

Wellness Classes



Please join us!

Call our Customer Service Department to reserve your seat today!
661.716.7100 or Toll Free 800.414.5860, option 1.

Dignity Health Management Services

4550 California Avenue, Third Floor, The Oaks Room Bakersfield

Please feel free to use the Client Parking spots available near the front of the building. Additional parking is available on the third floor of the parking garage.

Si usted necesita asistencia en español, por favor llame a el Departamento de Servicio para Miembros 661.716.7100 o al 800.414.5860, opcion #7.

Fall Prevention

Wednesday, Aug 14 • 10am

Falls are responsible for 40 percent of all non-fatal injuries at home, and the number one reason for hospital admissions in people age 65 and over. Hear the common causes, tips on prevention, balance exercises and proper home set-up to reduce the risks!

Senior Scams presented by the FBI

Wednesday, Aug 28 • 10am & 2pm

Representatives of the FBI presenting on fraudulent schemes targeting senior citizens. They will provide information on specific schemes to look for, as well as ways to prevent being a target.

Cholesterol Management

Wednesday, Sep 11 • 10am

What do your cholesterol numbers mean? We address common concerns, risk factors, and what you can do to control your cholesterol with lifestyle changes such as nutrition and physical activity.

Move to Improve

Wednesday, Oct 2 • 10am

Learn about the many benefits of exercise and how to develop a safe and effective program. We will show modifications that can be made to make movement safer for those with various challenges. Exercises to enhance balance, mobility, improve circulation, non-weight bearing movements and more will also be discussed.

Diabetes 101

Wednesday, November 13 • 10am

Learn the symptoms, risk factors and how to manage or prevent this ever-growing epidemic. We'll cover a basic disease overview, complications. Participants will learn how to manage diabetes through proper nutrition, physical activity and other lifestyle changes.

Healthy Holidays

Wednesday, Dec 11 • 10am

Holiday parties, high-calorie food, missed workouts, stress, family issues, late-night shopping and crowded stores - all holiday stressors. Learn tips on nutrition, stress and exercise - all specific to this time of year to keep you healthy this holiday.

Classes are presented by:

