

# 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		
Children Emotional Wellness	Saturday, January 20, 2024	10:30am-12:30pm		





# Classes January-March 2024

Diabetes Nutrition Online SFO Biabetes Basics Spanish Monday, January 22, 2024 Monday, January 23, 2024 Monday, January 24, 2024 Monday, January 24, 2024 Monday, January 24, 2024 Monday, January 25, 2024 Monday, January 25, 2024 Monday, January 26, 2024 Monday, January 27, 2024 Monday, January 27, 2024 Monday, January 27, 2024 Monday, January 29, 2024 Monday, January 2	Health Education Department • Kaiser Permanente • San Francisco				
IBS Online SFO Diabetes Basics Spanish Monday, January 22, 2024 Prediabetes and You Class Tuesday, January 23, 2024 Tuesday, January 23, 2024 Tuesday, January 23, 2024 Tiloom-12:30pm Childbirth Prep Session 2 Tuesday, January 23, 2024 Tiloom-12:30pm Glucometer Teach Online SFO Tuesday, January 23, 2024 Tiloom-12:30pm Diabetes Nutrition Online SFO Tuesday, January 23, 2024 Tiloom-12:30pm Diabetes Nutrition Online SFO Tuesday, January 23, 2024 Whole Food Plant Based Eating Online Wednesday, January 24, 2024 Wednesday, January 24, 2024 Tiloom-12:00pm Diabetes Basics Online Friday, January 24, 2024 Tiloom-12:00pm Breastfeeding Basics Friday, January 26, 2024 Teens Emotional Wellness Saturday, January 27, 2024 Tiloom-12:30pm Childbirth Prep Single Session Saturday, January 27, 2024 Teens Emotional Wellness Saturday, January 27, 2024 Thursday, February 1, 2024 Thursday, February 2, 2024 Tiloom-12:00pm Thursday, February 2, 2024 Thursday, February 3, 2024 Tiloom-12:00pm Til	Class Title	Date	Time		
Diabetes Basics Spanish Prediabetes and You Class Tuesday, January 23, 2024 Tiesday, January 24, 2024 Tiesday, January 25, 2024 Tiesday, January 25, 2024 Tiesday, January 26, 2024 Tiesday, January 27, 2024 Tiesday, January 28, 2024 Tiesday, January 29, 2024 Tiesday, February 1, 2024 Tiesday, February 1, 2024 Tiesday, February 1, 2024 Tiesday, February 1, 2024 Tiesday, February 2, 2024 Tiesday, February 2, 2024 Tiesday, February 3, 2024 Tiesday, February 6, 2024 Tiesday, February 7, 2024 Tiesday, February 8, 2024 Tiesday, February 8, 2024 Tiesday, February 9,	<b>Diabetes Nutrition Online SFO</b>	Saturday, January 20, 2024	9:30-11:30am		
Prediabetes and You Class Guiding Your Toddler Tuesday, January 23, 2024 Tuesday, January 24, 2024 Tuesday, January 25, 2024 Tuesday, January 26, 2024 Tuesday, January 27, 2024 Tuesday, January 29, 2024 Tuesday, January 29, 2024 Tuesday, February 1, 2024 Tuesday, February 2, 2024 Tuesday, February 3, 2024 Tuesday, February 6, 2024 Tuesday, February 7, 2024 Tuesday, February 7, 2024 Tuesday, February 6, 2024 Tuesday, February 7, 2024 Tuesday, February 8, 2024 Tuesday, February 8, 20	IBS Online SFO	Monday, January 22, 2024	4:00-5:30pm		
Guiding Your Toddler Childbirth Prep Session 2 Tuesday, January 23, 2024 Tuesday, January 23, 2024 Glucometer Teach Online SFO Diabetes Nutrition Online SFO Tuesday, January 23, 2024 Tuesday, January 24, 2024 Tuesday, January 25, 2024 Tuesday, January 26, 2024 Tuesday, January 27, 2024 Tuesday, January 27, 2024 Tuesday, January 27, 2024 Tuesday, January 29, 2024 Tuesday, January 29, 2024 Tuesday, February 1, 2024 Tuesday, February 1, 2024 Tuesday, February 1, 2024 Tuesday, February 2, 2024 Tuesday, February 3, 2024 Tuesday, February 6, 2024 Tuesday, February 7, 2024 Tuesday, February	Diabetes Basics Spanish	Monday, January 22, 2024	5:30-7:30pm		
Childbirth Prep Session 2 Glucometer Teach Online SFO Tuesday, January 23, 2024 Glucometer Teach Online SFO Tuesday, January 23, 2024 Tuesday, January 23, 2024 Tuesday, January 23, 2024 Gestation Online SFO Tuesday, January 23, 2024 Tuesday, January 24, 2024 Tuesday, January 25, 2024 Tuesday, January 25, 2024 Tuesday, January 25, 2024 Tuesday, January 26, 2024 Tuesday, January 27, 2024 Tuesday, January 28, 2024 Tuesday, January 29, 2024 Tuesday, February 1, 2024 Tuesday, February 2, 2024 Tuesday, February 2, 2024 Tuesday, February 2, 2024 Tuesday, February 2, 2024 Tuesday, February 3, 2024 Tuesday, February 6, 2024 Tuesday, February 7, 2024 Tuesday, February 7, 2024 Tuesday, February 8, 2024 Tuesday, February 8	Prediabetes and You Class	Tuesday, January 23, 2024	5:30 - 7:30pm		
