



HEALTH EDUCATION

Classes January-March 2024

Health Education Department • Kaiser Permanente • San Francisco

Class Title	Date	Time
Thrive Beyond Cancer: Nutrition Class SFO	Tuesday, January 2, 2024	3:30-5:00pm
Glucometer Teach SFM	Wednesday, January 3, 2024	5:00-6:30pm
Pathways to Oncology Mindfulness	Thursday, January 4, 2024	4:00-6:00pm
Gestational Diabetes Online	Thursday, January 4, 2024	2:00-4:00pm
Managing Anger Series	Monday, January 8, 2024	6:15- 8:15 pm
Understanding Anxiety Online Series	Monday, January 8, 2024	4:00 - 6:00 pm
Newborn Care	Monday, January 8, 2024	6:00 – 8:00 pm
Improving Sleep Online Series	Tuesday, January 9, 2024	4:00- 6:00 pm
Couples Communication Online Series	Tuesday, January 9, 2024	6:15- 8:15 pm
Managing Stress Online Spanish	Tuesday, January 9, 2024	3:00-4:30 pm
Understanding Loss Series	Tuesday, January 9, 2024	3:00-4:30pm
Prediabetes and You Class	Tuesday, January 9, 2024	10:00am - 12:00pm
Infant and Child CPR Workshop	Tuesday, January 9, 2024	6:00 – 8:00 pm
Cantonese Breastfeeding	Tuesday, January 9, 2024	6:00 – 8:00 pm
Diabetes Basics Online SFO	Tuesday, January 9, 2024	9:30-11:30am
Chinese Cholesterol Online SFO	Tuesday, January 9, 2024	9:30-11:30am
Assertiveness Training Series	Wednesday, January 10, 2024	6:15- 8:15 pm
Thrive Kitchen	Wednesday, January 10, 2024	6:30 - 8:30pm
Family Resilience Workshop Series	Wednesday, January 10, 2024	4:00- 6:00 pm
Emotional Wellness Online	Wednesday, January 10, 2024	6:00-8:30pm
Whole Food Plant Based Eating Online	Wednesday, January 10, 2024	10:00am - 12:00pm
Diabetes Basics Filipino	Wednesday, January 10, 2024	3:30-5:30pm
Diabetes Nutrition Class SFO	Wednesday, January 10, 2024	4:30-6:30pm
Managing Depression Online Series	Thursday, January 11, 2024	4:00 - 6:00 pm
Managing Stress Online Series	Thursday, January 11, 2024	6:15 - 8:15 pm
Gestational Diabetes Online	Thursday, January 11, 2024	10:00am-12:00pm
Glucometer Teach Online SFO	Thursday, January 11, 2024	9:30-11:00am
Life Care Planning Online	Friday, January 12, 2024	2:00-3:30pm
Cholesterol & Heart Health Online SFO	Friday, January 12, 2024	9:30-11:30am
Oncology Mindfulness Series	Monday, January 15, 2024	6:00-8:00pm
Chinese Prediabetes Online	Tuesday, January 16, 2024	10:00am- 12:00pm
Childbirth Prep Session 1	Tuesday, January 16, 2024	5:30 – 8:00 pm
Glucometer Teach SFO	Tuesday, January 16, 2024	2:00-3:30pm
Mindfulness-Based Stress Reduction (MBSR)	Wednesday, January 17, 2024	1:00-3:00pm
Healthy Weight 1 Online 1	Wednesday, January 17, 2024	5:30 - 7:30pm
Diabetes Basics Online Cantonese	Wednesday, January 17, 2024	2:00-5:00pm
Breastfeeding Basics	Thursday, January 18, 2024	6:00 – 8:00 pm
Gestational Diabetes Online	Thursday, January 18, 2024	2:00-4:00pm
Children Emotional Wellness	Saturday, January 20, 2024	10:30am-12:30pm



