Healthy Living Helpline—Wellness Coaching by Phone

Ready to work on living healthier, but could use a little help? A coach in your corner could make the difference between wanting and actually making healthy changes.

Whether you’re ready to jump in headfirst or are just thinking about making a small lifestyle change, take the first step and call our Healthy Living Helpline. You’ll speak to one of our trained wellness coaches who can help with weight management, nutrition counseling, regular exercise, and more. Wellness coaching is offered to members at no cost. You can make your appointment without a physician referral.

Find out more about wellness coaching or make your first appointment. Call the Healthy Living Helpline at 1-866-402-4320, weekdays, 7 a.m.–8 p.m.

Registration Information
February through May classes and resources are listed by category with online and in-person classes available. You’ll also find a variety of community classes, Web resources and support group listings. Class dates, times, locations, and phone numbers are listed within each class or category.

Registration is easy!
Just call 303-614-1010 or 1-866-868-7112 (toll-free), and choose option 1.
Have the class name, date of class, and your member ID card number (for members only) ready.
- You may pay for your class by credit/debit card or check. Pre-registration and payment is required for all classes. Payment is not collected at the class.
- Refunds are available only if you cancel three business days before the first class date. At that time you may also choose to transfer to another class.
- Child care is not provided.
- If you are registering for a class that requires checking in at the front desk, call the number listed with the class description.
- TTY users may call 1-800-659-2656 for assistance with any class listed in this resource guide.
- Many of the classes in this schedule are open to nonmembers. For details please see the fee section in each listing.
- Some classes are available in Spanish. Look for the Español box.
RESOURCE GUIDE

LEARN FROM HOME
Webinars—“Live” Online Classes

Tight for time? Trying to save gas? Now you can get support to quit smoking, lose weight, lower your cholesterol, and more. Webinars allow you to view the presentation through your computer and listen with your telephone. Enjoy high-quality interactive learning from the comfort of your home. Recorded webinars are also available covering many of the same topics for convenient learning—24 hours a day, 7 days a week.

Free for members and nonmembers.

CHOLESTEROL: TAKING CONTROL
Join a dietitian in a one-hour online version of our cholesterol class. Learn how to make smart food choices to lower your cholesterol and reduce your risk for heart disease.

- Tues.: Feb. 21; March 20; April 17; May 15, 11 a.m.–noon

HEALING WITH ACUPUNCTURE
Are you curious about what conditions acupuncture can help? Want to know more before you give it a try? Learn more about acupuncture at a one-hour session led by a licensed acupuncturist.

- Thurs., April 5, 6:30–7:30 p.m.

PREVENTING DIABETES AND HEART DISEASE: LIFESTYLE APPROACHES
Join a dietitian in a one-hour version of our preventing diabetes and heart disease class. If you have pre-diabetes or are at risk for diabetes, heart attack, or stroke due to high blood pressure or other factors, this class is for you.

- Wed.: Feb. 22; March 21; April 25; May 30, 4–5 p.m.

GETTING TO THE “HEART AND SOLE” OF HEALTH
This class is a core component of cardiac/vascular health. Join us for an interactive session covering coronary and peripheral artery disease risk factor reduction, symptom recognition, common medications, nutrition basics, exercise, and stress management.

- Thurs.: Feb. 2; March 1; April 5; May 3, 11:30 a.m.–12:30 p.m.

SLEEP SECRETS
Trouble getting enough sleep? How much sleep do I really need? Learn the secrets to sleeping better, and discover resources that can help you.

- Mon.: March 5; May 14, 6–7 p.m.
- Thurs., April 5, 11:30 a.m.–12:30 p.m.

TRAINING TO THRIVE: GETTING FIT FOR THE RACE
(Taught by a personal trainer and registered dietitian.) Whether you’re completing a 5K, marathon, or triathlon, join us in this webinar. Get planning tips, nutrition advice, training schedules, and more.

- Wed., March 21, 6–7:30 p.m.

WEIGHT LOSS, WEIGHING THE OPTIONS
Want to lose weight? Learn how to live a healthier life and lose weight by attending our online weight loss webinar.

- Tues.: Feb. 14; March 13; April 10; May 8, noon–1 p.m.

We’re introducing new live and recorded webinars all the time. Get the latest information at kpwebinar.org.

TO REGISTER FOR ALL WEBINARS GO TO KPWEBINAR.ORG. CLICK “24/7” TO ACCESS RECORDINGS.

