San Francisco Senior Center Locations

Maps not to scale

Senior Health Series 2015
for more information, please call (415) 833-3450
kp.org/sanfrancisco/healthed

Kaiser Permanente San Francisco Health Education Department presents:

Senior Health Series 2015
Join us for interactive lectures and workshops for seniors led by health care professionals at Kaiser Permanente and at community senior centers

All Senior Health Series events are free and open to the public. No reservation is necessary to attend.
48 Sessions · 24 Instructors · 30 locations · 4 languages
At San Francisco Community Senior Centers

JANUARY 9 – FRIDAY 10:45-11:45  Topic: Managing Depression  Speaker: Charles Vella, PhD, Psychiatry  Location & Phone: Mission Neighborhood Center, 362 Capp Street, 206-7759

JANUARY 27 – TUESDAY 10:45-11:45  Topic: Life Care Planning: Advance Care Directive  Speaker: Ann Hildala, Health Education  Location & Phone: Third Baptist Church, 1399 Framalker, 364-4383

FEBRUARY 3 – TUESDAY 11:00-12:00  Topic: Tips for prevention and self-management of fall risk, back and spine pain  Speaker: Jillian Cripps, PT, Rehabilitation Services  Location & Phone: 30th Street Senior Center, 225 30th Street, 550-2210

FEBRUARY 11 – WEDNESDAY 11:00-12:00  Topic: Preventing and Controlling High Blood Pressure  Speaker: Rachel Ng, MD, Medicine  Location & Phone: Telegraph Hill Neighborhood Senior Center, 661 Lombard Street, 421-4443

MARCH 11 – WEDNESDAY 11:00-12:00  Topic: Managing Depression  Speaker: Nancy Meyer, NP, Neurology  Location & Phone: Golden Gate Park Senior Center, 6701 Fulton Street, 666-7015

MARCH 13 – FRIDAY 11:00-12:00  Topic: Exercise and Fall Prevention: Got on Your Feet, and Stay There  Speaker: Susie Chua, PT, Physical Therapy  Location & Phone: Lady Shaw Senior Center, 1403 Mason Street, 417-7381

APRIL 2 – FRIDAY 10:45-11:45  Topic: Managing Diabetes  Speaker: Kathleen Ryan, NP, Medicine  Location & Phone: Excelsior Community Center, 4648 Mission Street, 206-2140

APRIL 13 – MONDAY 1:00-2:00  Topic: Preventing Falls: Keeping yourself in Balance  Speaker: Amy Gladin, PT, DPT, OCS, Rehabilitation Services  Location & Phone: 7th Avenue Senior Center, 1015 16th Street, 846-3332

APRIL 27 – MONDAY 1:00-2:00  Topic: Life Care Planning: Advance Care Directive  Speaker: Ann Hildala, Health Education  Location & Phone: Jewish Community Center of SF (JCCSF), 3200 California Street, 292-7362

MAY 19 – TUESDAY 10:45-11:45  Topic: Understanding Dementia and Alzheimer’s Disease  Speaker: Kathleen Ryan, NP, Medicine  Location & Phone: 7th Avenue Senior Center, 1399 7th Avenue, 452-5839

JUNE 17 – FRIDAY 10:45-11:45  Topic: Preventing Falls: Keeping yourself in Balance  Speaker: Amy Gladin, PT, DPT, OCS, Rehabilitation Services  Location & Phone: 7th Avenue Senior Center, 1399 7th Avenue, 452-5839

At Kaiser Permanente French Campus

Third Thursday of each month 10:30 – 11:30 a.m.  4141 Geary Blvd., First Floor, Conference Room #1

