A HEALTHY YOU

San Francisco
Para información en español, vea la página 8.
如需要廣東話課程資料，請看第10頁
Visit kp.org/healthyliving/nca to find classes, podcasts, and more.
My Doctor Online keeps you connected to your physicians anytime, anywhere.

My Doctor Online makes it easy for you to choose the right doctors for you and your family, and keep in touch between visits. From your doctor’s home page at kp.org/mydoctor, you can:

1. Get to know your personal physician and specialists by reading about their backgrounds, education, awards, publications, and special interests.
2. Email your doctor, view most lab results, schedule a routine appointment, refill prescriptions, or get directions to your doctor’s office.
3. Check which immunizations and preventive screenings you or your family members may need to stay healthy.
4. Learn about health topics like diabetes, Parkinson’s disease, or seasonal allergies by reading evidence-based articles that your doctor recommends.
5. Find relief using interactive online tools to help you manage headaches, knee pain, cold and flu, and more.

Visit and bookmark your doctor’s home page at kp.org/mydoctor.

To access certain features, registration is required. If not registered on kp.org, click on the feature to get started.
At Kaiser Permanente, we believe good health is everything. That's why we’re dedicated to helping you feel and be your best every day. The Healthy Living classes and programs in this catalog can help you become a more active partner in managing, maintaining, and improving your health. We offer on-site workshops and support groups, personalized coaching by phone, as well as online programs, tools, and information—all designed to help you move more, stress less, eat better, and be healthy at every stage of life. Take advantage of these resources and start working toward your personal wellness goals.

If life is what you make it, why not make it healthy?

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Looking for something in particular? Then start with the table of contents. But feel free to browse the class listings, too, as you might just find something you didn’t even know you wanted.

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Kaiser Permanente San Francisco
Registration and Fees

Check the class listings in this catalog for dates, times, fees (if applicable), and class locations. Classes are open to members and the community unless otherwise noted. For more information or to register for a class, call Health Education at 415-833-3450, weekdays from 9 a.m. to 5 p.m., or email us at sfhealthed@kp.org.

Please note:

- Programs are available on a first-come, first-served basis. If we are unable to find space for you in a program, we will contact you.
- Registration and payment must be received to ensure a space in the program.
- Please send registration forms at least three weeks prior to the start of the program in order to receive written confirmation of your enrollment. If you register later than that, please call us to confirm your enrollment and the program location.

Fees and cancellation policy

- Program fees are nonrefundable.* If you cannot attend a program, you must call at least five days before the first meeting to transfer to another program. A $10 transfer fee will be charged and must be received by the Health Education Department to ensure a space in the next program.
- Fees can only be transferred to a class within nine months of the originally scheduled program.
- We reserve the right to reschedule or cancel programs. If this happens, you will be given the choice of either a refund or a transfer.
- Your registration for a program indicates that you have read and understood this policy.

* Program fees listed are subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage to confirm the services covered under your plan.

Kaiser Permanente does not endorse or recommend any specific products or services unless specifically stated otherwise.

Healthy Living Resources

Let our Healthy Living and Technology Learning Center be the first stop on your path to good health. Receive personalized care and attention from our experienced Health Education team. We can check your preventive health screenings, take your member ID photo, set up or reactivate your kp.org account, assist with downloading apps on your mobile device, and more. We can also help you sign up for in-person programs, navigate your doctor’s home page and kp.org, review our online tools, explore wellness coaching options, and get an advanced health care directive form.
Locations

Health Education and Healthy Living programs and services are provided at the following locations:

1 Healthy Living Center and Outpatient Nutrition Clinic
Kaiser Permanente
San Francisco Medical Center
2241 Geary Blvd.
San Francisco, CA 94115
Hours: Mon.–Fri., 9 a.m.–5 p.m.
415-833-3450

• Personal Health Coach Program
  415-833-7800
• Medical Weight Management Program
  415-833-3808

2 Chemical Dependency Recovery Services
1201 Fillmore St.

3 French Campus
4131 Geary Blvd.
4141 Geary Blvd.
450 Sixth Ave.

4 Geary Campus
1635 Divisadero St.
2238 Geary Blvd. (Technology Center, Lobby Level)
2241 Geary Blvd.
2350 Geary Blvd.
2425 Geary Blvd.
2200 O’Farrell St.

Map not to scale
Health Education Staff

**Health Education Team**

Leah Klinger, MD  
Assistant Physician in Chief for Health Promotion

Raymond Liu, MD  
Chief of Patient Education

Yvonne D. Gallot, MPH  
Director of Health Education

Al Anub  
Senior Staff Assistant

Connie Bonilla  
Health Education Assistant

Lisa Phan  
Health Education Assistant

Gloria Bromberg, MA  
Breast Care Coordinator

Juggy Jaspal, MPH  
Lead Health Educator II, Diversity and Pediatrics

Andrea E. Lieberstein, MPH, RD  
Senior Health Educator, Behavioral Health Education

Fetah Nasrudin, MPH  
Senior Health Educator, Health Promotion

Joy Salanga, MPH  
Senior Health Educator, Chronic Conditions

**Clinical Health Educators**

Sofia Arellano Padilla, MPH  
(counseling in Spanish)  
415-833-2899

Patrick Borch, MSW  
415-833-6220

Suzanne Mak, BS  
(counseling in Chinese)  
415-833-1639

Timothy Regan, LCSW  
415-833-8731

Jessica Thorne, CHES  
415-833-6056

Ramon Ramirez, BS  
(counseling in Spanish)  
415-833-8695

**Breastfeeding Center**

Prenatal Education and Breastfeeding Center  
415-833-4120

**Pediatric Clinical Health Educators**

Salva Chak, MPH  
415-833-1714

**Medical Weight Management Program**

Mary E. Daly, MA, HHE  
Project Manager

Vandana Prasad, BA  
Health Education Assistant

**Nutrition Clinic**

Hilda Moscoco Carey, MA, RD  
Alyssa George, MA, RD, CNSD  
Katherine A. McDermott, RD, CDE  
Yoon Kee, MS, RD  
Susannah Wallenstrom, RD

**Personal Health Coaches**

Heather D’Eliso Gordon, RD, CSSD  
Nutrition Health Coach, Sports Dietitian  
Healthose Peluso, MSPT, CPT  
Fitness Health Coach

For class listings and online resources, visit kp.org/classes.
Clases en Español

El embarazo y el posparto
(Pregnancy and Postpartum)
Sólo miembros.
Inscripción: Llame al 415-833-4120.