*HealthWorks Engage/Perform Benefit applies
BREAK FREE FOR LIFE: QUIT SMOKING
Kick-start your quitting effort with this online class, and leave with a personal quit plan and medication options. Tobacco-chewers also welcome.
- Tues., March 13; May 8, 6–7 p.m.
- Wed., Feb. 8; April 11, 6–7 p.m.

FREEDOM FROM TOBACCO
Ready to quit? This four-session webinar covers preparing to quit, getting through quit week, staying quit by managing your stress, and top relapse prevention steps. Attend all or single presentations.
11:30 A.M.–12:30 P.M.:
- Getting Ready to Quit, Wed., Feb. 15
- Maintain Your Sanity, Getting Through Quit Week, Wed., Feb. 22
- Staying Quit: Beyond Quit Week, Relapse Prevention Steps That Work, Wed., Feb. 29
- Staying Quit: Managing Your Stress, Wed., March 7

6:30–7:30 P.M.:
- Getting Ready to Quit, Wed., April 25
- Maintain Your Sanity, Getting Through Quit Week, Wed., May 2
- Staying Quit: Beyond Quit Week, Relapse Prevention Steps That Work, Wed., May 9
- Staying Quit: Managing Your Stress, Wed., May 16

SENIOR HEALTH
This is an advertisement

SILVERSNEAKERS® FITNESS PROGRAM
Join the SilverSneakers Fitness Program and get more out of life! If you’re a Kaiser Permanente Senior Advantage (HMO) or PERA pre-65 member, you can enjoy:
- Basic membership without charge at participating fitness centers, including Curves and 24 Hour Fitness. To choose a location, visit silversneakers.com.
- Access to amenities including strength and cardio equipment, pools, saunas, and much more!
- Specialized exercise classes designed to improve strength, flexibility, and balance.
- Social events and activities. For more information, call Member Services toll-free, 1-800-476-2167 (TTY: 1-866-513-9964), 8 a.m. to 8 p.m., seven days a week.

Kaiser Permanente is a health plan with a Medicare contract. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information, contact the plan. Eligible Medicare beneficiaries may enroll in a Medicare Health Plan and/or Medicare Prescription Drug Plan only during specific times of the year. For more information, please contact Kaiser Permanente. Benefits and copayments may change on Jan. 1, 2012. H0630_11021 File & Use (10/19/2010)

SENIOR RESOURCE LINE
Kaiser Permanente’s telephone referral source. Knowledgeable volunteers help seniors and their support persons get connected with Kaiser Permanente and community resources based on their needs. Resources include:
- Transportation
- Financial aid
- Food assistance
- Support groups
- Housing
- Medical equipment
Call 1-866-279-0736 (TTY: 1-866-659-2656), 9 a.m. to 1 p.m., weekdays.

FALLS PREVENTION CLASS
What are the most common causes of falls? Learn helpful tips on how to avoid falls. Includes exercise education.
- Arapahoe, 303-850-5855
- Aurora Cntrpt, 303-614-7878
- Baseline, 303-554-5030
- Lakewood, 303-239-7450
- Rock Creek, 720-536-7300
- Skyline, 303-861-3105
- Wheat Ridge, 303-421-5044

*HealthWorks Engage/Perform Benefit applies
ANGER MANAGEMENT
Anger, if not managed, can lead to added stress, relationship problems, unhealthy behaviors, and increased medical problems. Learn to manage and express your anger in healthy ways.

DEPRESSION
Although depression can have a significant impact on your life, there are very effective treatment options available.

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MIND/BODY THROUGH BEHAVIORAL HEALTH
Our behavioral health department offers groups and classes to help you understand the underlying causes of mood or behavior disturbances, and steps you can take to feel better.

MINDFULNESS-BASED STRESS REDUCTION
Improve your ability to manage symptoms associated with chronic illness, chronic pain, anxiety, depression, and stress-related conditions using meditation.
Six sessions.
$150 members*, $150 nonmembers

Castle Rock, 303-699-3670
Wed., March 7–April 11, 5:15–8 p.m. (Retreat April 14, 9 a.m.–3 p.m. at East Denver)

Lakewood, 303-239-7224
Thurs., May 3–June 7, 5:30–8 p.m. (Retreat June 2, 9 a.m.–3 p.m. at East Denver)

Rock Creek, 303-457-6260
Thurs., Feb. 16–March 22, 5:30–8:30 p.m. (Retreat March 17, 9 a.m.–3 p.m. at Westminster)

Tues., April 10–May 15, 5:30–8:30 p.m. (Retreat May 12, 9 a.m.–3 p.m. at Westminster)

Tues., May 22–June 26, 5:30–8:30 p.m. (Retreat June 23, 9 a.m.–3 p.m. at Westminster)

MINDFULNESS AND PREGNANCY: THE STAYING WELL STUDY
The Staying Well Study is conducted jointly by the University of Colorado, Kaiser Permanente Colorado, Kaiser Permanente Georgia, and Emory University. We are studying an approach that is designed to help prevent depression and promote the well-being of women during pregnancy and postpartum.

