

# Health Education Resources

2024 Health Education Department • Kaiser Permanente • San Francisco

2241 Geary Blvd., San Francisco, CA 94115 & 1600 Owens St., San Francisco, CA 94158

Hours: 9:00am-5:00pm, closed 12:30pm-1:30pm

Website: [kp.org/sanfrancisco/healthed](https://kp.org/sanfrancisco/healthed)

Phone: (415) 833-3450

Email: [sfhealthed@kp.org](mailto:sfhealthed@kp.org)

\*Programs available for online booking

Some programs offered in Cantonese, Spanish, and Tagalog. Interpreter Services available.

To use QR codes: open the camera on your smartphone and point it at the QR code

Scan this QR code to register for classes



## Behavioral Health Program



- Pathways to Emotional Wellness\*
- Managing Your Stress Series\*
- Managing Your Depression Series
- Understanding Anxiety Series
- Couples Communication Series\*
- Improving Your Sleep Series\*
- Children/Teens Emotional Wellness
- Managing Anger Series
- Assertiveness Training Series
- Pathways to Oncology Mindfulness
- Oncology Mindfulness Series
- Understanding Loss Series
- Family Resilience Workshop
- Mindfulness-based Stress Reduction Series



## Pediatrics Programs



- Feeding your Baby Solid & Finger Foods
- Feeding your Toddler
- Healthy Family Habits
- Infant and Child CPR
- Guiding your Toddler Workshop
- Guiding your Preschooler Workshop
- Youth Thrive Program (multi-disciplinary healthy weight program)



## Chronic Conditions Programs



- Prediabetes (English\*, Chinese, Spanish\*)
- Diabetes Basics \*
- Diabetes Healthy Eating\*
- Diabetes Nutrition Class (RD)
- Carb Counting Class
- Cholesterol Class
- Kidney Care
- Irritable Bowel Syndrome
- Cancer Nutrition Class



## Prenatal Programs



- Childbirth Preparation\*
- Blood Sugar in Pregnancy
- Breastfeeding Basics\*
- Cantonese Breastfeeding Basics
- Newborn Care\*
- Baby & Me Postpartum Support Group

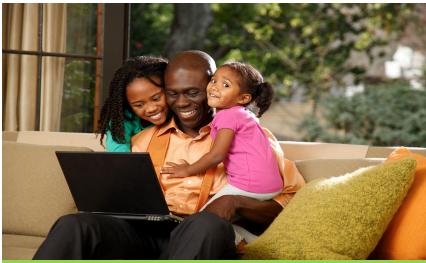


## Weight Management & Nutrition



- Telephonic 1:1 Coaching
- Individual 1:1 Coaching
- Healthy Weight 1 Series\* (English, Spanish)
- Healthy Weight 2 Series\*
- Personal Health Coach Program
- Medical Weight Management Program
- Weight Loss Options & Medications Overview Class





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## Lifestyle Medicine Programs



- Thrive Kitchen at Home
- Whole Food Plant Based Eating\* (English, Spanish)
- Lifestyle Medicine Program – 12-week series (previously the Plant Strong Program)



## Senior Health Programs



- Bone Health
- Fall Prevention
- Memory Care
- Dementia Care
- Life Care Planning\*



## Quit Tobacco



- Telephonic 1:1 Coaching
- Individual 1:1 Coaching (In-person & Video Visit)
- Medication Support
- Combination Therapy



## Personal Health Coach



- Body Composition Test
- Fitness & Nutrition Assessment
- Fitness & Nutrition Coaching



## Technology & Wellness Center



- KP.org account support
- Member Photos
- KP App Downloads
- Register for Health Education Classes
- Book Preventative Health Screenings

