



**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 here to be your partner in health.

Thank you for your recent interest in **healthy eating and weight management** classes and support groups. Listed below are some classes to choose from. They are **no cost** to you as an Alliance member. To learn more or sign up, please call the program. Let them know you are an Alliance member and have your Alliance member ID card number ready.

**Cooking for Health Academy by the Alameda County Public Health Department**

6-class series, each class is 2 hours. English and Spanish classes offered.

Phone Number: **1.510.747.6166**

**Overeaters Anonymous (OA)**

OA brings together groups of people who, through shared experience, strength and hope, are recovering from overeating. Meetings can be in-person, online, or over the phone.

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 (13-17 years of age if WW guidelines are met) to attend weekly workshops.

For more information, please call Alliance Health Programs at **1.510.747.6166**

**Helpful Websites**

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

**www.cdc.gov/healthyweight** – Learn about healthy weight, in English and Spanish.

**www.choosemyplate.gov** – Tips and tools for healthy eating

**www.eatfresh.org** – Low cost recipes in English, Spanish, and Chinese.

**www.fitness.gov** – Fitness facts, tips and health challenge

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