If you are pregnant, please call 303-501-0060 to find out more.

*HealthWorks Engage/Perform Benefit applies
YOGA AND MORE

Through our Centers for Complementary Medicine, find alternative ways to achieve a healthy life. In addition to acupuncture, massage, and chiropractic offerings, enjoy yoga and other classes in a calm, relaxing atmosphere. Wear comfortable clothing and bring your mat and equipment. Five sessions. $49 members*, $55 nonmembers (unless otherwise listed). Call 303-614-1010.

BEGINNING YOGA
Learn the basics of yoga.

East Denver
- Tues.: Feb. 7–March 6;
  March 20–April 17; April 24–May 22, 6–7 p.m.

Midtown (near Franklin)
- Thurs.: Feb. 9–March 8;
  March 22–April 19; April 26–May 24, 5:30–6:30 p.m.

Lakewood
- Wed.: Feb. 8–March 7; March 21–April 18; April 25–May 23, 6–7 p.m.

Smoky Hill
- Tues.: Feb. 7–March 6;
  March 20–April 17; April 24–May 22, 9–10 a.m.
- Fri.: Feb. 10–March 9;
  March 23–April 20; April 27–May 25, 9–10 a.m.

SENIOR YOGA
For seniors new to yoga.

East Denver
- Mon.: Feb. 6–March 5;
  March 19–April 16; April 23–May 21, 10–11 a.m.

Smoky Hill
- Wed.: Feb. 8–March 7;
  March 21–April 18; April 25–May 23, 10:30–11:45 a.m.

COMMUNITY YOGA CLASSES
(NOT PART OF KAISER PERMANENTE’S BENEFIT PLAN)
For yoga, chi gung, and more, call Bridges Integrative Health at Lutheran Medical Center at 303-425-2262 or Health and Healing Center, Exempla Good Samaritan at 303-689-6580. Ask about fees and senior discounts.

YOGA FOR STRESS REDUCTION
Use yoga to help avoid, manage, and release stress in the mind and body.

East Denver
- Wed.: Feb. 8–March 7;
  March 21–April 18; April 25–May 23, 5:30–6:30 p.m.
- Thurs.: Feb. 9–March 8;
  March 22–April 19; April 26–May 24, 5:30–6:30 p.m.

Midtown (near Franklin)
- Wed.: Feb. 8–March 7;
  March 21–April 18; April 25–May 23, 5:30–6:30 p.m.

BALANCE MADE EASY WITH TAI CHI
Learn movements to increase your balance and stability. All levels welcome.

Lakewood
- Mon.: Feb. 6–March 5;
  March 19–April 16; April 23–May 21, 5:30–6:30 p.m.
- Wed.: Feb. 8–March 7;
  March 21–April 18; April 25–May 23, 5:45–6:45 p.m.

ADULT NUTRITION SERVICES
Call 303-614-1070 for more information on nutrition services or visit kphealthyme.com.

HEALTHY EATING PACKET
Get practical tips, time-saving ideas, a healthy eating CD, and online resources. To request our free packet, call 303-614-1040.

SPORTS NUTRITION SERVICES
Looking to improve your sports performance? Our sports dietitian can work with you to develop a personalized nutrition plan. Call 303-614-1070 or go online to kphealthyme.com.

ADULT WEIGHT CONNECTIONS
Based on successful strategies, this eight-week class provides the education, accountability, and support needed for weight loss and maintenance. Call 303-338-4545 for more info.

OPTIFAST® MEDICAL WEIGHT MANAGEMENT PROGRAM
For members with a body mass index greater than 30. Receive medical supervision, low-calorie Optifast® meal replacements, and weekly sessions. Englewood and Rock Creek Medical Offices 303-788-1154 kphealthyme.com

*HealthWorks Engage/Perform Benefit applies
RESOURCE GUIDE

QUITTING TOBACCO
Members: To help you quit, prescriptions for medications are available at all of our classes and webinars. Bupropion SR is available for generic copayment. New nicotine replacement benefit: patch, gum, lozenge prescription filled at a Kaiser Permanente pharmacy for no charge. Some restrictions apply.

