
Washington Hospital Health Insurance Information Service

Washington Hospital offers a free, confidential and unbiased service for community members and local employers who have questions about their current health insurance plan, or who need information on how to purchase health insurance.

This service also provides information on:
- Covered California
- Medicare options for seniors
- Medicare Part D enrollment
- Advance health care directives (Can be obtained at this office.)
- POLST (Physician Orders for Life-Sustaining Treatment)

Consultations are offered over the phone or in person.

**When:** Monday through Friday:
- 10 a.m. to 5 p.m. (by appointment; walk-ins welcome)
- 8 a.m. to 5 p.m. (by phone)

**Location:** Washington West, 2500 Mowry Ave., Fremont

**Call:** (800) 770-9447

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**Practicing Green**

Washington Hospital recognizes the critical link between the health of each individual and the health of the environment. As the Hospital reaffirms its commitment to promoting a healthier community, it’s taking a leading role in environmental awareness.

Once again Washington Hospital earned the Partner for Change award from Practice Greenhealth, showing a commitment to sustainable, eco-friendly practices. Additionally, Washington Hospital continues our food services composting program.

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**Health Screenings & Fairs**

**Peripheral Vascular Disease Screening**

Learn if you may be at risk for peripheral vascular disease. The screening consists of a Doppler study of the circulation in your legs. Physicians will be on hand to interpret your results. To qualify, you must pre-register. This event is co-sponsored by Fremont Bank Foundation.

**When:** Saturday, August 25, 10 a.m. to 1 p.m.

**Location:** Conrad E. Anderson, MD, Auditorium
Washington West, 2500 Mowry Ave., Fremont

**Abdominal Aortic Aneurysm Screening**

Aneurysms develop over time and may have no symptoms, but if one bursts, it can cause immediate life-threatening symptoms. This free screening consists of a Doppler study of the abdomen. Physicians will be available to interpret your results. To qualify, you must pre-register. This event is co-sponsored by Fremont Bank Foundation.

**When:** Saturday, September 22, 10 a.m. to 1 p.m.

**Location:** Conrad E. Anderson, MD, Auditorium
Washington West, 2500 Mowry Ave., Fremont

**Washington Hospital Annual Diabetes Health Fair**

Join us at this free event that will help educate community members about all aspects of diabetes, including treatment and prevention.

**When:** Saturday, November 10, 9 a.m. to 1 p.m.

**Location:** Conrad E. Anderson, MD, Auditorium
Washington West, 2500 Mowry Ave., Fremont

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**Washington On Wheels “WOW” Mobile Health Clinic**

The Washington on Wheels (WOW) Mobile Health Clinic travels throughout the Tri-City Area providing children and adults with health checkups, immunizations, health education, and health screenings, including free glucose and blood pressure screenings. WOW also offers occupational medicine services for companies interested in on-site testing, physicals, spirometry and immunizations.

For more information visit whhs.com/Services/Specialized-Programs/W-O-W-Mobile-Health-Clinic.
Sandy Amos, RN, Infusion Center
Washington West, 2500 Mowry Ave., suite 239, Fremont
Call (510) 818-5050 or visit whhs.com/infusioncenter

At the Sandy Amos, RN, Infusion Center, patients receive their infusion therapy in comfortable, spa-like, private rooms overlooking a beautiful atrium. The center is flooded with natural light and has beautiful hardwood floors throughout. A family member is invited to pull up a comfortable chair and keep their loved ones company during treatment.

Treatments Tailored to Your Needs
In addition to infusion treatments for cancer, other types of infusion treatments available at the center include:
• Blood transfusions
• Intravenous (IV) hydration
• Peripherally inserted catheter (PIC) insertions
• Treatments to manage conditions like rheumatoid arthritis

Caring for the Patient — Nurse Navigator
During the course of your treatment, Washington Hospital offers the help of a nurse navigator who can guide you in getting the care you need. Our nurse navigators are a valuable source of information who can answer questions about your treatment and options. Should you need assistance with services such as social workers and nutrition, as well as financial and insurance questions, our nurse navigators can provide direct referrals.

Washington Cancer Genetics Program
(UCSF affiliated)
Washington West, 2500 Mowry Ave., suite 150, Fremont
Call (510) 608-1356 or visit whhs.com/cancergenetics

Are you concerned about a strong family history of breast, colon or ovarian cancer? Private consultations for genetic counseling and risk assessment are available with a physician referral.

