



















La Clínica. Transit Village: Patient Education Programs

To enroll in these classes, speak to your Provider or Receptionist.

Please note: Groups are in Spanish. Individual visits are in Spanish and English.

	Condition	Description	Grp	Indv
CHRONIC DISEASE PREVENTION				
	Diabetes	<ul style="list-style-type: none"> Patients learn to manage their diabetes through nutrition, exercise, and self-management. Glucometer instruction. 4 class series held Thursdays 11-12:30 am Includes group medical visits 	✓	✓
	Pre-Diabetes & Weight Management	<ul style="list-style-type: none"> To learn basic nutrition and exercise principles Counselors assist patients in making lifestyle changes that result in weight loss. Classes Mon 5-6:30 pm, Tue 2-3:30 pm, Fri 9:30-11 am 	✓	✓
	Cholesterol & Hypertension	<ul style="list-style-type: none"> For patients who want to learn how to lower their blood pressure and or cholesterol levels through lifestyle change. Classes Wednesdays 1:30-3:30 pm 	✓	✓
	Smoking Cessation	<ul style="list-style-type: none"> For patients who want to quit smoking. We assist in making a quitting plan. Can schedule follow ups. 		✓
	Asthma	<ul style="list-style-type: none"> Education available for children and adults 		✓
	DROP-IN: Walking Club	<ul style="list-style-type: none"> Tuesdays 9:30-11:30 am (in Spanish) Open to anyone with a chronic disease 	✓	
	DROP-IN: Stress Management	<ul style="list-style-type: none"> Classes Wednesdays 5:30-7 pm (in Spanish) <i>Not appropriate for patients in crisis</i> 	✓	
KIDS				
	Overweight Prevention	<ul style="list-style-type: none"> Counseling focuses on healthy eating for the whole family 6-workshop series Wed 3-5pm or Thurs 9:30-11:30am; engages entire family in fun activities 	✓	✓
	Asthma	<ul style="list-style-type: none"> Education is available for children and their care-givers 		✓
REPRODUCTIVE & SEXUAL HEALTH				
	Birth Control Methods	<ul style="list-style-type: none"> Review of birth control methods. Provided to all prenatal patients and others. 		✓
	HIV/STI Counseling	<ul style="list-style-type: none"> Information on where to receive services for STD and HIV prevention. Care management for HIV positive Latinas. 		✓
PERINATAL EDUCATION				
	Health Ed Assessment	<ul style="list-style-type: none"> Initial CPSP health assessment Follow up w/case manager at 2nd, 3rd trimester, post partum 		✓
	Nutrition Assessment	<ul style="list-style-type: none"> CPSP Nutrition assessments 1st, 2nd, and 3rd trimester and post partum 		✓
	Gestational Diabetes/ High risk nutrition	<ul style="list-style-type: none"> Registered dieticians provide individual appointments with prenatal patients with gestational diabetes and other high risk conditions* throughout pregnancy * <i>inadequate or excess weight gain, twins, teens, etc</i> 		✓
	Childbirth Education	<ul style="list-style-type: none"> 4-class group series (Spanish) on Mondays 10am-12pm English groups can be provided if enough patients 	✓	✓
	Breastfeeding Support DROP-IN →	<ul style="list-style-type: none"> Please schedule 1:1 appointments in advance (prenatal) when possible Breastfeeding support group: Wednesdays 11am-12pm 	✓	✓