FREEDOM FROM CIGARETTES
Declare your freedom from tobacco! Join our most successful adult tobacco cessation program. Find group support with a focus on preventing relapse. Eight sessions. Fee: No charge for members and deposit is waived; nonmembers $50 plus $50 refundable deposit. Deposits refunded upon attending all classes.

Lakewood
- Various weekdays, Feb. 21, 28, 29 and March 1, 6, 13, 20, 27, 7–9 p.m.

Regional
- Various weekdays, April 2, 9, 10, 12, 16, 23, 30, and May 7, 6:30–8:30 p.m.

YOU CAN QUIT—STOP SMOKING BASICS
In one session, learn what you need to do to quit, successful strategies other quitters use, how medication can help you, and receive personalized coaching by a stop smoking expert. No charge for members*, $20 nonmembers.

303-614-1010

Lakewood
- Wed., April 18, 6–8 p.m.

Westminster
- Thurs., Feb. 2, 6–8 p.m.

COLORADO TOBACCO QUITLINE
Ready to quit tobacco? This five-session phone service connects you with a trained coach who will guide and support you through the quitting process. Programs available for teens 15 and older, pregnant women and chewers. Free. 1-800-784-8669

Español

PEDIATRIC NUTRITION SERVICES
PEDiATRIC NUTRiTON SERVICEs
Are you concerned about the way your child eats or about your family’s eating and activity habits? Our pediatric dietitians can help you develop an action plan for your whole family. A variety of options are available such as individual visits, telephone visits, workbooks, classes, or webinars. Call 303-614-1070 or go online to kphealthyme.com.

HEALTHY CHOICE HOTLINE
A FREE series of seven, five-minute automated calls connecting your family to a personal family coach. To participate, call 720-857-7907 or, outside the metro area, call toll-free 1-866-868-7116. Go online to healthychoicehotline.org.

THE INCREDIBLE ADVENTURES OF THE AMAZING FOOD DETECTIVE
This online game provides an interactive and entertaining way to educate children about healthy food choices and being active. We encourage you to play the game with your children and discuss how the whole family can learn to make healthy choices in daily life.

kp.org/amazingfooddetective

WOMEN’S HEALTH

COMMUNITY CHILDBIRTH CLASSES
Please call the following:
Exempla Saint Joseph Women’s Pavilion
303-866-8600
Exempla Lutheran Medical Center
303-425-2929
Exempla Good Samaritan Medical Center
303-689-4701

SUCCESSFUL BLADDER CONTROL FOR WOMEN
If you’re a frequent visitor to the ladies’ room, you’re not alone. Take control of your problem and regain control of your life. $10 (front desk check-in). Call 303-338-4545.

Español

*HealthWorks Engage/Perform Benefit applies
MANAGING ONGOING CONDITIONS

ARTHritIS
Call the Arthritis Foundation at 303-756-8622 for support groups, lectures, and exercise classes.

INFLAMMATORY BOWEL DISEASE (IBD) SUPPORT GROUP
This support group for members and their family meets the first Tuesday every other month (March and May), from 6–8 p.m., at Franklin Medical Offices. Free for members and nonmembers. Call 303-861-3655, option 4.

LIVING WITH HEPATITIS C
Have you been diagnosed with hepatitis C? Call 303-861-3655, option 3 for more information.

LIVING WITH LUNG DISEASE
The following programs can help you breathe easier if you have emphysema or chronic obstructive pulmonary disease.
Catch Your Breath—Exempla Saint Joseph Hospital, 303-837-7759
Pulmonary Rehab—Exempla Lutheran Medical Center, 303-467-4122
Healing Center—Exempla Good Samaritan Medical Center, 303-689-6580

LUNG DISEASE SUPPORT GROUPS
EZ Breathers, Exempla Rehab Facility, 303-467-4122
Wheat Ridge Pulmonary Fibrosis, Exempla Rehab facility, 303-467-4122
Rocky Mountain Pulmonary Hypertension, 303-799-6550

HEALTHIER LIVING CO: MANAGING ONGOING HEALTH CONDITIONS
Take control of your health and happiness in this six-session interactive workshop for people with chronic health conditions. $20 members*, $30 nonmembers 303-614-1010
- Aurora Cntrpt, Wed., April 11–May 16, 1:30–4 p.m.
- East Denver, Tues., May 22–June 26, 1:30–4 p.m.
- Lakewood, Thurs., May 17–June 21, 1:30–4 p.m.
- Skyline, Mon., March 5–April 9, 1:30–4 p.m.
- Southwest, Wed., April 18–May 23, 4:30–7 p.m.