La nutrición de mi bebé durante el primer año
(Feeding Your Baby the First Year)
Ayude a su bebé a crecer saludable desde el principio. En esta clase, va a aprender cómo introducir los primeros alimentos de la dieta de su bebé. Aprenderá cuándo y cómo avanzar de la leche materna o fórmula, a alimentos de semi-sólidos (compotas), y finalmente a comidas sólidas. Le hablaremos sobre cómo prevenir que un niño sea caprichoso con la comida (picky eater), alergias alimenticias, y mucho más. Esta clase es enseñada por una dietista registrado (nutricionista). Los bebés son bienvenidos.
Este es un beneficio cubierto para los miembros; no miembros, $40.
Sesiones: Se ofrece cuatro veces al año los martes de 10 a 12 p. m.
Inscripción: Llame al 415-833-3450.

Información sobre la salud en español
En el sitio kp.org/espanol encontrará información y consejos sobre la salud, todo en español. Si desea aprovechar nuestros programas HealthMedia® en español para los miembros, visite el sitio kp.org/vidasana.

Nutrición y control de peso
(Weight Management)
Descubra los mitos y realidades sobre el control de peso, aprenda a lograr que su metabolismo funcione mejor, a comer sano y lo importante que es hacer ejercicio. Sólo miembros.
Sesiones: El cuarto jueves de cada mes de 2:30 p.m. a 4:30 p.m.

El colesterol, la presión arterial alta y su salud
(Cholesterol, High Blood Pressure, and Your Health)
Aprenda cómo el colesterol y la presión arterial alta afectan su salud. Compare sus resultados con los resultados recomendados y establezca metas para su situación personal. Aprenda a comer más saludable y lo importante que es hacer ejercicio. Sólo miembros.
Este es un beneficio cubierto para los miembros.
Sesiones: El cuarto lunes de cada mes de 9 a.m. a 12:30 p.m. o de 2:30 a 5 p.m.
Inscripción: Llame al 415-833-3020.

La prediabetes y su salud
(Prediabetes)
La prevención de la diabetes comienza con un estilo de vida sano: alimentarse bien, realizar más ejercicio y adquirir los conocimientos necesarios. Este curso le permitirá tomar el control de su salud y aprender a reducir el riesgo de diabetes y sus complicaciones. Estamos a su disposición, junto con el asesoramiento de su médico. Sólo miembros.
Este es un beneficio cubierto para los miembros.
Sesiones: El tercer jueves de cada mes de 2:30 a 4:30 p.m.

Datos básicos sobre la diabetes (Diabetes Basics)
Podrá sentirse mejor y mantenerse activo y sano cuando aprenda algunos datos básicos sobre el control de la diabetes tipo 2. En esta clase ofrecemos pautas generales sobre las cuatro áreas claves para el control de la diabetes: alimentarse bien, hacer ejercicio, llevar el control de los niveles de azúcar en la sangre y usar correctamente los medicamentos. Le enseñaremos a usar su medidor de azúcar en la sangre y a reconocer las señales de niveles de azúcar altos y bajos. Sólo miembros.
Este es un beneficio cubierto para los miembros.

Sesiones: El segundo lunes de cada mes de 9:30 a.m. a 12:30 p.m. o de 2 a 5 p.m.

La diabetes y su salud (Living Well with Diabetes)
Clase para personas que han asistido a alguna otra clase de diabetes y les gustaría aprender más sobre la diabetes. Aprenda cómo vivir bien con la diabetes y prevenir complicaciones. Sólo miembros.
Este es un beneficio cubierto para los miembros.

Sesiones: Una vez al mes de 10:30 a.m. a 12:30 p.m. o de 3 a 5 p.m.
Inscripción: Llame al 415-833-3020.

Caminos para mejorar el estrés y su salud (Pathways to Emotional Wellness)
Venga a esta clase para aprender cómo sus pensamientos y emociones pueden afectar su bienestar físico. Le ayudaremos a identificar sus fuentes de estrés y discutir cómo su estado mental afecta su cuerpo. Aprenderá una técnica simple que le ayudará a relajarse. En este curso también se proporciona un resumen general de las clases y programas disponibles sobre la mente y el cuerpo. Sólo miembros.
Este es un beneficio cubierto para los miembros.

Sesiones: Una vez al mes de 4 a 5:30 p.m. o de 10 a.m. a 12 p.m.
Inscripción: Llame al 415-833-0910.

Cuidado de la espalda (Back Care)
Soluciones para el cuidado de la espalda. Sólo miembros.

Sesiones: Cada cuarto martes del mes, de 3:30 a 4:30 p.m.
Inscripción: Llame al 415-833-4325.

La salud y los ancianos (Health and the Elderly)
Participe con nosotros en charlas y seminarios interactivos para ancianos, dirigidos por profesionales de atención de la salud en diferentes centros comunitarios para ancianos. Sólo miembros.

Inscripción: Llame al 415-833-3450 y oprima el 3.
Salud de su corazón/ rehabilitación del corazón (Healthy Heart, Multifit)
Para miembros que hayan tenido un ataque al corazón, injerto de derivación, cánula intraluminal, o angioplastia en los últimos tres meses. Este programa tiene dos etapas. Sólo miembros.

Sin costo de la clase.

