

Staying Healthy

Women's Health Resources

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION DEPARTMENT



Healthy Living Programs

Menopause: Hot Flashes, Sexuality, and Hormones

We're here to help you understand this important transition in life and learn what to expect. We'll discuss what you can do you manage hot flashes, sleeplessness, headaches, and other symptoms. *Open to the community.*

Fee: No fee for members; \$25 for nonmembers

Dates/times: Monday evenings, 4–6 p.m.; offered twice a year

Bone Health and Falls Prevention

Has your doctor told you that you have osteoporosis or osteopenia? Have you had a bone fracture since the age of 50? Do you want to reduce your risk for fractures and poor bone health in the future? Join our physical therapist in a discussion of risk factors, nutrition, exercises to strengthen bone, self-assessment of posture and balance, and lifestyle changes that can help. This new curriculum includes Falls Prevention, and reviews the best ways to reduce the risk of injury from falls. *Open to the community.*

Fee: \$15 for members; \$25 for nonmembers

Dates/times: Tuesday evenings, 3:30–5 p.m.; offered twice a year

Your Health Online Shortcuts to better health at kp.org

kp.org/espanol – content in Spanish

kp.org/mydoctor –

- Select and communicate with your doctor
- Click on “Women” under “Staying Healthy” and Classes for links to Birth Control, Breast Cancer, Headaches, Menopause and much more!

kp.org/watch – view health videos online, such as:

- Bladder Control
- Family Violence
- Healthy Shopping and Cooking
- Preventing Falls

kp.org/womenshealth – Women's guide to good health

Stay Connected on your smart device: kp.org/sanfrancisco/cad

DOWNLOAD our KP Preventative Care App and stay on top of your health anywhere, anytime!



kp.org/sanfrancisco/healthed
SFHealthEd@kp.org

Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.

Improving Your Bladder Health

This 90 minute class will teach you about types of urinary problems, management options, and treatments. The goal is to help female patients learn about lifestyle changes, medications and surgery to help you regain or keep control of your bladder. *Open to the community.* Please call (415) 833-0380 to register.

Fee: No fee

Dates/times: Offered twice per month: first Monday, 10–11:30 a.m.; third Monday, 2–3:30 p.m.

Women's Empowerment Series: Assertiveness Training

In this six-session program, you'll explore communication styles and assertiveness capabilities and examine barriers to expressing needs, wants, opinions, and feelings. Learn strategies to help you effectively ask for what you want and need, free of guilt and free of fear of the disapproval of others. *Open to the community.*

Fee: \$65 for members; \$110 for nonmembers

Dates/times: Six weekly sessions, 6:30–8:30 p.m.; offered twice a year

Fitness for Women 40 and Over

Kaiser Permanente presents a powerful, unique approach to fitness for women 40 and over. This program combines fitness techniques to help members reap the rewards of a leaner body, more energy, and an overall sense of physical and mental well-being. Workouts combine cardiovascular, endurance, strength, and flexibility training to deliver balanced results. Please wear fitness shoes and comfortable workout clothes. Please bring your own mat. *Open to the community.*

Fee: \$59 for members; \$92 for nonmembers

Dates/times: Eight-session class, Tuesday and Thursday, 5:30–6:30 p.m.; offered ten times a year

Program costs listed may be subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage [EOC] to confirm services covered under you plan, or call Kaiser Permanente Member Services for additional information.

A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend.

Support for Infertility

This support program for women is designed to help improve your health and well-being and provide skills to help reduce stress, which can affect fertility. Support sessions will help you apply the skills learned, such as deep relaxation, mindfulness meditation, stress reduction, mindful movement, strategies for managing anxious and depressing thoughts and feelings, self-nurturing practices, and more. Must be taken in conjunction with our 6-week Mind Body Health class (see below), which takes place immediately after this class.

Fee: \$40 members; \$180 nonmembers.

Dates/times: Three sessions; 5:15–6:15 p.m.

Mind Body Health

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. Learn to recognize the sources of stress in your life, manage stress related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself.

Fee: No fee for members; \$140 nonmembers.

Dates/times: Six sessions; 6:30–8:45 p.m.

Visit our Health Education Center!

The Health Education Center is open to members and the community. We carry a variety of health information and tools to support your needs, including Women's Health products.

**2241 Geary Blvd.
San Francisco, CA 94115
Monday-Friday, 9-5 p.m.
(415) 833-3450**