Washington Radiation Oncology Center
39101 Civic Center Drive, Fremont
Call (510) 796-7212 or visit whhs.com/roc

The Washington Radiation Oncology Center is staffed by board-certified physicians and a specialized staff offering the highest quality of care. Our center has been awarded accreditation by the American College of Radiology. We bring together a unique team-oriented approach to care with a high level of personalized attention. Our team includes a nurse navigator who gives patients personalized care, ensuring access to all the resources, support and information needed.

Technical resources include:
• Varian 21EX linear accelerator delivering dual-energy photon and electron therapy
• Intensity-modulated radiation therapy (IMRT)
• Image-guided radiation therapy (IGRT)
• High-dose rate (HDR) brachytherapy

Our staff includes:
• Radiation oncologist
• Physicist
• Dosimetrist
• Radiation therapist
• RN

Lymphedema Services
Washington West, 2500 Mowry Ave., suite 140, Fremont
Call (510) 795-2058 or visit whhs.com/lymphedema

The Lymphedema Services staff at Washington Hospital is dedicated to helping each patient learn how to manage lymphedema and keep it under control. Through special massage techniques and the latest treatment options, our certified lymphedema therapists and physical therapists help lymphedema patients regain control of their lives through quality, local care.

Lymphedema Education Class
The lymphedema education class is offered to anyone who is interested in learning more about the lymphatic system and lymphedema. The class covers general information about the anatomy and function of the lymphatic system.

When: Second Tuesday of each month, 4 to 5 p.m.
Location: Washington Women’s Center conference room
Washington West, 2500 Mowry Ave., suite 145, Fremont
Call: (510) 795-2058 to register

UCSF – Washington Cancer Center
Washington West, 2500 Mowry Ave., suite 227, Fremont
Call (510) 608-1600 or visit whhs.com/ucsfcancer

The UCSF – Washington Cancer Center provides oncology patients with access to the latest cancer research, technology, and treatment in a comforting and convenient environment. Together with referring providers, Washington Hospital and UCSF Health aim to redefine what is possible in cancer care while significantly improving the lives of the patients we serve.
Arthritis Support Group
For people who suffer from arthritis. Friends and family members are welcome.

**When:** Fourth Wednesday of each month, 3:15 to 4:15 p.m.
July 25, August 22, September 26, October 24, November 28
(No meeting in December)

**Location:** Conrad E. Anderson, MD, Auditorium, room B
Washington West, 2500 Mowry Ave., Fremont

**Call:** (510) 797-1111, ext. 4478

Better Breathing for Life Club
For people who have chronic lung disease. Friends and family members are welcome.

**When:** Fourth Wednesday of each month, 12:45 to 2:45 p.m.
July 25, August 22, September 26, October 24
(No meeting in November or December)

**Location:** Conrad E. Anderson, MD, Auditorium, rooms A & B
Washington West, 2500 Mowry Ave., Fremont

**Call:** (510) 494-7025

Breast Cancer Support Group
For women who have survived or are living with breast cancer. Friends and family members are welcome.

**When:** First Thursday of each month, 7:15 to 9 p.m.
July 5, August 2, September 6, October 4, November 1, December 6

**Location:** Washington Women’s Center conference room
Washington West, 2500 Mowry Ave., suite 145, Fremont

**Call:** (510) 608-1356

Crohn’s Disease & Colitis Support Group
For patients who have inflammatory bowel disease. Friends and family members are welcome.

**When:** Fourth Tuesday of each month, 6:30 to 8:30 p.m.
July 24, August 28, September 25, October 23
(No meeting in November. Special meeting on December 4.)

**Location:** Conrad E. Anderson, MD, Auditorium, room A
Washington West, 2500 Mowry Ave., Fremont

Dementia Family Caregiver Support Group
For family members and/or care partners of persons with Alzheimer’s disease.

**When:** Last Wednesday of each month, 7 to 9 p.m.
July 25, August 29, September 26, October 24 (special date), November 28 (No meeting in December.)

**Location:** Conrad E. Anderson, MD, Auditorium, room A or C
Washington West, 2500 Mowry Ave., Fremont

**Call:** (800) 272-3900

Diabetes Support Group
Peer support for all patients with diabetes. Friends and family members are welcome.