**Etapa 1:** Una clase de 2 horas con un enfermero del programa Multifit donde usted recibirá información para guiarle y ayudarle a hacer los cambios necesarios para mejorar su salud y prevenir una recaída.

**Inscripción:** Llame al 415-833-3066.

**Etapa 2:** Participará en un programa de seguimiento a los 6 meses, un enfermero trabajará de cerca con usted y con su médico y se estará comunicando con usted por teléfono para ayudarlo a diseñar un plan personalizado para reducir su riesgo de enfermedades coronarias. El plan se enfocará en su alimentación, ejercicio, cómo dejar el tabaco y el control del colesterol.

**Inscripción:** Llame al 415-833-8810.

**Información sobre la salud en español**
En el sitio kp.org/espanol encontrará información y consejos sobre la salud, todo en español. Si desea aprovechar nuestros programas HealthMedia® en español para los miembros, visite el sitio kp.org/vidasana.

**Vida sana**
Vaya a kp.org/vidasana para obtener más información acerca de nuestros programas en español y empezar a llevar cuenta de todos sus éxitos para una vida sana.
Aging and Senior Health

Life Care Planning
Peace of mind comes from knowing that your values and wishes are honored in health care decisions. Life Care Planning begins with choosing someone to speak for you in the unforeseen event that you are unable to communicate for yourself. We call that person a health care agent. At Kaiser Permanente, we believe all adult members should designate a health care agent and complete a basic Advance Directive so your family, physicians, and others are able to honor your choices. The form will be reviewed in class. We recommend that you bring the person you think will be your health care agent or other family members to the class with you. Pick up a copy of the Life Care Planning form from our Healthy Living Store or download at kp.org/lifecareplan. Members only.

No class fee.

Dates/times: One session; first Fri. of each month, 11 a.m.–1 p.m., second and third Thurs. of each month, 4–6 p.m.

Information: Call 415-833-8811.
To register, call 415-833-3450.

Healthy Living and Technology Center

We are here to help you understand and take advantage of the many online resources Kaiser Permanente has to offer. Come see us for help with:

• activating or accessing your kp.org account
• having your member photo taken
• downloading KP apps

See page 6 for location information.

Communication Strategies
If you or someone you love has hearing loss, come to this ongoing group. Together we’ll explore a range of issues connected to hearing loss and share insights and experiences about the use of hearing devices. You’ll also practice communication strategies to reduce the frustration that goes along with hearing difficulties. Led by a licensed audiologist from the Audiology Department/Hearing Center. Family members and support people welcome. Members only.

No class fee.

Dates/times: Ongoing; second Wed. of each month, 1:30–2:30 p.m.
Information: Call 415-833-8222.

Tinnitus Management Group
Do constant ringing, buzzing, or hissing sounds keep you up at night and create unnecessary stress? Come learn about tinnitus, possible causes, and management techniques to help lessen the impact on your daily life. You can also learn from and share insights with other members who suffer from tinnitus. This class is facilitated by a Kaiser Permanente audiologist. Members only.

No class fee.

Dates/times: Ongoing; third Wed. of each month, 1:30–3 p.m.
Information: Call 415-833-8222.
Memory Loss, Dementia, and Alzheimer's Disease: The Basics
Learn about the differences between normal aging and dementia, the basics of Alzheimer's disease and related disorders, the diagnostic process, and management of the disease. We'll also discuss community resources, including the Alzheimer's Association; planning for the future; and specific ways in which family members and caregivers can help a person with dementia.
No class fee.
**Location:** 2238 Geary Blvd., 3rd Floor, Diamond Room
**Dates/times:** One session
**Information:** Call the Alzheimer's Association at 1-800-272-3900.

Caregivers of Persons with Dementia: Information and Support Program
This is a two-session, in-depth group to help caregivers by providing information about the types and causes of dementia, common behaviors, management strategies, community resources, and legal issues. Facilitated by Marilyn Williams, MS, RN, and Lisa Polacci, MSW.
No class fee.
**Dates/times:** Two 90-minute sessions; second and third Wed. of each month in Jan., Mar., May, July, Sept., and Nov., 3–5 p.m.
**Information:** Call Marilyn Williams at 415-833-4486 or Lisa Polacci at 415-833-3228.

Ongoing Caregiver Support Group
A traditional support group where caregivers come together to talk about challenges and successes, share resources and ideas, and problem solve. It can be validating and a relief to talk with others in a similar situation.
No class fee.
**Location:** 2238 Geary Blvd., 4th Floor (see room detail below)
**Dates/times:** Ongoing; first Mon. of each month, 10–11:30 a.m., Sapphire Room; fourth Thurs. of each month, 4:30–6 p.m., Lapis Room
**Information:** Call Melissa Buhe, MSW, at 415-833-5025.

What to Expect: The Effects of Dementia
This class is designed to help prepare people in the early stages of dementia and their caregivers for the changes ahead by discussing the stages of dementia, steps to take, and available resources.
No class fee.
**Dates/times:** Second Wed. of each month, 10:30 a.m.–noon
**Information:** Call Melissa Buhe, MSW, at 415-833-5025.

Understanding Dementia Behaviors and Improving Communication
Managing dementia behaviors can be a challenge. Caregivers are encouraged to take this class to learn ways to cope and promote healthy communication.
No class fee.
**Dates/times:** Third Wed. of each month, 10:30 a.m.–noon
**Information:** Call Melissa Buhe, MSW, at 415-833-5025.
Senior Health Series
Join Kaiser Permanente professionals for a series of informative, interactive workshops on senior health. Topics include arthritis, brain fitness, dementia, depression, memory loss, diabetes, staying fit, avoiding falls, eye care, hearing, heart health, skin care, and more. Available in Spanish and Cantonese.
No class fee.
**Location:** 4141 Geary Blvd., 1st Floor, Conf. Room 1. Additional programs held at local senior centers; dates, locations, and times vary.
**Dates/times:** Ongoing; drop-in, third Thurs. of each month, 10:30–11:30 a.m.
**Information:** Call 415-833-3450.

**RELATED CLASS**
• Bone Health and Falls Prevention, page 39

**Addiction and Recovery**
Assessment and group-based treatment is available to chemically dependent adolescents and adults through our Chemical Dependency Recovery Program (CDRP). Multiple levels of treatment can be tailored for each individual situation. For more information or to schedule an intake appointment, call the CDRP at **415-833-9400**.

**Parents of Teens Orientation**
The session includes a brief overview of the services offered for the evaluation, prevention, intervention and treatment of adolescent substance abuse. Parents and guardians of adolescent members only.
No class fee.
**Dates/times:** One session; Wed., 5–5:45 p.m.
**Information:** Call CDRP at **415-833-9400**.

**Adolescent Substance Abuse Programs**
The CDRP clinic offers evaluation, prevention, intervention, and treatment for adolescent substance abusers. Support and services for parents concerned about adolescent substance abuse are also available. An initial evaluation by CDRP staff is required. Members only.
Office visit cost share applies; one fee per family.
**Dates/times:** By appointment
**Information:** Call CDRP at **415-833-9400**.

**Family Program Orientation Group**
This single-session group offers an overview of our family and codependency programs at the CDRP clinic. The session includes a brief overview of what codependency and chemical dependency are and is open to family members and friends who are concerned about the substance abuse of a Kaiser Permanente member. Members and their families only.
No class fee.
**Dates/times:** One session; Wed., 5–5:45 p.m.
**Information:** Call CDRP at **415-833-9400**.
**Family Education Series**

This group is for family members and friends who are concerned about the substance abuse or chemical dependency of a Kaiser Permanente member. The Family Program Orientation Group is a prerequisite for this series. *Members and their families only.*

No class fee.

**Dates/times:** 12 sessions; Wed., 6–6:45 p.m.

**Information:** Call CDRP at 415-833-9400.

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**Children’s Health**

**Understanding Your Child’s Asthma Video**

Learn skills to manage your child’s asthma and help prevent flare-ups at home. Find this feature at kpdoc.org/childasthmavideo.

**Baby Sleep Solutions**

This class is designed for parents of babies up to 12 months. Learn developmentally appropriate sleep expectations and how to avoid common mistakes that prevent quality sleep. You will track your child’s sleep over one week and, in session two, the instructor will tailor strategies to address your child’s specific sleep challenges. This class is taught by a certified sleep consultant. Babies are welcome.

$65 per family, members; $90 per family, nonmembers.

**Dates/times:** Two sessions; Sat.

**Information:** Call 415-833-3450.

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**Feeding Your Baby: Introducing Solid Foods**

Help your baby thrive right from the start. In this class, we’ll discuss the benefits of continued breastfeeding, as well as how to introduce solids into your infant’s diet and gradually advance to finger foods. Taught by a registered dietitian. Babies are welcome.

No class fee for members; $30 nonmembers.

**Dates/times:** One session; Tues., 10 a.m.–noon

**Information:** Call 415-833-3450.

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**Feeding Your Baby: Introducing Finger Foods**

Now that your baby is eating solid foods, this class will cover guidelines for introducing finger foods, table foods, and advancing up to three meals a day. You will also learn about milk intake during this transition period, foods to introduce, food allergies, preventing picky eating, and establishing healthy eating habits. Taught by a registered dietitian. Babies are welcome.

No class fee for members; $30 nonmembers.

**Dates/times:** One session; Tues., 5–7 p.m.

**Information:** Call 415-833-3450.
Feeding Your Toddler (1–3 Years)
This class can help parents manage several developmental changes that occur during the toddler years, and avoid the challenging mealtimes and picky eating that sometimes result. In this class you will learn how these changes affect toddlers’ hunger patterns and nutrition needs. You’ll see how you can provide structure and set limits as your child begins to assert his or her independence around feeding. The registered dietitian will also cover current nutrition guidelines for this age group and suggest ways to manage mealtimes to provide the nutrition toddlers need.

$10 members; $30 nonmembers.

Dates/times: One session; Tues., 10 a.m.–noon or Wed., 5–7 p.m.
Information: Call 415-833-3450.

Infant Sign Language Introductory Workshop (Birth–18 Months)
Infant Sign Language gives parents the opportunity to communicate with children long before babies can verbalize their wants and needs. Research shows that signing with babies can accelerate language acquisition and reduce frustration and aggressive behavior. In this workshop, fun activities and songs show you how easy it can be to integrate more than 40 simple signs into your everyday routine to help jump-start your child’s communication skills. Babies are welcome but not required.

$40 single caregiver; $70 per couple.

Dates/times: One session; Sat. morning
Information: Call 415-833-3450.

Infant Sign Language Playgroup Series (4–18 Months)
This playgroup series is a fun way for parents to build their signing vocabulary with themes like mealtime, animals, colors, family, bedtime, and more. Start with either Playgroup Zoom or Playgroup Boom. We recommend that you enroll in the Introductory Workshop before taking a playgroup series. Babies are welcome but not required.

$110 single caregiver; $199 per couple.

Dates/times: Six sessions; Sat., 9:30–10:30 a.m.
Information: Call 415-833-3450.

Martial Play
Martial Play is an innovative combination of martial arts and social skills training. Children ages 7 to 12 learn about the various martial arts of the world while building emotional intelligence. There is no sparring in this class. The facilitator has taught martial arts to children for more than 20 years.

$50 members; $100 nonmembers.

Dates/times: Eight 90-minute sessions; Sat.
Information: Call 415-833-3450.

Pediatric clinical health educators
Our Pediatric Clinical Health Educators provide one-on-one counseling on topics including nutrition, weight, family dynamics, teen pregnancy, STDs, and birth control.
Online Newsletters for Parents

New parent? Raising a child or teenager? Get trusted information from Kaiser Permanente doctors delivered right to your inbox. Sign up for one or more of our newsletters, customized to your child’s age and stage at kpdoc.org/parentnewsletters.