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Class Title	Date	Time
Diabetes Nutrition Online SFO	Saturday, January 20, 2024	9:30-11:30am
IBS Online SFO	Monday, January 22, 2024	4:00-5:30pm
Diabetes Basics Spanish	Monday, January 22, 2024	5:30-7:30pm
Prediabetes and You Class	Tuesday, January 23, 2024	5:30 - 7:30pm
Guiding Your Toddler	Tuesday, January 23, 2024	11:00am-12:30pm
Childbirth Prep Session 2	Tuesday, January 23, 2024	5:30– 8:00pm
Glucometer Teach Online SFO	Tuesday, January 23, 2024	4:00-5:30pm
Diabetes Nutrition Online SFO	Tuesday, January 23, 2024	9:30-11:30am
Whole Food Plant Based Eating Online	Wednesday, January 24, 2024	5:00 - 7:00pm
Diabetes Basics Online SFO	Wednesday, January 24, 2024	5:00-7:00pm
Gestational Diabetes Online	Thursday, January 25, 2024	10:00am-12:00pm
Breastfeeding Basics	Friday, January 26, 2024	6:00– 8:00 pm
Teens Emotional Wellness	Saturday, January 27, 2024	10:30am-12:30pm
Childbirth Prep Single Session	Saturday, January 27, 2024	9:30am- 2:30 pm
Newborn Care	Monday, January 29, 2024	6:00– 8:00 pm
Pathways to Oncology Mindfulness	Thursday, February 1, 2024	4:00-6:00pm
Healthy Weight 1 Online 1	Thursday, February 1, 2024	3:00 – 5:00pm
Breastfeeding	Thursday, February 1, 2024	6:00 – 8:00 pm
Gestational Diabetes Online	Thursday, February 1, 2024	2:00-4:00pm
Childbirth Prep Session 1	Friday, February 2, 2024	5:30- 8:00 pm
Newborn Care	Monday, February 5, 2024	6:00 – 8:00 pm
Improving Sleep Online	Tuesday, February 6, 2024	4:00-6:00 pm
Couples Communication Online	Tuesday, February 6, 2024	6:15-8:15 pm
Understanding Loss	Tuesday, February 6, 2024	3:00-4:30pm
Infant and Child CPR Workshop	Tuesday, February 6, 2024	6:00-8:00 pm
Thrive Beyond Cancer: Nutrition Class SFO	Tuesday, February 6, 2024	3:30-5:00pm
Glucometer Teach SFM	Wednesday, February 7, 2024	5:00-6:30pm
Gestational Diabetes Online	Thursday, February 8, 2024	10:00am-12:00pm
Diabetes Basics Cantonese	Thursday, February 8, 2024	9:00am-12:00pm
Diabetes Basic Online Filipino	Thursday, February 8, 2024	3:30-5:30pm
Glucometer Teach Online SFO	Thursday, February 8, 2024	9:30-11:00am
Spanish Prediabetes Online	Thursday, February 8, 2024	2:00-4:00pm
Childbirth Prep Session 2	Friday, February 9, 2024	5:30- 8:00 pm
Cholesterol & Heart Health Online SFO	Friday, February 9, 2024	9:30-11:30am
All About Memory Online SFO	Friday, February 9, 2024	2:00-3:30pm
Diabetes Basics Online SFO	Tuesday, February 13, 2024	9:30-11:30am
Emotional Wellness Online	Wednesday, February 14, 2024	6:00-8:30pm
Whole Food Plant Based Eating Online	Wednesday, February 14, 2024	10:00am - 12:00pm
Thrive Kitchen	Wednesday, February 14, 2024	6:30 - 8:30pm



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Diabetes Nutrition Class SFO	Wednesday, February 14, 2024	4:30-6:30pm
Breastfeeding	Thursday, February 15, 2024	6:00- 8:00 Pm
Gestational Diabetes Online	Thursday, February 15, 2024	2:00-4:00pm
Diabetes Nutrition Online SFO	Saturday, February 17, 2024	9:30-11:30am
Managing Anger series	Monday, February 19, 2024	6:15- 8:15 pm
Understanding Anxiety Online series	Monday, February 19, 2024	4:00 - 6:00 pm
Mindfulness-Based Stress Reduction (MBSR)	Tuesday, February 20, 2024	6:00-8:00pm
Glucometer Teach SFO	Tuesday, February 20, 2024	2:00-3:30pm
Understanding Anxiety Online series	Wednesday, February 21, 2024	6:15 - 8:15 pm
Diabetes Basics Spanish	Wednesday, February 21, 2024	9:30-11:30am
Managing Depression Online series	Thursday, February 22, 2024	4:00 - 6:00 pm
Managing Stress Online series	Thursday, February 22, 2024	6:15 - 8:15 pm
Gestational Diabetes Online	Thursday, February 22, 2024	10:00am-12:00pm
Life Care Planning Online Filipino	Thursday, February 22, 2024	5:30-6:30pm
Childbirth Prep Single Session	Saturday, February 24, 2024	9:30 am- 2:30 pm
Managing Depression Online series	Monday, February 26, 2024	6:15 - 8:15 pm
Newborn Care	Monday, February 26, 2024	6:00 – 8:00 Pm
IBS Online SFO	Monday, February 26, 2024	4:00-5:30pm
Prediabetes and You Class	Tuesday, February 27, 2024	5:30- 7:30pm
Guiding Your Toddler	Tuesday, February 27, 2024	2:00-3:30pm
Glucometer Teach Online SFO	Tuesday, February 27, 2024	4:00-5:30pm
Diabetes Nutrition Online SFO	Tuesday, February 27, 2024	9:30-11:30am
Whole Food Plant Based Eating Online	Wednesday, February 28, 2024	5:00pm - 7:00pm
Diabetes Basics Online SFO	Wednesday, February 28, 2024	5:00-7:00pm
Gestational Diabetes Online	Thursday, February 29, 2024	2:00-4:00pm
Newborn Care	Monday, March 4, 2024	6:00 pm- 8:00 pm
Improving Sleep Online series	Tuesday, March 5, 2024	4:00- 6:00 pm
Couples Communication Online series	Tuesday, March 5, 2024	6:15- 8:15 pm
Managing Stress Online Spanish Series	Tuesday, March 5, 2024	3:00-4:30 pm
Infant and Child CPR Workshop	Tuesday, March 5, 2024	6:00– 8:00 pm
Thrive Beyond Cancer: Nutrition Class SFO	Tuesday, March 5, 2024	3:30-5:00pm
Glucometer Teach SFM	Wednesday, March 6, 2024	5:00-6:30pm
Pathways to Oncology Mindfulness	Thursday, March 7, 2024	4:00-6:00pm
Gestational Diabetes Online	Thursday, March 7, 2024	10:00am-12:00pm
Life Care Planning Online	Friday, March 8, 2024	2:00-3:30pm
Cholesterol & Heart Health Online SFO	Friday, March 8, 2024	9:30-11:30am
Cantonese Breastfeeding	Tuesday, March 12, 2024	6:00- 8:00 pm
Breastfeeding	Tuesday, March 12, 2024	6:00- 8:00 pm
Prediabetes and You Class	Tuesday, March 12, 2024	10:00am - 12:00pm