**When:** First Thursday of each month, 8 to 9 p.m.
July 5, August 2, September 6, October 4, November 1, December 6

**Location:** Conrad E. Anderson, MD, Auditorium, room C
Washington West, 2500 Mowry Ave., Fremont

Grief Support Group
For adults grieving the loss of a loved one.

**When:** Every Tuesday, 7 to 8:30 p.m.

**Location:** Conrad E. Anderson, MD, Auditorium, room A or C
Washington West, 2500 Mowry Ave., Fremont

**Call:** (510) 745-6569

Mended Hearts
For people who have had heart surgery, heart attack, angioplasty, angina or other cardiac conditions. Friends and family members are welcome.

**Call:** (510) 494-7022 for meeting dates and information

Stroke Support Group
For stroke survivors and their caregivers, to provide social and emotional support, education and resources.

**When:** Fourth Tuesday of each month, 1 to 2:30 p.m.
July 24, August 28, September 25, October 23, November 27, December 18 (special date)

**Location:** Neuroscience conference room, 2nd floor
Washington West, 2500 Mowry Ave., Fremont

**Call:** (510) 818-5080
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**Atrial Fibrillation (Afi) What You and Your Family Should Know** (p. 2)
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**Class Schedules:**
- Gentle Yoga
- Keep it Moving
- Pilates
- Heartfulness Meditation
- Healing Touch
- Ladies Choice Program
- Tai Chi
- Recovery After a Stroke: A Patient and Family Guide
- Mindfulness Meditation and Yoga
- Balance Matters
- Mindfulness Meditation and Yoga
- Ladies Choice Program
- Lymphedema Education
- Learn and Signs and Symptoms of Sepsis
- Dementia Family Caregiver Support Group
- Arthritis Support Group
- Better Breathing for Life Club
- Grief Support Group
- Grief Support Group
- Chair Yoga
- Diabetics Support Group
- Stroke Support Group
- Ladies Choice Program
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CHILDBIRTH & PARENTING

Washington Maternal Child Education
3569 Beacon Ave., Fremont
Please visit whhs.com/childbirth-classes or call (510) 818-5040 for class dates and locations

With a Baby Friendly designation, Washington Hospital is one of few U.S. hospitals recognized by the World Health Organization and the United Nations Children’s Fund for exceptional support for breastfeeding moms and babies.

Prenatal Smart Start
Through our online video collection, you can learn: how pregnancy affects your body; about healthy nutrition during pregnancy; exercises to help prepare your body for labor. Also learn about common discomforts and their remedies versus danger signs that would indicate alerting your obstetrician.

Prenatal Massage
Pregnancy can be a wonderful experience, though it can also cause some discomfort. Washington’s Wellness Center offers prenatal massage which can reduce discomforts such as fatigue, headaches, lower back pain, swelling of hands and feet, leg cramps, anxiety and much more. An appointment is required. When: Tuesday through Saturday, 9 a.m. to 5 p.m. Location: Women’s Center, 2500 Mowry Ave., suite 150, Fremont Call: (510) 608-1301 for fees and scheduling information

Prepared Childbirth
Intended for couples in the last trimester of pregnancy, classes offer detailed information about many labor preparation topics. Subjects include: signs and symptoms of labor, stages of labor, relaxation and breathing techniques, the coach’s role, variations in labor, analgesics and anesthetics, cesarean birth, the basics of breastfeeding and postpartum recovery tips.

- Prepared Childbirth/Refresher Class
  This class is intended for the mother and coach who have taken Prepared Childbirth classes within the last three to five years. Information about sibling adjustment is also discussed. Fee: $90

- Prepared Childbirth/Comprehensive Class
  Once a week for five weeks, each class is 2½ hours in duration. One full class period will be devoted to the basics of breastfeeding. Fee: $150

- Prepared Childbirth/Intensive Class
  Two all-day Sunday sessions that also include the basics of breastfeeding. Fee: $150

Prepared Childbirth/Saturday Express
This is an all-day session that does not include breastfeeding. A separate breastfeeding class is recommended. Fee: $150

Becoming New Parents
Want to feel more confident when taking your new baby home? This one-time, three-hour workshop offers sensible tips, demonstrations, and information on caring for your infant in those first important months. Fee: $50 or $25 when combined with Prepared Childbirth registration.

Mastering Multiples
Expecting twins or more? With this two-hour class we’ll help you master multiples from delivery to breastfeeding. Call for an appointment. Fee: $50

Birthing Center Tour
Scheduled about a month before the due date, this tour introduces expectant parents delivering at Washington Hospital to our Birthing Center. Family members are welcome, but please, only children 3 years and older. Registration is required. Free.