Parent-Child Interaction Therapy
Discover proven methods for building a better relationship with your child (age 2 ½ to 7) and improving your child’s behavior, both at home and at school. Learn new ways to effectively give commands and follow through with age-appropriate consequences. You will practice the skills in live coaching sessions with your child in a play room with a one-way mirror and an in-ear listening device. Members only. Office visit cost share applies.

Dates/ times: Every Fri. for four months, 8–9:30 a.m.
Information: Call Christin Mullen, MFT, at 415-833-3197 or David Meshel, PhD, at 415-833-3331.

Child and Parent Worry Class
In a child-friendly atmosphere, learn the different causes of anxiety, how your brain responds to a perceived threat, and what physical symptoms you may experience. We will help children age 6 to 12 explore their thoughts and compare fears with the facts of the situation. Both parents and children will learn techniques to relax, reduce anxiety, and think and act assertively. Members only. Office visit cost share applies.

Dates/ times: 10 sessions
Information: Call Dr. Larry Kalb at 415-833-7528 or Christin Mullen, MFT, at 415-833-3197.

Parenting Your Toddler Workshop (18–36 Months)

Toddlers are full of joy, energy, and endless curiosity. They are also prone to having a strong will, tantrums, and other challenging behaviors. Even seasoned caregivers are often at a loss. Learn about your child’s rapidly developing brain and practice positive discipline techniques that strike the delicate balance between encouraging independence and providing limits for your toddler. $25/$40 member single/couple; $40 /$55 nonmember single/couple.

Dates/ times: One session; Wed., 7–9 p.m. or Sat., 2–4 p.m.
Information: Call 415-833-3450.

Parenting Your Toddler Series (18–36 Months)
Gain mastery of positive discipline strategies for handling typical toddler behavior—such as tantrums, refusing to cooperate, hitting, and biting—while remaining connected to your toddler. Learn about activities that have calming effects and help your child’s developing brain. This series also covers when and how to begin no-pressure potty training, nighttime sleep and nap regression, and transitioning to a bed. Prerequisite: Parenting Your Toddler Workshop. Adults only please. Open to the community.

$130/$150 member/couple; $150/$200 nonmember/couple.

Dates/ times: Five sessions; Wed., 7–9 p.m.
Information: Call 415-833-3450.
Peer Development Group
This is a social group for children 7–12 years with their parents. At least one parent must attend the parents-only session and the multifamily night. Parents will learn different ways of dealing with their children and helping them face social challenges. Children will learn how to make and maintain friendships, participate in conversations, apply problem-solving skills to frustrating and hostile situations, and identify and handle emotions. Families must be willing to commit to the full 10-week program. A family intake interview is required. Members only. Office visit cost share applies for each session.

Information: Referral required. Call 415-833-2292 to schedule an interview.

Tots
Tots is a temperament-based group therapy program for children 2–5 years and their parents. This program is for parents of preschool children who may be aggressive, disruptive, overly active, noncompliant, or extremely shy. Families must be willing to commit to the full 10-week program. A family intake interview is required. Members only. Office visit cost share applies for each session.

Information: Referral required. Call 415-833-6333 to request a child psychiatry intake interview.

Touch and Movement: Your Baby’s First Language
This class is for babies eight weeks to six months. Learn techniques for calming and bonding with your baby; how to support your baby’s emerging gross motor abilities, such as head lifting, rolling, and moving to sitting; face to face play to encourage focus, sound, and pre-verbal skills; music, song, and age-appropriate play to facilitate social relationships. Babies welcome. Taught by a Child’Space® practitioner. $58 members ($86 for twins), $80 nonmembers ($110 for twins).

Dates/times: Four sessions; Mon

Information: Call 415-833-3450.

RELATED CLASSES
• CPR for Infants and Children, page 29
• Sibling Preparation, page 44

Chronic Conditions

Asthma
We offer many services to help you breathe easier and take control of your asthma, including resources, videos, and information available online at kp.org/asthma. Learn how to identify and avoid asthma triggers, use medications effectively, and monitor your lungs to help predict and avoid serious episodes. The online video Understanding Your Child’s Asthma is available in English and Spanish through your doctor’s home page at kp.org/mydoctor. For asthma education in Cantonese and Mandarin, contact Sharen Der, RN, AE-C, at 415-833-3563.
**Pediatric Asthma Case Manager Appointments**

Our certified asthma educator (AE-C) teaches children and their families how to manage asthma. Appointments offer teaching sessions with a practical focus. Your case manager can help you learn to recognize asthma symptoms, use medications, spacers, and peak flow meters, identify triggers, and keep an asthma diary. **Members only.**

No class fee.

**Location:** Pediatrics Department, 2200 O’Farrell St.

**Information:** Call Sharen Der, RN, AE-C, at 415-833-3563.

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**Cancer**

**Understanding Breast Cancer**

Developed by our breast cancer care team, this 12-minute interactive program explains what breast cancer is, different treatment options (such as surgery, radiation, drug therapy, and more), as well as how care is coordinated by a care team. Find this feature at kpdoc.org/breastcancer-program.

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**Cancer Supportive Group**

This is a group of longtime survivors, newly diagnosed patients, treatment veterans, and loved ones who meet to support each other on their journeys toward healing. Anyone with any cancer diagnosis is invited to join and to bring family members and other caregivers with you. We discuss the emotional impact of cancer and celebrate triumphs and good news. No class fee.

**Location:** 2238 Geary Blvd., 8th Floor, Topaz Room

**Dates/times:** Drop-in, first and third Fri. in Feb., June, Aug., and Oct., 1:30–3 p.m.

**Information:** Call 415-833-4939 or 415-833-2860.

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**Cancer Survivorship Lecture Series**

Guest speakers discuss multiple topics including cancer, genetics, complementary medicine, nutrition, fitness, and mindfulness. No class fee.

