



# 2024 Lifestyle Medicine Programs & Classes

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## What is Lifestyle Medicine?

Lifestyle Medicine uses evidence-based therapeutic approaches to prevent, treat, and even reverse chronic disease such as diabetes and heart disease. It centers on the practice of six pillars. With the support from Kaiser Permanente's coaches and providers, you will get resources to take care of your mind and body, and how to eat plant strong.

## The 6 Pillars of Lifestyle Medicine

### Whole Food, Plant-Based Nutrition

Food is medicine. Choose mostly whole, plant-based foods that are rich in fiber and are nutrient dense. Vegetables, fruit, beans, lentils, whole grains, nuts, and seeds. See a [plant-based cooking demo](#) and take a Thrive Kitchen class! Learn more plant-based recipes at the [Food for Health Site](#).

### Physical Activity

Regular and consistent physical activity is an essential piece of the optimal health equation. Find [physical activity](#) tips and videos. Work one-on-one with one of our [Personal Health Coaches](#).

### Smoking Cessation and Avoidance of Risky Substances

Tobacco use and too much alcohol increases the risk of chronic diseases. Learn more at [addiction and recovery](#) or schedule a 1:1 with our [Telephonic Wellness Coaches](#) to help with quitting tobacco.

### Stress Management

Stress is a part of life. How we think about it and how we react to it makes the difference in how it impacts our health. Learn more about [mental health and wellness](#) or sign up for [available classes](#).

### Restorative Sleep

Lack of, or poor-quality sleep can lead to a strained immune system. Identify dietary, environmental, and coping behaviors to improve sleep health. Learn how to [improve your sleep](#) or sign up for one of our [available classes](#).

### Social Connection

Social connection and relationships affect our physical, mental, and emotional health. Below are some tips that may help you create and keep important connections in your life. [Get creative to stay connected with family and friends](#) or see [self-care](#) online tips. Find community-based programs and services in your area [Thrive Community Resources](#).

## Programs & Classes

### **Whole Food Plant Based Eating Class** [Online](#) **415-833-3450**

This program aims to empower you to eat Plant-Strong, along a spectrum that works for you. Reduce your risk of chronic conditions and improve your overall health.

Taught by a Registered Dietitian

**Fee:** No Fee for members, \$20 for nonmembers

### **The Thrive Kitchen Class** [Online](#) **415-833-3450**

Food is one of the most powerful tools you have to improve your health. Join physician and chef Linda Shiue in this class. You'll learn to make globally inspired, seasonal cuisine, with a focus on plant-based eating. At the end of the class, you'll enjoy the meal you've prepared. A different menu is offered each month.

**Fee:** No Fee for members, \$20 for nonmembers

### **Lifestyle Medicine Program (previously Plant Strong Program)** [Online](#) **415-833-3450**

In this 12-week, Lifestyle Medicine class, you'll learn how to eat Plant-Strong. This program focuses on the 6 pillars of lifestyle medicine and aims to empower you to eat a balanced whole foods plant-based diet in a way that works for you. Connect with others who are also working to improve their health through lifestyle medicine.

**Fee:** No Fee for members

### **Personal Health Coaching** **415-833-7800**

The Personal Health Coach Program provides customized, one-on-one nutrition and fitness testing and coaching. Services include metabolic rate testing, body composition testing, fitness testing, nutritional assessment, and exercise coaching.

**Fee:** Rates vary based on service & package  
Available to members and nonmembers.

## Visit Us Online

### [My Doctor Online Lifestyle Medicine Homepage](#)

Visit the Lifestyle Medicine homepage to find resources on how to take care of yourself in mind and body, and how to eat and cook plant-strong, with support from Kaiser Permanente's professional coaches and providers.

### [Lifestyle Medicine Homepage](#)

Visit the San Francisco Lifestyle Medicine homepage to find out about our programs and classes.

### [Healthy Cooking Videos](#)

Learn new recipes and cooking techniques with Dr. Linda Shiue, Director of Culinary & Lifestyle Medicine for Kaiser Permanente San Francisco.

[Thrive Community Resources](#) - Explore this directory of community-based programs and services in your area, simply enter your zip code to find programs for food, housing, childcare, and more.

### **Kaiser Permanente Health Education Centers**

**Address:** 2241 Geary Boulevard, San Francisco, CA 94115 & 1600 Owens Street, San Francisco, CA 94158

**Phone:** (415)-833-3450

**Hours:** Monday—Friday 9a.m.—5 p.m.,  
closed 12:30p.m. – 1:30p.m.

**Email:** SFHealthEd@kp.org

Scan the QR Code to schedule the Whole Food Plant Based Eating Class