Big Brother/Big Sister
Help children 3 years or older prepare for the arrival of their sibling. Through fun activities, a story and games, they will explore what it’s like to have a new brother or sister. An adult family member must accompany the child. Fee: $35

Breastfeeding Support
- Prenatal Breastfeeding
  Learn the basics for successful breastfeeding in this one time, 2½-hour class. Fee: $45
• **Lactation Support**
  While in the Hospital, lactation support will be available to you during your postpartum stay. At home, we have a free advice line and also offer private visits with internationally board-certified lactation consultants.

• **Washington Breast Pump Rental Center**
  At our center, we rent and sell breast pumps and breastfeeding accessories.
  **Hours:** Monday through Friday, 9 a.m. to 4:30 p.m.; closed 1 to 2 p.m.

**Baby ‘n’ Me Support Group**
Discussing the joys and trials of living with your new baby in this relaxed support group is an excellent way to enhance your transition into parenthood. Come as you are, as often as you like (for moms and babies from birth to 8 months). Free.

  **When:** Group meets on Mondays, Wednesdays and Fridays, 11 a.m. to 1 p.m.

**Baby ‘n’ Us Support Group**
Share the joys and trials of being a couple with a new baby. Registration required. Free.

  **When:** Group meets once a month on a Saturday morning

**Babysitting Workshop**
This workshop teaches 12- to 17-year-olds the skills to be safe and effective babysitters. The class is taught by a trained instructor and covers a variety of babysitting topics, including safety strategies, how to entertain children of different ages, how to deal with injuries and emergencies, and more. Free.

**Crawlers Group**
After your baby graduates from Baby ‘n’ Me, you can advance into the crawlers group to enjoy your baby’s transition from crawling to walking. Gather with moms to learn and support each other while your child plays with other children. Free.

  **When:** Wednesdays and Fridays, 11 a.m. to 1 p.m.

**CPR for Family and Friends**
This is an American Heart Association course teaching adults rescue breathing (cardiopulmonary resuscitation) and how to relieve choking in infants and children. This is not a certification class. Fee: $30

  *The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed to cover AHA course materials, do not represent income to the AHA.*

**Infant Massage**
Our hands-on method ensures that you will learn the art of interactive massage to suit your baby’s needs and developmental level. Infant massage can relieve stress for you and your baby, deepen bonding, contribute to baby’s development, and help baby sleep better. This four-week class is designed for you with your baby, from birth to pre-crawling. Fee: $75

**Prenatal Yoga**
Developed for pregnant women, this class promotes flexibility, strength, improved posture and balance. A statement of medical clearance for prenatal exercise participation is required prior to registration. Fee: $65 per month or $10 per session

**Prenatal Fitness/Bollywood**
This program was developed to promote fitness during pregnancy to tone muscles, build endurance and teach relaxation techniques. A statement of medical clearance for prenatal exercise participation is required prior to registration. Fee: $65 per month or $10 per session

**Sign, Say and Play**
Did you know that babies can learn to communicate using sign language before they can talk? Through stimulating activities, songs, and play, you and your 6- to 12-month-old infant will learn six to seven signs each week. In a six-week series, each family will receive a Baby Signs®, Inc. kit that contains books, a CD and a DVD to help incorporate signing into your daily life. Fee: $165
MIND, BODY, AND WELLNESS
Open to women and men, unless otherwise noted.

Heartfulness Meditation
Heartfulness meditation is a simple method to experience a practical way of uncovering the heart’s unlimited resources. Listen and follow your inner self through meditation. Come and experience the beauty of the heart! Four-week class.

When: Mondays, 7 to 8 p.m.
Thursdays, 12 to 1 p.m. (introduction)
1:15 to 2 p.m. (on-going)

Location: Women’s Center conference room*
Class size: Limited to 25
Fee: Complimentary

Gentle Yoga
Gentle Yoga practice supports overall health and consists of basic movements, structural alignment and breathing awareness. No previous yoga experience is necessary.

When: Mondays, 12 to 1 p.m.
Tuesdays (candlelit), 6 to 7 p.m.
Wednesdays, 2 to 3 p.m.
Thursdays, 4:30 to 5:30 p.m. or 5:45 to 6:45 p.m.
Fridays (chair only), 10 to 11 a.m.

