



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments
(CRS/TTY): **711/1.800.735.2929**

livehealthy@alamedaalliance.org

www.alamedaalliance.org

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your interest in **healthy eating, exercise, and weight** classes and programs. Listed below are no-cost options to choose from. To learn more or sign up, please call the program.

Classes and Activities

Cooking for Health Academy

Alameda County Public Health Department

Learn and practice cooking skills to make healthy meals. You will also learn about food safety and be able to take the California Food Handler Certification test if you would like to. Call to enroll. (English, Spanish.)

Six (6) weekly workshops, two (2) hours each workshop (Online)

Phone Number (Dale Murai): **1.510.268.4221**

acphd.org/nutrition-services/programs/cooking-for-health-academy

Eating Smart Being Active

University of California Cooperative Extension

This class series teaches parents and caregivers how to keep you and your family fit and healthy. Learn tips for how to make healthy food choices while saving money. You must have children in the home and able to attend the series to join. (English, Spanish.)

Various cities (In-person, online)

Eight or nine weekly lessons, two (2) hours each class

For a program referral, please call Alliance Health Programs at **1.510.747.4577**.

Multicultural Fitness Virtual Program

East Bay Regional Parks

Join a variety of online exercise classes for a fun and safe way to move your body and stay fit. Visit the website to sign up.

Thursdays, 5 pm – 6 pm (Online)

Toll-Free: **1.888.327.2757**

www.ebparks.org/WF

Multicultural Wellness Walks

East Bay Regional Parks

Group walks led by park naturalists in East Bay regional parks., Visit the website to sign up.

Various cities (In-person)

Toll-Free: **1.888.327.2757**

www.ebparks.org/WellnessWalks

Oakland Activity Guide

Oakland Unified School District and the City of Oakland

Visit the website to view local summer and after-school activities for children and youth.

Oakland and nearby cities

www.inplay.org/r/oakland

Healthy Weight Programs

Diabetes Prevention Program (DPP)

Adopt healthy habits, lose weight, and reduce your risk of type 2 diabetes. This year-long online program for Alliance member who have Medi-Cal includes lessons, health coaching, and peer support.

16 weekly lessons, then monthly (Online)

www.alamedaalliance.org/live-healthy/dpp

To enroll, please call the Alliance Member Services Department at **1.510.747.4567**.

WW (WeightWatchers)

Share your wellness journey and get support from fellow members and a wellness coach through weekly workshops and digital tools. Learn about healthy eating, being active, and how to meet your health goals. (Interpreters offered)

Various cities (In-person, online)

Weekly

www.weightwatchers.com/us/find-a-workshop

To enroll, please call Alliance Health Programs at **1.510.747.4577**.

Support Group

Overeaters Anonymous (OA)

If being obsessed with food or weight gets in the way of living your life, you may be a compulsive eater. Overeaters Anonymous is a 12-step program that brings together people who support each other to recover. Visit the website to view the meeting schedule.

Various cities (In-person, online)

Phone Number: **1.510.923.9491**

www.eastbayoa.org

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

We hope these classes will help meet your health needs.

Best of Health,
Alliance Health Programs