Glucometer Teach Online SFO Diabetes Nutrition Online SFO Tuesday, January 23, 2024 Tuesday, January 23, 2024 Tuesday, January 24, 2024 Tuesday, January 25, 2024 Tuesday, January 25, 2024 Tuesday, January 26, 2024 Tuesday, January 27, 2024 Tuesday, January 29, 2024 Tuesday, January 29, 2024 Tuesday, January 29, 2024 Tuesday, February 1, 2024 Tuesday, February 1, 2024 Tuesday, February 1, 2024 Tuesday, February 2, 2024 Tuesday, February 3, 2024 Tuesday, February 6, 2024 Tuesday, February 8, 2024 Tuesday, February 8, 2024 Tuesday, Feb	Guiding Your Toddler	Tuesday, January 23, 2024	11:00am-12:30pm		
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 Healthy Weight 1 Online 1 Thursday, February 1, 2024 Thursday, February 1, 2024 Gestational Diabetes Online Thursday, February 1, 2024 Thursday, February 1, 2024 Childbirth Prep Session 1 Friday, February 2, 2024 Friday, February 3, 2024 Si30-8:00 pm Newborn Care Monday, February 5, 2024 Monday, February 6, 2024 Monday, February 7, 2024 Monday, February 8, 2024 Monday, Fe	Childbirth Prep Session 2	Tuesday, January 23, 2024	5:30-8:00pm		
Whole Food Plant Based Eating Online Diabetes Basics Online SFO Wednesday, January 24, 2024 S:00-7:00pm Gestational Diabetes Online Thursday, January 25, 2024 Breastfeeding Basics Friday, January 26, 2024 Friday, January 26, 2024 Teens Emotional Wellness Saturday, January 27, 2024 S:00-8:00 pm Teens Emotional Wellness Saturday, January 27, 2024 S:00-8:00 pm Teens Emotional Wellness Saturday, January 27, 2024 S:00-8:00 pm Childbirth Prep Single Session Newborn Care Monday, January 29, 2024 Monday, January 29, 2024 Monday, January 29, 2024 Monday, February 1, 2024 Monday, February 2, 2024 Monday, February 2, 2024 Monday, February 3, 2024 Monday, February 4, 2024 Monday, February 5, 2024 Monday, February 6, 2024 Monday, February 8, 2024 Mo	Glucometer Teach Online SFO	Tuesday, January 23, 2024	4:00-5:30pm		
Diabetes Basics Online SFO  Gestational Diabetes Online  Thursday, January 25, 2024  Thursday, January 25, 2024  Thursday, January 26, 2024  Teens Emotional Wellness  Saturday, January 27, 2024  Childbirth Prep Single Session  Newborn Care  Monday, January 27, 2024  Thursday, February 1, 2024  Breastfeeding  Thursday, February 1, 2024  Thursday, February 2, 2024  Thursday, February 2, 2024  Thursday, February 3, 2024  Thursday, February 4, 2024  Thursday, February 5, 2024  Thursday, February 5, 2024  Thursday, February 6, 2024  Thursday, February 7, 2024  Thursday, February 8, 2024	Diabetes Nutrition Online SFO	Tuesday, January 23, 2024	9:30-11:30am		
Gestational Diabetes Online Breastfeeding Basics Friday, January 25, 2024 Friday, January 26, 2024 G:00-8:00 pm Teens Emotional Wellness Saturday, January 27, 2024 Childbirth Prep Single Session Newborn Care Monday, January 29, 2024 February 1, 2024 Breastfeeding Brea	Whole Food Plant Based Eating Online	Wednesday, January 24, 2024	5:00 - 7:00pm		
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 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 Basics Online SFO	Wednesday, January 24, 2024	5:00-7:00pm		
Teens Emotional Wellness Saturday, January 27, 2024 10:30am-12:30pm Childbirth Prep Single Session Newborn Care Monday, January 29, 2024 Pathways to Oncology Mindfulness Healthy Weight 1 Online 1 Thursday, February 1, 2024 Thursday, February 1, 2024 Breastfeeding Thursday, February 1, 2024 Thursday, February 1, 2024 Thursday, February 1, 2024 Thursday, February 1, 2024 Childbirth Prep Session 1 Friday, February 2, 2024 Thursday, February 2, 2024 Thursday, February 3, 2024 Thursday, February 4, 2024 Thursday, February 5, 2024 Thursday, February 5, 2024 Thursday, February 6, 2024 Thursday, February 7, 2024 Thursday, February 7, 2024 Thursday, February 8, 2024	Gestational Diabetes Online	Thursday, January 25, 2024	10:00am-12:00pm		