Location: Women’s Center conference room*
Class size: Limited to 12
Fee: $60 for six sessions

Balance Matters
This program incorporates training in core strength and endurance to promote better balance. This evidence-based program will empower those who may limit themselves by fear of falling.

When: Tuesdays, 10 to 11 a.m.

Location: Women’s Center conference room*
Class size: Limited to 12
Fee: $40 per month

Mindfulness Meditation and Yoga
Explore mindfulness-based stress reduction (MBSR) practices established by Jon Kabat-Zin at the University of Massachusetts Medical School. Each week will include a new meditation technique and a mindful yoga practice that coordinates awareness of the breath. Take advantage of this opportunity to develop a committed meditation practice with the support of a loving community.

When: Tuesdays, 7 to 8 p.m.

Location: Women’s Center conference room*
Class size: Limited to 12

Fee: $40 per month

Healing Touch
Experience Healing Touch techniques that offer rejuvenation and balance. This practice is known to help reduce pain, swelling, nausea and other issues while finding your relaxed state, all while nurturing energy that supports your natural ability to heal physically, mentally, emotionally and spiritually.

When: Thursdays, 3:15 to 4:15 p.m.

Location: Women’s Center conference room*
Class size: Limited to 12
Fee: $40 per month

PROGRAMS FEATURING PHYSICAL ACTIVITY
Always consult your physician before beginning any exercise program.

“Keep it Moving” Exercise Program
We offer active group exercise classes (open to women and men) designed to help seniors and older adults maintain their cardiovascular health, strength and flexibility.

When: Mondays and Wednesdays,
10:30 to 11:30 a.m.
Mondays and Wednesdays,
4 to 5 p.m.

Location: Women’s Center conference room*
Class size: Limited to 16
Fee: $60 for six weeks (12 one-hour classes)

Ladies Choice Program
Get into shape by joining the Ladies Choice Program. We offer our clients an individualized exercise program in a comfortable, friendly environment. For women only.

When: Tuesday and Thursdays, 4 to 6 p.m.

Location: Cardiac Rehab Gym, suite 210
Washington West, 2500 Mowry Ave., Fremont
Class size: Limited to 18
Fee: $50 per month
Pilates
Pilates is resistance training that conditions the whole body. It is suitable for all ages and all types of people. Participants work on developing the deep core muscles of the abdomen, back and pelvis. Building a strong core can reduce risk for injury and improve the ability to recover from previous injuries.

When: Wednesdays, 12 to 1 p.m. or 6 to 7 p.m.
Location: Women’s Center conference room*
Class size: Limited to 10
Fee: $60 for six sessions

Tai Chi Program
This exercise program uses gentle Sun-style tai chi routines for every fitness level. Tai chi is an ancient practice proven to reduce pain and improve your mental and physical wellness.

When: Thursday mornings, 10:30 to 11:30 a.m.
Location: Women’s Center conference room*
Class size: Limited to 12
Fee: $60 for six weeks

EVENING LECTURE SERIES
Women Empowering Women
Join Dr. Victoria Leiphart as she guides you through a 30-minute short lecture followed by one-hour open discussion regarding women’s issues.

When: Third Thursday of each month, 7 to 8:30 p.m.
July 19: Navigating Health and Aging: Discussion on Preventive Screening
August 16: How to Sleep Your Way to Better Health
September 20: Healthy Relationships (guest speaker)
October 18: Special Event: Think Pink! 10th Anniversary
Visit the Tent Atrium, Washington West from 5 to 7:30 p.m. for an evening focused on breast health education
November 15: Keeping Your Brain Healthy
Location: Women’s Center conference room*
Class size: Limited to 25
Fee: Complimentary

MASSAGE
Wellness Massage
We offer wellness massage by licensed massage therapists at our Wellness Center. Massage can calm the nervous system and promote a sense of relaxation and well-being. We offer the following types of massage: Swedish, Sports, Therapeutic, Soothing Warm Stone, Prenatal, Foot Reflexology, Deep Tissue and Oncology. Ask about our massage specials during the months of October for Think Pink and December for seasonal year-end holidays. Massage services are for men and women.

Call: (510) 608-1301 to schedule a massage
Hours: 9 a.m. to 5 p.m., Monday-Saturday

SPECIAL EVENTS
Think Pink! 10th Anniversary
Join us for a fun and informative event. This annual breast cancer awareness celebration features a beautiful setting, interesting lectures, participation booths, wonderful camaraderie and much more.