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Class Title	Date	Time
Guiding Your Preschooler	Tuesday, March 12, 2024	11:00am-12:30pm
Diabetes Basics Online SFO	Tuesday, March 12, 2024	9:30-11:30am
Chinese Cholesterol Online SFO	Tuesday, March 12, 2024	9:30-11:30am
Emotional Wellness Online series	Wednesday, March 13, 2024	6:00-8:30pm
Managing Stress Online series	Wednesday, March 13, 2024	6:15 - 8:15 pm
Healthy Weight 1 Online 1	Wednesday, March 13, 2024	5:30- 7:30pm
Whole Food Plant Based Eating Online	Wednesday, March 13, 2024	10:00am - 12:00pm
Diabetes Basics Filipino	Wednesday, March 13, 2024	3:30-5:30pm
Diabetes Nutrition Class SFO	Wednesday, March 13, 2024	4:30-6:30pm
Oncology Mindfulness Series	Thursday, March 14, 2024	1:00-3:00pm
Breastfeeding	Thursday, March 14, 2024	6:00- 8:00 pm
Gestational Diabetes Online	Thursday, March 14, 2024	2:00-4:00pm
Glucometer Teach Online SFO	Thursday, March 14, 2024	9:30-11:00am
Diabetes Nutrition Online SFO	Saturday, March 16, 2024	9:30-11:30am
Children Emotional Wellness	Saturday, March 16, 2024	10:30am-12:30pm
Newborn Care	Monday, March 18, 2024	6:00- 8:00 pm
Diabetes Basics Spanish	Monday, March 18, 2024	5:30-7:30pm
Glucometer Teach SFO	Monday, March 18, 2024	2:00-3:30pm
Chinese Prediabetes Online	Tuesday, March 19, 2024	10:00am - 12:00pm
Assertiveness Training	Wednesday, March 20, 2024	6:15- 8:15 pm
Family Resilience Workshop series	Wednesday, March 20, 2024	4:00- 6:00 pm
Diabetes Basics Online Cantonese	Wednesday, March 20, 2024	2:00-5:00pm
Gestational Diabetes Online	Thursday, March 21, 2024	10:00am-12:00pm
Teens Emotional Wellness	Saturday, March 23, 2024	10:30-12:30pm
IBS Online SFO	Monday, March 25, 2024	4:00-5:30pm
Prediabetes and You Class	Tuesday, March 26, 2024	5:30- 7:30pm
Guiding Your Toddler	Tuesday, March 26, 2024	11:00am-12:30pm
Glucometer Teach Online SFO	Tuesday, March 26, 2024	4:00-5:30pm
Whole Food Plant Based Eating Online	Wednesday, March 27, 2024	5:00 - 7:00pm
Diabetes Basics Online SFO	Wednesday, March 27, 2024	5:00-7:00pm
Gestational Diabetes Online	Thursday, March 28, 2024	2:00-4:00pm
Childbirth Prep Single Session	Saturday, March 30, 2024	9:30am- 2:30pm