**Location:** 2238 Geary Blvd., 8th Floor, Topaz Room

**Dates/times:** Drop-in, third Fri. in Jan., Mar., Apr., May, July, Sept., and Nov., 1:30–3 p.m.

**Information:** Call 415-833-4939 or 415-833-2860.

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**The Ida & Joseph Friend Cancer Resource Center**

This center supports wellness and healing by providing an array of care services to people with cancer. Resources include a lending library of educational materials, support groups, nutrition counseling, exercise classes, and monthly forums and workshops on a variety of cancer-related topics, such as fatigue management, preparing for surgery, and creative expression. No fee for most programs; call for details.

**Location:** 1600 Divisadero St. (near Post Street)

**Information:** Call 415-885-3693 or visit cancer.ucsf.edu/crc.
Inherited Susceptibility to Breast and Ovarian Cancer
A genetic counselor will discuss the genetics of breast and ovarian cancer, risk assessment, cancer screening, and genetic testing. Follow-up appointments with genetics staff are available for those who are interested in more information about individual risk assessment or genetic testing. An online version of this class is also available. Members only.
No class fee.
Dates/times: One session; first Wed. of each month, 9:30–10:30 a.m.
Information: Call 415-833-2998.

Inherited Susceptibility to Colon Cancer
A genetic counselor will discuss the genetics of colon cancer, risk assessment, cancer screening, and genetic testing. Follow-up appointments with genetics staff are available for those who are interested in more information about individual risk assessment or genetic testing. An online version of this class is also available. Members only.
No class fee.
Dates/times: One session; second Wed. of each month, 9:30–10:30 a.m.
Information: Call 415-833-2998.

Look Good, Feel Better
A unique program (cosponsored by the American Cancer Society) to help women experiencing appearance-related side effects from chemotherapy or radiation treatment for any form of cancer. In a relaxed environment, women are provided with makeup kits, wigs, scarves, and the assistance of professional stylists. Members only.
No class fee.

Recovering from Breast Surgery
A two-hour workshop conducted by a physical therapist. You will learn about the physical healing process after breast cancer surgery, how to get started on an exercise program, how to regain shoulder and chest-wall mobility, lymphedema risks and treatment options, resources and support within Kaiser Permanente and in the community. There will be many opportunities for questions and discussion. The last part of the workshop consists of breathing and flexibility exercises. Recommended for all members who have recently undergone breast cancer surgery and received post-surgical follow-up. Members only.
No class fee.
Dates/times: One session; second Tues. of each month, 3–5 p.m.
Information: Referral required. Call Physical Therapy at 415-833-4325 or the breast care coordinator at 415-833-0083.

Understanding Breast Cancer
Developed by our breast cancer care team, this 12-minute interactive program explains what breast cancer is, different treatment options (such as surgery, radiation, drug therapy, and more), as well as how care is coordinated by a care team. Also view one patient's personal story. Find this feature at kpdoc.org/breastcancer-program.
Chronic Obstructive Pulmonary Disease (COPD) Education

We offer a three-session educational program for people diagnosed with COPD. Participants learn skills to manage this chronic health condition. Family and friends welcome. *Members only.*

No class fee.

**Location:** 2350 Geary Blvd., 8th Floor, Topaz Room

**Information:** Call 415-833-8525.

**Part One: COPD Class**

Taught by a physician and a respiratory therapist. In this class, you will learn what COPD is, what to do when you have flare-ups, how to use medications effectively, and how to use exercise and self-management techniques. Time is available for individual questions.

**Dates/times:** Three sessions; first, second, and third Wed. of each month, 1–3 p.m.

**Part Two: COPD Group**

A group for those who have attended the COPD class. You’ll learn continued COPD management skills, including exercise, nutrition, stress reduction, and more. Guest speakers address topics of interest to members with COPD. Led by a physical therapist, respiratory therapist, and a physician.

**Dates/times:** One session; last Wed. of each month, 1–3 p.m.

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Carbohydrate Counting for Diabetes

For people with type 1 or type 2 diabetes who are taking insulin and have attended the Diabetes Basics and Diabetes Nutrition classes. Learn more about advanced carbohydrate counting, including meal planning, label reading, and how to apply carbohydrate amounts to insulin doses. This class is taught by a registered dietitian and a diabetes care manager. *Members only.*

No class fee.

**Dates/times:** Two sessions; first and second Tues. of each month, 3–4:30 p.m.

**Information:** Call 415-833-0142.

Diabetes Basics

Feel better and be active and healthy by learning the basics of managing your type 2 diabetes. Explore the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing stress. Please bring your blood glucose monitor to class. *Members only. Available in Spanish and Cantonese.*

This is a covered benefit for members.

**Dates/times:** Third Tues. of each month, 9 a.m.–12:30 p.m.; first Thurs. of each month, 4:30–8 p.m.; third Fri. of each month, 9 a.m.–12:30 p.m.; second Sat. of each month, 9 a.m.–12:30 p.m.

**Information:** Referral required. Call 415-833-0142.

For Cantonese, call 415-833-1639.

For Spanish, call 415-833-0910.

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Member Services

For answers to all of your benefits questions, call our Member Service Contact Center at 1-800-464-4000 or 1-800-777-1370 (TTY). Open 24 hours a day, seven days a week (closed holidays).
Diabetes Nutrition
In this advanced diabetes class, get tips on planning meals, counting carbs, and reading food labels. Learn new ways to prepare your favorite foods as well as how to enjoy eating out healthfully. Taught by a registered dietitian. Members only.
This is a covered benefit for members.
Dates/times: Fourth Tues. of each month, 9 a.m.–12:30 p.m.; second Wed. of each month, 4:30–8 p.m.; fourth Fri. of each month, 9 a.m.–12:30 p.m.; third Sat. of each month, 9 a.m.–12:30 p.m.
Information: Referral required.
Call 415-833-0142.
For Cantonese, call 415-833-1639.
For Spanish, call 415-833-0910.