ALZHEIMER’S ASSOCIATION CLASSES
If you have, are caring for, or are a family member of someone with Alzheimer’s or another dementia, the Alzheimer’s Association offers four classes for you: Understanding Memory Loss and Dementia; After the Diagnosis, What’s Next; Caregiver Stress; and Successful Communication. Classes are offered periodically at the Arapahoe, Aurora Centrepoint, East Denver, Hidden Lake, Skyline, Westminster, and Wheat Ridge Medical Offices. Free for members and nonmembers. Call 303-614-1065, option 1.

The Basics:
Memory Loss, Dementia & Alzheimer’s
- Aurora Centrepoint
  - Thurs., Feb. 16, 10–11:30 a.m.
- Wheat Ridge
  - Fri., Feb. 17, 1–2:30 p.m.
- Skyline
  - Tues., March 6, 10–11:30 a.m.

Caregiving Tips: Successful Communication
- Westminster
  - Mon., Feb. 27, 1–2:30 p.m.
- Lakewood
  - Thurs., March 1, 11 a.m.–12:30 p.m.
- East Denver
  - Thurs., March 8, 10–11:30 a.m.

After the Diagnosis: The Next Steps
- Westminster
  - Mon., May 21, 1–2:30 p.m.
- Wheat Ridge
  - Fri., May 18, 1–2:30 p.m.

Caregiving Tips: Coping with Stress
- Arapahoe
  - Fri., March 16, 1–2:30 p.m.
- Aurora Centrepoint
  - Thurs., May 3, 10–11:30 a.m.
- Hidden Lake
  - Thurs., April 12, 2–3:30 p.m.

*HealthWorks Engage/Perform Benefit applies
CHILDREN, TEENS, AND PARENTING

Note: These classes do not meet court-ordered parenting class requirements. We are unable to sign forms or give documentation of completion.

**Diabetes**

**Diabetes: Learn to Take Charge**
If you have type 2 diabetes, join us to learn about daily self-care, controlling blood sugar, and making wise food choices. Members only. $10. Call 303-338-4545 and ask for the diabetes class with the dietitian.

**Preventing Diabetes and Heart Disease: Lifestyle Approaches**
Learn the most important lifestyle habits to prevent diabetes and heart disease, and create a personal action plan. Members only. $10 (front desk check-in). Call 303-338-4545 and ask for the Preventing Diabetes class with the dietitian.

**Insulin Pump Therapy**
If you’re a member with type 1 diabetes, this introductory class is for you. Members only, but a guest may attend with you at no extra fee. $10. Call 303-764-4665.

**Other Classes**

**Becoming a Love and Logic® Parent Course**

**Parenting a Child with ADHD**
This class will cover how your child learns differently, medication, educational rights, and more. $10 members, $20 nonmembers (includes spouse/domestic partner). Call 303-614-1010.

Arapahoe Sat., Feb. 11, 9–11 a.m.

Westminster Sat., April 21, 9–11 a.m.

**Educational Theatre Touring Programs**
Actor-educators from Kaiser Permanente’s Educational Theatre Programs provide creative plays and workshops with messages on health topics, from nutrition to bullying. Free. 303-344-7259 or EPTColorado.org. February to May 2012 dates available.

**Becoming a Love and Logic® Parent Course**
Learn practical parenting skills you can use throughout your parenting years. Four sessions. Members: $57 (single), $77 (includes spouse/domestic partner). Nonmember: $74 (single), $107 (includes spouse/domestic partner). No children.

**Families First—A Community Parenting Resource**
Nurture your family with the help of the free Families First Support Line. Call 303-695-7996 (English) or 1-866-527-3264 (Spanish).

**Behavioral Health for Child, Adolescent, and Parents**
Members only. Fees vary according to your benefit plan.

**Child, Adolescent, and Family Services**
A wide variety of services are available to members under the age of 18. Individual, family, and group programs are designed to help you accomplish individual and family goals.

Exec Ctr, 303-467-5800
Hidden Lake, 303-650-3900
Highline, 303-367-2900

**For a low-fee online walking program, visit kp.org/10000Steps.**
10,000 Steps is a registered trademark of HealthPartners, Inc.

