



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

Toll-Free: **1.877.932.2738**

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 your partner in health.

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

Cooking for Health Academy

Alameda County Public Health Department

6-class series, and two (2) hours each class. (English, Spanish)

To enroll, please call Dale Murai at **1.510.268.4221**.

Diabetes Prevention Program (DPP)

Year-long program for qualified members 18 years of age and older at risk for type 2 diabetes. DPP includes lessons, health coaching, and peer support. In-person and online options available.

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

www.alamedaalliance.org/live-healthy/dpp

Healthy Parks Healthy People Wellness Walks

Drop-in group walks led by park naturalists in East Bay regional parks. For a list of events, please visit the website.

Phone Number: **1.888.327.2757**

www.ebparke.org/activities/features/hphp_wellness_walks.htm

Overeaters Anonymous (OA)

OA brings together groups of people who, through shared experience, strength and hope, are recovering from overeating. In-person, online, and over-the-phone options available.

Phone Number: **1.510.923.9491**

www.oa.org

WW (formerly Weight Watchers)

The Alliance offers vouchers for members 18 years of age and older to attend weekly workshops. WW also includes online tools.

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

Helpful Websites

cachampionsforchange.cdph.ca.gov – Learn to eat healthy and be active. (English, Spanish, Cantonese, Vietnamese, Hmong)

health.gov/moveyourway – Exercise tips and tools. (English, Spanish)

healthyeating.nhlbi.nih.gov – Healthy recipes and family resources.

www.cdc.gov/healthyweight – Learn about healthy weight. (English, Spanish)

www.eatfresh.org – Low cost recipes. (English, Spanish, Chinese)

To find out if your class offers interpreting services, or to make a request, please call the Alliance Member Services Department at **1.510.747.4567**. We hope these classes will help meet your health needs.

Best of Health,
Alliance Health Programs