When: Thursday, October 18, 5 to 7:30 p.m.
Location: Tent Atrium, Washington West, 2500 Mowry Ave., Fremont
Call: (510) 608-1301 to register or for more information

Breast Health
Washington Women’s Center offers state-of-the-art diagnostic services such as digital mammography, ultrasound and minimally invasive breast biopsy. Our digital technology allows physicians to get reports and images more quickly in order to expedite care. Physician referral required.

Call: (510) 791-3410 to schedule an appointment
SERVICES & PROGRAMS

Washington Hospital Healthcare System
(510) 797-1111 • whhs.com
Washington Hospital Healthcare System includes a 341-bed, acute care general hospital; 24-hour emergency care; and Washington West, a medical complex which houses Washington Urgent Care and additional outpatient hospital services and educational facilities.

Washington Urgent Care
(510) 791-CARE or (510) 791-2273
whhs.com/urgentcare
2500 Mowry Ave., suite 212, Fremont
Daily, 8 a.m. to 8 p.m.
• Urgent care and walk-in clinic
• Occupational physicals and other employer/employee needs

Washington Township Medical Foundation
(510) 248-1000 • mywtmf.com
• Patient-focused, multispecialty medical group
• More than 80 board-certified physicians, physician assistants and nurse practitioners
• 20 conveniently located clinics throughout the Tri-City Area
• At WTMF, patients come first

Health Connection
(800) 963-7070
Physician referral, class registration, support group and other information.

Cardiovascular Services
whhs.com/heart
• Comprehensive cardiac care and cardiac rehab
• Diagnostic cardiac testing
• Cardiac surgical suites
• Inpatient and outpatient catheterization laboratories

Community Outreach
(510) 494-7009
• Community education
• Job shadowing
• Health fairs
• Speakers Bureau

Outpatient Diabetes Center
(510) 745-6556 • whhs.com/diabetes
3575 Beacon Ave., Fremont
• Diabetes Matters (monthly education sessions)
• Diabetes support group
• Individual counseling & group classes (BASICS Program)
• Pregnancy & diabetes (Sweet Success Program)
• Diabetes Medical Nutrition Therapy Program

Washington Hospital Healthcare Foundation
(510) 791-3428 • whhs.com/foundation
The mission of the Washington Hospital Healthcare Foundation is to enhance Washington Hospital Healthcare System by increasing public awareness and by providing financial support

Outpatient Imaging Center
(510) 791-3410 • whhs.com/imaging
2500 Mowry Ave., suite 160, Fremont
• 64-slice CT (computed tomography), ultrasound, fluoroscopy, digital radiography
• Alliance Imaging MRI and PET/CT
• Diagnoses of cancer, physicians able to determine beneficial therapies
• Highest sensitivity and diagnostic detail
• High-field strength MRI scanner
• Knowledgeable and caring staff
• Comfortable and caring environment
• Accepts most insurance

InHealth, a Washington Hospital Channel
whhs.com/inhealthtv
• Available on Comcast channel 78 in Fremont, Newark, and Union City
• Broadcasts 24/7 with a focus on health & safety
• Airs board meetings, Health & Wellness classes and original programming

Institute for Joint Restoration and Research
(888) 494-7003 • whhs.com/joint-restoration
2000 Mowry Ave., Fremont
• Fellowship-trained surgeons perform over 1,200 joint replacements per year using minimally invasive techniques
• State-of-the-art operating room suites with ultra-clean laminar airflow systems
• Experienced anesthesiology team offering the latest in epidural anesthesia technology
• Specialized care unit with all private rooms and dedicated staff
• Meticulous coordination with primary care physicians and outpatient physical therapy

Taylor McAdam Bell Neuroscience Institute
(510) 818-1160 • whhs.com/neuroscience
• Minimally Invasive Spine Program
• Movement Disorders Program
• Endoscopic Skull Base & Pituitary Center
• Treatment of a wide spectrum of conditions, including benign and malignant brain tumors, brain aneurysms, epilepsy, neurovascular diseases, spinal conditions and movement disorders

Prenatal Diagnostic Center
(510) 818-5110
• Comprehensive counseling for fetal disorders
• State-of-the-art screening and diagnostic testing
• Nurturing environment

Outpatient Rehab Center
(510) 794-9672 • whhs.com/oprehab
39141 Civic Center Drive, suite 120, Fremont
• Occupational & physical therapy
• Hand therapy/splinting
• Vestibular rehab/Concussion management
• Low-impact strength training
• Legacy Strength Training Program

Service League (Volunteer Services)
(510) 791-3465 • whhs.com/volunteer
2500 Mowry Ave., Fremont
• Learn about a wide variety of positions available to fit your needs and interests.