Portable Electronic Medical Record
With a Portable Electronic Medical Record (PEMR) flash drive, any physician with a computer can review a summary of key portions of your recent medical history—including your allergies, office visits, lab results, and X-rays. The device is $5 and updates are free. To get a PEMR flash drive, go to the Medical Correspondence Department at the facility nearest you.

HealthMedia® Care® for Diabetes
As a Kaiser Permanente member, you have access to online programs that can help you manage your diabetes with an individualized plan. Find this feature at kp.org/healthylifestyles.

Prediabetes
Learn how to help prevent or delay the onset of diabetes by eating well and exercising. These healthy lifestyle changes will help you take charge of your health to reduce your risk of diabetes and its complications. Members only. Available in Spanish.
This is a covered benefit for members.
Location: 2238 Geary Blvd., 4th Floor East, Lapis Room
Dates/times: One session; drop-in, one Mon. every other month, 9:30–11:30 a.m.; and every third Fri., 3–5 p.m.
Information: Call 415-833-3450.
For Spanish, call 415-833-2899.

Insulin for Diabetes Video Series
Studies have shown that early use of insulin can produce better long-term results and blood sugar control for people with diabetes. This video series will teach you how to prepare and inject insulin and understand why insulin is one of the best tools available to manage your blood sugar. Find this feature at kpdoc.org/insulinvideos.

Diabetes Grocery Shopping Tour
Walk the aisles of a local grocery store with a registered dietitian as you learn to select foods to manage your diabetes and heart health. In this single-session program, you’ll learn to make sense of confusing food labels and understand healthy guidelines for portion size, fat, carbohydrates, sodium, and much more. Pick up ideas for healthy and balanced meals and snacks, too! Choose from a list of local grocery stores. Members only.
No class fee.
Dates/times: Tues., 9:30–11:30 a.m.
Information: Call 415-833-3450.
General Chronic Conditions

Alopecia Areata Support Group
This ongoing support group provides education and support for people with alopecia areata, a hair-loss condition. A dermatologist is present at each meeting. Bring a friend or family member!
No class fee.
Location: 2238 Geary Blvd., 5th Floor, Jade Room
Dates/times: Ongoing; drop-in, third Wed. in Jan., Mar., May, Sept., and Nov., 7:30–9:30 p.m.
Information: Call Fred Wahl at 650-759-4760.

Chronic Headache Management Group
Learn to identify and prevent headache triggers and discover relaxation techniques that are effective for relieving both migraine and tension headaches. Some biofeedback is included. Sessions are led by a psychologist and a physical therapist. Members only.
Office visit group cost share for each session.
Location: French Campus, 4141 Geary Blvd.
Dates/times: Seven 2-hour sessions

HealthMedia® Care® for Pain
As a Kaiser Permanente member, you have access to online programs that can help you manage your pain with an individualized plan. Find this feature at kp.org/healthylifestyles.

Hepatitis C
Have questions about hepatitis C? In this single-session class, taught by a Kaiser Permanente physician, you’ll learn what hepatitis C is, how it is spread, and how it can affect your liver. You’ll also learn about diagnosis and treatment options. Members only.
Office visit cost share applies.
Dates/times: One session
Information: Referral required. An evaluation and blood tests may be required.

Healthier Living with Ongoing Health Conditions
Living with an ongoing health condition like diabetes, heart disease, or arthritis can be challenging. But don’t let symptoms keep you from doing the things you need and want to do. No matter what your condition, you can learn from others proven skills to manage physical and emotional symptoms to live a richer, fuller life. Bring a family member or friend!
This is a covered benefit for members; $65 nonmembers. Purchase the accompanying textbook and CD from the Health Education Center or borrow them on the first day of the program.
Dates/times: Six sessions; Thurs. or Sat., 10 a.m.–12:30 p.m.
Information: Call 415-833-3450.

HealthMedia® Care® for Your Health
As a Kaiser Permanente member, you have access to online programs that can help you manage your ongoing conditions with an individualized plan. Find this feature at kp.org/healthylifestyles.
Irritable Bowel Syndrome Overview
Find out more about irritable bowel syndrome (IBS) and start feeling better. In this two-hour overview, specialists in gastroenterology, nutrition, and behavioral medicine explain what IBS is and how to manage it. Members only.
$15 class fee.
Dates/times: Every fourth Mon., 4–5:30 p.m.
Information: Referral required.

Managing Your Headaches
Learn about headache types and triggers, and discover ways to help manage and prevent them with this free online program. Find this feature at kpdoc.org/headachesprogram.

Understanding Your High Blood Pressure
Controlling high blood pressure (also known as hypertension) can help reduce your risk of heart disease, stroke, and kidney failure. Join us to learn about high blood pressure and how eating well, moving more, lessening stress, and managing medications can tame high blood pressure. Members only. Available in Spanish and Cantonese.
No class fee.
Location: 2238 Geary Blvd., 4th Floor, Lapis Room
Dates/times: One session; drop-in, first Fri. of each month, 2:30–4:30 p.m.
Information: Call 415-833-3450.
For Spanish, call 415-833-2899.
For Cantonese, call 415-833-1639.

Heart Health
Plant-Based Eating: Your Prescription for Health
See page 41.

Cholesterol and Your Heart
Learn how exercise and a heart-healthy diet can lower your cholesterol, improve your overall health, and reduce your risk for heart attack and stroke. Members only. Available in Spanish and Cantonese.
No class fee.
Dates/times: One session; first Thurs. alternating between 9–11:30 a.m. and 2–4:30 p.m.
Information: Call 415-833-0142.
For Spanish, call 415-833-2899.
For Cantonese, call 415-833-1639.

Mended Hearts
For anyone who has experienced a heart condition or heart surgery. An education and support group for patients, family, and friends.
$22 annual membership fee for new members; $17 for renewals.
Dates/times: Ongoing; drop-in
Information: Call 415-824-2263 or 1-800-242-8721, or email hearts177sf@yahoo.com.

