



Promise Health Plan

Hospital-Based Health Education Programs San Diego (January, February, and March 2020)

Diabetes

Scripps Whittier Diabetes Institute Suite 100
10140 Campus Point Drive, San Diego CA 92121

Diabetes Support Group

3/10 6:00 p.m. - 7:30 p.m.

English 1-800-727-4777

Palomar Health San Marcos
120 Craven Road San Marcos CA 92078

Diabetes and Heart Disease

2/13 10:00 a.m. - 11:30 a.m.

English/Spanish 858-247-1434

Tri-City Medical Center/Classrooms
4002 Vista Way Oceanside, CA 92056

3 - Week Diabetes Management Course

3/4 10:00 a.m. - 12:00 p.m.

English/Spanish 760-940-5433

Scripps Whittier Diabetes Institute Suite 100
10140 Campus Point Drive San Diego CA 92121

Diabetes Support Group

3/10 6:00 p.m. - 7:30 p.m.

English/Spanish 1-800-727-4777



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Pomerado Outpatient Pavilion
15611 Pomerado Rd Poway CA 92064

Prediabetes	2/10 6:00 p.m. - 7:30 p.m.	English/Spanish	858-247-1434
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Nutrition

Pomerado Outpatient Pavilion
15611 Pomerado Rd Poway CA 92064

Nutrition needs change as you age	2/4 6:00 p.m. - 7:30 p.m.	English/Spanish	858-247-1434
Low Cost/ High Nutrition: Healthy Eating on a budget	2/24 6:00 p.m. - 7:30 p.m.	English/Spanish	858-247-1434
Eating disorder and disorder eating	2/25 6:00 p.m. - 7:30 p.m.	English/Spanish	858-247-1434

Palomar Health San Marcos
120 Craven Road San Marcos CA 92078

Low Cost/ High Nutrition: Healthy Eating on a budget	2/24 10:00 a.m. - 11:30 a.m.	English	858-247-1434
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Edison Elementary School 4077 35th St,
San Diego, Ca 92104

Diet and nutrition

2/12 8:00 a.m. – 10:00 a.m.

English/Spanish 323-827-6863 Paul

Golden Hill Elementary
1240 33rd St. San Diego CA 92102

Diet and nutrition

2/21 9:00 a.m. – 10:00 a.m.

English/Spanish 323-827-6863 Paul

Obesity

Palomar Health San Marcos
120 Craven Road San Marcos CA 92078

Eating disorder and disorder eating

2/25 10:00 a.m. - 11:30 a.m.

English 858-247-1434

Edison Elementary School 4077 35th St,
San Diego, Ca 92104

Weight Management

3/11 8:00 a.m. – 9:00 a.m.

English/Spanish 323-827-6863 Paul



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Physical Activity

Exercise	Harley E. Knox Middle School 1098 S 49 th St San Diego, CA 92113 3/25 8:30 a.m. – 10:00 a.m.	English/Spanish 323-827-6863 Paul
Feeling fit	Vista Library 700 Eucalyptus Ave., Vista, CA 92084 Tuesdays & Thursdays 8:40 a.m.	English/Spanish 858-495-5500 ext 3
Zumba for 50 +	Wednesday's 9:00 a.m.	English/Spanish 760-643-5100
Adult adaptive zumba	Wednesday's 10:00 a.m.	English/Spanish 760-643-5100
Feeling Fit Club	Oceanside Presbyterian Church 2001 S. El Camino Real, Oceanside, CA 92054 Mondays, Wednesdays & Fridays 9:00am-10:00am	English/Spanish 619-697-6001



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Linda Vista Branch Library
2160 Ulric St., San Diego, CA 92111

Tai Chi	2/13, 2/20, 2/27, 3/5, 3/12, 3/19, 3/26 10:00 a.m. - 11:00 a.m.	English/Spanish 858-573-1399
Silver chair yoga	2/13, 2/20, 2/27, 3/5, 3/12, 3/19, 3/26 12:15 p.m. - 1:15 p.m.	English/Spanish 858-573-1399

Tobacco Cessation and Prevention

California smoker's helpline	Mon-Friday 9:00 a.m.- 9:00 p.m. & Saturday 9:00 a.m. – 1:00 p.m.	English	1-800-NO-BUTTS
California smoker's helpline	Mon-Friday 9:00 a.m.- 9:00 p.m. & Saturday 9:00 a.m. – 1:00 p.m.	Spanish	1-800-456-6386
California smoker's helpline	Mon-Friday 9:00 a.m.- 9:00 p.m. & Saturday 9:00 a.m. – 1:00 p.m.	Cantonese	1-800-838-8917
California smoker's helpline	Mon-Friday 9:00 a.m.- 9:00 p.m. & Saturday 9:00 a.m. – 1:00 p.m.	Vietnamese	1-800-778-8440
California smoker's helpline	Mon-Friday 9:00 a.m.- 9:00 p.m. & Saturday 9:00 a.m. – 1:00 p.m.	Korean	1-800-556-5564