Sports Medicine
(510) 248-1030 • whhs.com/sports
38690 Stivers St., suite A, Fremont
• Quality orthopedic and sports medicine care
• Evaluation, treatment and rehabilitation for sports-related injuries, including concussions

Outpatient Surgery Center
(510) 791-5374 • whhs.com/washosc
• Full range of same-day surgical procedures, including orthopedic, ear-nose-throat, eye, gynecological, gastrointestinal

UCSF – Washington Cancer Center
Referrals: (510) 248-1600
2500 Mowry Ave., suite 227, Fremont
• The latest cancer research technology and treatment
• Comforting and convenient environment

Women’s Center
(510) 608-1301 • 2500 Mowry Ave., suite 150
• Massage services for men and women
• Licensed massage therapists
• Variety of massage options, including Swedish, sports, oncology and pregnancy
• Wellness classes and services

Women’s Center for Wound Healing and Hyperbaric Medicine
39141 Civic Center Drive, suite 106, Fremont
(510) 248-1520 or (888) 44-WOUND (449-6863)
whhs.com/wound
• Warm, beautiful and soothing environment

For a complete list of programs and services go to whhs.com/services
1 NEWARK, UNION CITY AND FREMONT ROOMS

Located at Washington Hospital, 2000 Mowry Ave. Enter the main entrance to the Hospital lobby. Take the stairs or the elevator down to the ground floor and turn right. The rooms are immediately on the right past the cafeteria. You may get assistance from the Service League desk in the main lobby.

2 WASHINGTON URGENT CARE

Located on the 2nd floor of Washington West, 2500 Mowry Ave., suite 212.

3 CENTER FOR JOINT REPLACEMENT

The Institute for Joint Restoration and Research, located in the new Center for Joint Replacement building, is accessible through Washington Hospital, 2000 Mowry Ave.

4 CONRAD E. ANDERSON, MD, AUDITORIUM, ROOMS A, B & C

Located on the first floor of Washington West, 2500 Mowry Ave. Enter through the main entrance of Washington West. The Conrad E. Anderson, MD, Auditorium is located down the hallway on the left.

5 WASHINGTON WEST

Located at 2500 Mowry Ave.

- Volunteer Services
- Outpatient Laboratory and Pre-op Testing
- Sandy Amos, RN, Infusion Center
- The Gamma Knife® Program, part of the Taylor McAdam Bell Neuroscience Institute
- Washington Women’s Center
- Washington Outpatient Imaging Center

6 WASHINGTON OUTPATIENT REHABILITATION CENTER

Located at 39141 Civic Center Drive, #120, corner of Civic Center and Walnut Ave.

7 WASHINGTON CENTER FOR WOUND HEALING AND HYPERBARIC MEDICINE

Located at 39141 Civic Center Drive, #106, corner of Civic Center and Walnut Ave.
STROKE EDUCATION

Someone in the United States has a stroke every 40 seconds. Do you know the signs and symptoms of a stroke? A stroke is a sudden brain attack that often strikes without pain. Whether for yourself, or another person, if you think stroke is a possibility, the American Heart Association teaches us to BE FAST.

**BALANCE**
Sudden loss of balance?
Unsteady walk?

**EYES**
Abrupt vision loss in one or both eyes?
Double vision?

**FACE**
Smile. Are both sides of the face symmetrical?

**ARMS**
With palms up, hold arms out in front. Does one arm drop?

**SPEECH**
A simple sentence such as: The sky is blue in San Francisco should be said out loud. Is the speech slurred?

**TIME**
This is critical—time is brain. Call 9-1-1 immediately.

Reversing brain injury with emergency stroke treatment is more effective than ever, but rapid diagnosis is crucial. Many stroke survivors face short or long-term disabilities. Life after stroke is a time of adjustment for patients and family members. The Washington Hospital Stroke Program provides a Stroke Education Series that includes information on stroke prevention and strategies for moving forward after a stroke. These important seminars are open to all community members, free of charge. See pages 2 and 4 for details.