Childbirth Prep Single Session  Newborn Care  Monday, January 29, 2024  Pathways to Oncology Mindfulness  Thursday, February 1, 2024  Healthy Weight 1 Online 1  Thursday, February 1, 2024  Breastfeeding  Thursday, February 1, 2024  Thursday, February 1, 2024  Thursday, February 1, 2024  Childbirth Prep Session 1  Thursday, February 1, 2024  Childbirth Prep Session 1  Triday, February 2, 2024  Thursday, February 2, 2024  Thursday, February 3, 2024  Thursday, February 5, 2024  Thursday, February 5, 2024  Thursday, February 6, 2024  Thursday, February 7, 2024  Thursday, February 7, 2024  Thursday, February 7, 2024  Thursday, February 8, 2024	Breastfeeding Basics	Friday, January 26, 2024	6:00-8:00 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	Teens Emotional Wellness	Saturday, January 27, 2024	10:30am-12:30pm		
Pathways to Oncology Mindfulness  Thursday, February 1, 2024  Healthy Weight 1 Online 1  Thursday, February 1, 2024  Breastfeeding  Thursday, February 1, 2024  Gestational Diabetes Online  Thursday, February 1, 2024  Childbirth Prep Session 1  Friday, February 2, 2024  Friday, February 2, 2024  Thursday, February 2, 2024  Friday, February 5, 2024  Friday, February 5, 2024  Friday, February 5, 2024  Couples Communication Online  Tuesday, February 6, 2024  Tuesday, February 6, 2024  Infant and Child CPR Workshop  Tuesday, February 6, 2024  Thrive Beyond Cancer: Nutrition Class SFO  Glucometer Teach SFM  Wednesday, February 8, 2024  Thursday, February 8, 2024	Childbirth Prep Single Session	Saturday, January 27, 2024	9:30am- 2:30 pm		
Healthy Weight 1 Online 1  Breastfeeding  Thursday, February 1, 2024  Gestational Diabetes Online  Childbirth Prep Session 1  Newborn Care  Monday, February 2, 2024  Couples Communication Online  Understanding Loss  Infant and Child CPR Workshop  Thrive Beyond Cancer: Nutrition Class SFO  Gestational Diabetes Online  Gestational Diabetes Online  Tuesday, February 6, 2024  Gestational Diabetes Online  Thursday, February 7, 2024  Thursday, February 8, 2024	Newborn Care	Monday, January 29, 2024	6:00-8:00 pm		
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 9:00am-12:00pm Diabetes Basics Cantonese Thursday, February 8, 2024 9:00am-12:00pm	Pathways to Oncology Mindfulness	Thursday, February 1, 2024	4:00-6:00pm		
Gestational Diabetes Online  Childbirth Prep Session 1  Newborn Care  Monday, February 2, 2024  Emproving Sleep Online  Couples Communication Online  Understanding Loss  Infant and Child CPR Workshop  Thrive Beyond Cancer: Nutrition Class SFO  Glucometer Teach SFM  Gestational Diabetes Online  Thursday, February 6, 2024  Thursday, February 6, 2024  Thursday, February 6, 2024  Gestational Diabetes Online  Thursday, February 7, 2024  Thursday, February 8, 2024	Healthy Weight 1 Online 1	Thursday, February 1, 2024	3:00 – 5:00pm		
Childbirth Prep Session 1  Rewborn Care  Monday, February 2, 2024  Improving Sleep Online  Couples Communication Online  Understanding Loss  Infant and Child CPR Workshop  Thrive Beyond Cancer: Nutrition Class SFO  Glucometer Teach SFM  Gestational Diabetes Online  Triday, February 2, 2024  Monday, February 5, 2024  Eusday, February 6, 2024  Tuesday, February 6, 2024  Tuesday, February 6, 2024  Tuesday, February 6, 2024  Signo-8:00 pm  Tuesday, February 6, 2024  Signo-8:00 pm  Tuesday, February 6, 2024  Signo-8:00 pm  Thursday, February 7, 2024  Thursday, February 7, 2024  Thursday, February 8, 2024  Signo-8:00 pm  Thursday, February 8, 2024  Thursday, February 8, 2024  Thursday, February 8, 2024  Signo-8:00 pm  Thursday, February 8, 2024  Thursday, February 8, 2024  Signo-8:00 pm	Breastfeeding	Thursday, February 1, 2024	6:00 – 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	<b>Gestational Diabetes Online</b>	Thursday, February 1, 2024	2:00-4:00pm		