DATE  TOPIC  SPEAKER  LOCATION & PHONE
January 15  How to Have Great Skin At Any Age!  Yvette Carmignani, RN, Dermatology 4141 Geary Blvd., First Floor, Conference Room #1
February 19  SF Village: Staying Connected as We Age  Kate Hoepke, San Francisco Village 4141 Geary Blvd., First Floor, Conference Room #1
March 19  You and Your Colon  Kathleen Ryan, FNP, CNS, Medicine 4141 Geary Blvd., First Floor, Conference Room #1
April 16  Understanding Dementia and Alzheimer’s Disease  Joseph DelaTorre, RN, Medicine 4141 Geary Blvd., First Floor, Conference Room #1
May 21  Stroke Prevention and Treatment  Kenneth Fox, MD, Neurology 4141 Geary Blvd., First Floor, Conference Room #1
June 18  Can You Hear Me?  Andrea Ralls, Au.D, Audiology 4141 Geary Blvd., First Floor, Conference Room #1
July 16  Uninary Incontinence  Michelle Morrow, MD, Urology 4141 Geary Blvd., First Floor, Conference Room #1
August 20  Preventing Falls: Keeping yourself in Balance  Amy Gladin, PT, DPT, OCS, Rehabilitation Services 4141 Geary Blvd., First Floor, Conference Room #1
September 17  Learn About Gut and How to Avoid it  Jeffrey Forst, MD, Rheumatology 4141 Geary Blvd., First Floor, Conference Room #1
October 15  Don’t Miss A Step: Healthy Foot Care  Jack Schubert, DPM, Podiatry 4141 Geary Blvd., First Floor, Conference Room #1
November 19  Preventing Back & Neck Pain  Jillian Cripps, PT, Physical Therapy 4141 Geary Blvd., First Floor, Conference Room #1
December 17  How to Cope With Holiday Stress  Sofia Arellano-Padilla, MS, Medicine 4141 Geary Blvd., First Floor, Conference Room #1

At Kaiser Permanente French Campus

Third Thursday of each month 10:30 – 11:30 a.m.  4141 Geary Blvd., First Floor, Conference Room #1

DATE  TOPIC  SPEAKER  LOCATION & PHONE
January 15  How to Have Great Skin At Any Age!  Yvette Carmignani, RN, Dermatology 4141 Geary Blvd., First Floor, Conference Room #1
February 19  SF Village: Staying Connected as We Age  Kate Hoepke, San Francisco Village 4141 Geary Blvd., First Floor, Conference Room #1
March 19  You and Your Colon  Kathleen Ryan, FNP, CNS, Medicine 4141 Geary Blvd., First Floor, Conference Room #1
April 16  Understanding Dementia and Alzheimer’s Disease  Joseph DelaTorre, RN, Medicine 4141 Geary Blvd., First Floor, Conference Room #1
May 21  Stroke Prevention and Treatment  Kenneth Fox, MD, Neurology 4141 Geary Blvd., First Floor, Conference Room #1
June 18  Can You Hear Me?  Andrea Ralls, Au.D, Audiology 4141 Geary Blvd., First Floor, Conference Room #1
July 16  Uninary Incontinence  Michelle Morrow, MD, Urology 4141 Geary Blvd., First Floor, Conference Room #1
August 20  Preventing Falls: Keeping yourself in Balance  Amy Gladin, PT, DPT, OCS, Rehabilitation Services 4141 Geary Blvd., First Floor, Conference Room #1
September 17  Learn About Gut and How to Avoid it  Jeffrey Forst, MD, Rheumatology 4141 Geary Blvd., First Floor, Conference Room #1
October 15  Don’t Miss A Step: Healthy Foot Care  Jack Schubert, DPM, Podiatry 4141 Geary Blvd., First Floor, Conference Room #1
November 19  Preventing Back & Neck Pain  Jillian Cripps, PT, Physical Therapy 4141 Geary Blvd., First Floor, Conference Room #1
December 17  How to Cope With Holiday Stress  Sofia Arellano-Padilla, MS, Medicine 4141 Geary Blvd., First Floor, Conference Room #1

For additional information or comments, please call Health Education Department, at (415) 833-3450