Bakersfield Family Medical Group

Health Education Calendar – December 2026

Health Education Classroom
4570 California Avenue, First Floor, Bakersfield, CA 93309
661-846-4650 | bfmc.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 **Body Motion** 9 a.m. to 9:45 a.m.	3 **Spanish Pre-Joint *** 2 p.m. to 3 p.m. **Pre-Joint *** 3 p.m. to 4 p.m.	4 **Fun 2B Fit** 8:30 a.m. to 9:30 a.m.	5
6	7 **Fun 2B Fit** 8:30 a.m. to 9:30 am.	8	9 **Body Motion** 9 a.m. to 9:45 a.m.	10 Spanish Pre-Joint * 2 p.m. to 3 p.m. Pre-Joint * 3 p.m. to 4 p.m.	11 **Fun 2B Fit** 8:30 a.m. to 9:30 a.m.	12
13	14 **Fun 2B Fit** 8:30 a.m. to 9:30 a.m.	15 **Living With*** **Heart Failure** 9 to 10:30 a.m.	16 **Body Motion** 9 a.m. to 9:45 a.m. **Diabetes *** 10 a.m. to 11:30 a.m.	17 **Steps *** 9:00 a.m. to 10:30 a.m. **Spanish Pre-Joint *** 2 p.m. to 3 p.m. **Pre-Joint *** 3 p.m. to 4 p.m.	18 **Fun 2B Fit** 8:30 a.m. to 9:30 a.m.	19
20	21 **Fun 2B Fit** 8:30 a.m. to 9:30 a.m.	22 **Heart Healthy *** 10:00 a.m. to 11:30 a.m.	23 **Body Motion** 9 a.m. to 9:45 a.m.	24 **Spanish Pre-Joint *** 9 a.m. to 10 a.m. **Pre-Joint *** 10 a.m. to 11 a.m.	25 **CLOSED** **Christmas**	26
27	28 **Fun 2B Fit** 8:30 a.m. to 9:30 a.m.	29	30 **Body Motion** 9 a.m. to 9:45 a.m.	31 **Spanish Pre-Joint *** 2 p.m. to 3 p.m. **Pre-Joint *** 3 p.m. to 4 p.m.		

***** In-person and virtual class. Virtual classes are available using your personal computer or mobile device.
Call the Health Education Department for more information.
All Classes Are Subject to Change.

Health Education Classroom
4570 California Avenue, 1st Floor, Bakersfield, CA 93309
661-846-4650 | bfmc.com

Many services are available without a referral from your physician.
Call for more information or to schedule an appointment.
You must be a BFMG member to enroll.

Advance Health Care Directive – Call the Health Education Department today if you would like to learn more about the document and why it is important to have one. We also have employees who can provide notary services for completing the Advance Health Care Directive.

Body Motion – This slow-paced class is for anyone exercising for the first time, recuperating from a procedure, or for those with a limited range of motion. This class will help improve your range of motion, balance, and flexibility. Wear loose, comfortable clothing. *Physician Clearance Required.*

Diabetes – Diabetes is a self-managed disease. In this 2-part class, you will learn how to manage your diabetes by making healthy food choices, being active, monitoring your glucose, and taking your medication.

Fun 2B Fit – While done mostly seated, this class uses low-impact exercises to improve your strength, endurance, range of motion, coordination, and balance. *Physician Clearance Required.*

Heart Healthy – This class utilizes concepts from the American Heart Association to help you learn how to reduce your risk for heart attack and stroke through eating smart and moving more for weight loss, cholesterol control, blood pressure and blood sugar management, and smoking cessation. A Registered Dietitian teaches this class.

Life Balance – Learn how to effectively manage your stress for emotional and mental well-being. You will learn coping techniques that can be used in everyday life to create healthy habits around stressful situations.

Living with Heart Failure – Learn to manage the symptoms of heart failure by taking the steps discussed in this class to live a full and productive life.

Nutritional Counseling – Meet one-on-one with a Registered Dietitian. Our dietitians are here to help you live a healthy lifestyle by assessing your needs and creating a plan that works for you. Our dietitians will consider your likes/dislikes, schedule, dietary needs, and culture when working with you.

Slip and Fall Prevention – Learn the risk factors and hazards associated with falls, how to prevent falls, and what to do if you suffer from a fall.

Smoking Cessation – Learn how to make a personalized quit plan to help you avoid and manage your triggers to stay smoke free.

Steps to a Healthy Lifestyle "Steps" – This class will provide you with the knowledge to make long-lasting and health-promoting changes to your eating and physical activity habits. The topics covered will include food and nutrition to help you maintain your healthiest weight, reduce your risk of diabetes, heart disease and other chronic disease; strategies to incorporate regular physical activity; mindful eating techniques and habit change. This class is taught by a Registered Dietitian.