Improving Sleep Online  Couples Communication Online  Understanding Loss  Infant and Child CPR Workshop  Tuesday, February 6, 2024  Infine Beyond Cancer: Nutrition Class SFO  Glucometer Teach SFM  Gestational Diabetes Online  Diabetes Basics Cantonese  Tuesday, February 6, 2024  Tuesday, February 7, 2024  Thursday, February 7, 2024  Thursday, February 8, 2024	Childbirth Prep Session 1	Friday, February 2, 2024	5:30- 8:00 pm		
Couples Communication Online  Tuesday, February 6, 2024  Understanding Loss  Tuesday, February 6, 2024  Infant and Child CPR Workshop  Tuesday, February 6, 2024  Tuesday, February 6, 2024  Tuesday, February 6, 2024  Thrive Beyond Cancer: Nutrition Class SFO  Glucometer Teach SFM  Wednesday, February 7, 2024  Gestational Diabetes Online  Thursday, February 8, 2024	Newborn Care	Monday, February 5, 2024	6:00 – 8:00 pm		
Understanding Loss  Infant and Child CPR Workshop Tuesday, February 6, 2024 Thrive Beyond Cancer: Nutrition Class SFO Glucometer Teach SFM Gestational Diabetes Online Diabetes Basics Cantonese Tuesday, February 6, 2024 Tuesday, February 7, 2024 Thursday, February 7, 2024 Thursday, February 8, 2024	Improving Sleep Online	Tuesday, February 6, 2024	4:00-6:00 pm		
Infant and Child CPR Workshop Tuesday, February 6, 2024 Thrive Beyond Cancer: Nutrition Class SFO Glucometer Teach SFM Wednesday, February 7, 2024 Gestational Diabetes Online Diabetes Basics Cantonese Thursday, February 8, 2024 Thursday, February 8, 2024 9:00am-12:00pm	Couples Communication Online	Tuesday, February 6, 2024	6:15-8:15 pm		
Thrive Beyond Cancer: Nutrition Class SFO Glucometer Teach SFM Gestational Diabetes Online Diabetes Basics Cantonese  Tuesday, February 6, 2024 Wednesday, February 7, 2024 Thursday, February 8, 2024 Thursday, February 8, 2024 9:00am-12:00pm	Understanding Loss	Tuesday, February 6, 2024	3:00-4:30pm		
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	Infant and Child CPR Workshop	Tuesday, February 6, 2024	6:00-8:00 pm		
Gestational Diabetes Online Thursday, February 8, 2024 10:00am-12:00pm Diabetes Basics Cantonese Thursday, February 8, 2024 9:00am-12:00pm	Thrive Beyond Cancer: Nutrition Class SFO	Tuesday, February 6, 2024	3:30-5:00pm		
Diabetes Basics Cantonese Thursday, February 8, 2024 9:00am-12:00pm	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	Diabetes Basic Online Filipino	Thursday, February 8, 2024	3:30-5:30pm		
Glucometer Teach Online SFO Thursday, February 8, 2024 9:30-11:00am	Glucometer Teach Online SFO	Thursday, February 8, 2024	9:30-11:00am		
Spanish Prediabetes Online Thursday, February 8, 2024 2:00-4:00pm	Spanish Prediabetes Online	Thursday, February 8, 2024	2:00-4:00pm		
Childbirth Prep Session 2 Friday, February 9, 2024 5:30- 8:00 pm	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	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	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	Diabetes Basics Online SFO	Tuesday, February 13, 2024	9:30-11:30am		
Emotional Wellness Online Wednesday, February 14, 2024 6:00-8:30pm	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	Whole Food Plant Based Eating Online		10:00am - 12:00pm		
Thrive Kitchen Wednesday, February 14, 2024 6:30 - 8:30pm	Thrive Kitchen	Wednesday, February 14, 2024	6:30 - 8:30pm		





# Classes January-March 2024

Health Education Department • Kaiser Permanente • San Francisco				
Class Title	Date	Time		
<b>Diabetes Nutrition Class SFO</b>	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		





### Classes January-March 2024

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
<b>Diabetes Nutrition Online SFO</b>	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
<b>Diabetes Basics Online Cantonese</b>	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