*HealthWorks Engage/Perform Benefit applies
HEART HEALTH

**CHOLESTEROL: TAKING CONTROL**
Making smart food choices can lower your cholesterol and reduce your risk for heart disease. Learn how to include the foods you love in a healthy diet, find out what your cholesterol numbers mean and learn about healthy fats that protect your heart. Members only, but a guest may attend with you at no extra fee. $10 (front desk check-in). Call 303-338-4545 and ask for the cholesterol group with the dietitian.

**CPR COURSES**
Learn this lifesaving skill. Call the Colorado CPR Association at 303-980-1015.

**HEALING HEARTS**
Learn how stress and emotions impact the recovery and healing process for people with heart conditions and get basic stress management techniques. Members only, but a guest may attend with you at no extra fee. $10 (front desk check-in). Call 303-861-3441 for class information, dates, and times.

**GETTING TO THE “HEART AND SOLE” OF HEALTH**
This class is a core component of cardiac/vascular health. Join us for an interactive session covering coronary and peripheral artery disease risk factor reduction, symptom recognition, common medications, nutrition basics, exercise, and stress management. Members only. $10 (front desk check-in), bring a guest at no extra fee. Call 303-861-3441 for dates, times and online options available.

**HIGH BLOOD PRESSURE DVD**
Uncontrolled high blood pressure can cause heart attack, kidney failure and stroke. This DVD will help you understand high blood pressure, why it is called the “silent killer” and what you can do to prevent or manage high blood pressure. Free (members only). To order your copy (English or Spanish), call 303-614-1614.

**ICD (IMPLANTABLE CARDIAC DEFIBRILLATOR) SUPPORT GROUP**
For people with an implantable cardiac defibrillator, and their families. Quarterly meetings rotating at the Franklin and Rock Creek Medical Offices. Free for members and nonmembers. Call 720-536-6527.
GOOD HEALTH AT YOUR FINGERTIPS

We’ve updated several features on kp.org to provide a better online experience for you and your family.

- **My Health Manager**—with a new, simpler sign-on process, you’ll access tools to manage your health easier than ever. Visit kp.org/myhealthmanager to get started.
- **Member Assistance Center**—our new member assistance center answers frequently asked questions and provides helpful information like member service hours and phone numbers in your area.
- **Health Encyclopedia, Programs and Classes**—learn more about medical conditions and medication with our improved health encyclopedia and natural medications databases. Plus, get convenient access to a wide range of online and in-person health education classes and resources. Just browse the health and wellness tab. Visit us online at kp.org to learn more.

*HealthWorks Engage/Perform Benefit applies

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**LIFE SKILLS**

**ADVANCE DIRECTIVE AND LIVING WILL RESOURCES**
Who will speak for you? Let others know your wishes about life support and other medical decisions in case you can’t speak for yourself. Learn more at kp.org/advancedirectives.

**FAMILY CAREGIVER WORKSHOPS**
Are you experiencing the joys and challenges of caregiving? Come learn about the many resources and strategies to help you take care of yourself and your loved one. Free for members and nonmembers. Call 303-344-7485.

**ADDICTION AND RECOVERY**

**SUBSTANCE ABUSE AND DEPENDENCY**
If you or a family member is dealing with a drug or alcohol problem, we’re here to help. Call 303-367-2800 and ask for your free one-hour consultation. Members only.

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**SUPPORT GROUPS**

**MS SUPPORT GROUPS**
1-800-344-4867
nationalmssociety.org

**AMERICAN CANCER SOCIETY**
Call 303-758-2030 or visit cancer.org for support group listings.

**LIVING WITH LUNG CANCER**
Learn tools to help navigate the lung cancer experience, find ways to cope with uncertainty, and gain support from others. Guest speakers share their experience on a monthly basis. Free to members and their family. Call Cecilia at 303-764-5310.

- **Franklin**—Third Monday of every month, 1–2 p.m.
  (Heyer Room, Basement)

**CANCER SURVIVORSHIP 101**
A drop-in discussion group after active treatment for cancer is completed. Discuss the challenges after your treatment: fear of recurrence, returning to a “new normal,” and regaining stamina. Light refreshments provided. Free for members and nonmembers. Call or email Dennis Heffern: 303-764-5047
dennis.heffern@kp.org

- **Franklin**—Fourth Thursday of every month, 6–7:30 p.m.
  (Heyer Room, Basement)

For other cancer support groups available to members, contact Ingrid: 720-536-7248.