Clinical health educators
Our clinical health educators are here to provide individual guidance and support for a range of health concerns, including stress, chronic conditions, tobacco, and weight. For more information, talk to your doctor or call your local Health Education Center.
Cardiac Rehabilitation: Multifit
A two-part program for members who have had a heart attack, angioplasty, stent, or bypass surgery within the last three months. A Multifit registered nurse will provide you with information, guidance, and assistance in making the necessary lifestyle changes to help improve your health and prevent relapse. An initial group appointment focuses on diet, exercise, smoking cessation, and cholesterol management. Follow-up is through secure messaging and/or telephone calls with the RN, who works closely with you and your physician to design a personalized plan to reduce your risk factors for coronary heart disease. Members only. Available in Spanish and Cantonese.
No class fee.
Information: Call 415-833-3066. For Spanish or Cantonese, call 415-833-8810.

Cardiac Rehabilitation: Phase II
A supervised exercise program led by a physical therapist for members with heart conditions. Members only.
Office visit cost share applies.
Dates/time: Ongoing; Tues. and Thurs. mornings
Information: Referral required. Call 415-833-4326.

Successful Living with Heart Failure
Taught by a heart failure nurse and pharmacist to provide a follow-up to Living Better with Heart Failure. These classes include in-depth learning about balancing activity with rest, eating a healthy, low-sodium diet, taking medications as prescribed, monitoring and managing the symptoms of heart failure, and dealing with emotional stress. Time is reserved in class to address individual needs and questions. Members only.
This is a covered benefit for members.
Location: 2238 Geary Blvd., 5NW, Jade Room
Dates/time: Two 2-hour sessions; Tues., 10 a.m.–noon. Series begins third Tues. of each month.
Information: Call 415-833-0142.

HIV, AIDS, and STD

HIV Update Newsletter
If you are a member living with HIV, we publish a free newsletter just for you. It provides practical health information, explains our HIV services, and helps you get the most out of your medical care for HIV. We can mail it directly to your home (in confidential packaging if you wish), or you can download the PDF version online. Members only.
Information: Call 415-833-3452.

HIV Positive Drop-In Group
This group provides education, community resources, and support. Led by a psychotherapist from the Psychiatry Department. Members only.
No class fee.
Dates/time: Ongoing; drop-in, Thurs., 11 a.m.–noon
Information: Call at 415-833-2292.
With My Health Manager on kp.org, you can take charge of your health securely online – 24 hours a day, 7 days a week. Registering is one of the most important things you can do as a member.

**It’s as easy as 1-2-3**

In five minutes you’ll get 24/7 access to our online tools for managing your health.

1. Have your medical record number handy.
2. From your computer, go to kp.org/registernow.
3. Enter some basic information and answer a few security questions.

For questions or help with registering, call 1-800-556-7677.

**Manage your health anytime, anywhere**

Once you’re registered, you can start using My Health Manager to stay on top of the care you receive at any of our facilities in the region. You can also use My Health Manager to act on behalf of a family member.

Download the KP app.

Visit kp.org from your computer.
“I may be a doctor, but I still need support to lose weight.”

—Christopher Covin, MD
Kaiser Permanente Chief of Primary Care
kept off 77 lbs for over a year

**TRANSFORM**
*your habits, your health, your life*

Lose an average of 40 pounds in 4 months—and learn to keep in off—with our Medical Weight Management program. Sign up for a no cost orientation session at kphealthyweight.com/weightorientations.

¹Patient’s weight recorded at week 76. Individual results may vary. Average weight loss is 48 lbs in 30 weeks. Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under your health plan benefits. If you are a Kaiser Permanente member, please check your Evidence of Coverage for specific covered health plan benefit information.
A little advance planning now can go a long way to ensure your values and wishes regarding health care are known in case you’re ever unable to communicate for yourself.

Start your planning online, or sign up for a class at your local medical center. Look in this catalog for details about classes in your area.

Visit kp.org/lifecareplan to learn more.
PAIR UP FOR YOUR HEALTH
Stay on top of your health, 24/7, with our two apps.

KP PREVENTIVE CARE APP
Exclusive for Northern California members

Get appointment reminders and preventive services alerts for you and your family, access your doctor’s home page, and more.

KAISER PERMANENTE APP

Email your doctor, schedule routine appointments, refill prescriptions, check lab results, and more.

Download both apps on your smartphone.

Are you registered? If you’re already registered on kp.org, you’re all set to start using your KP Preventive Care for Northern California and Kaiser Permanente apps. If not, you’ll need to go to kp.org/registernow to set up your account from a computer. Then use your new user ID and password to activate the apps.

Certain features of the apps apply only to care you receive at Kaiser Permanente facilities.
App Store is a service mark of Apple, Inc. Google Play is a trademark of Google, Inc.
Kidney Care

How to Keep Your Kidneys Healthy
This program provides information on how your kidneys work, how to keep your kidneys healthy, and how to manage kidney disease. You’ll also learn about nutrition and lifestyle changes. Taught by a renal nurse, social worker, physician, and a registered dietitian. Members only.
No class fee.
Dates/times: One session; Wed., 2–3:30 p.m. or 6–7:30 p.m.
Information: Call 415-833-3450.

Kidney Treatment Options
Discover treatment options that will fit your lifestyle, schedule, and activities. This program will provide you and your family members with information and resources that will help you adjust to treatment, including dialysis. We’ll discuss hemodialysis and peritoneal dialysis, kidney transplant, diet, lifestyle changes, and financial and insurance issues. Taught by a renal nurse, social worker, physician, and a registered dietitian. Members only.
No class fee.
Dates/times: One session; Tues., 2–4 p.m.
Information: Call 415-833-3450.

CPR

CPR for Infants and Children
In this single-session course, parents, grandparents, and child care workers can learn basic lifesaving skills for infants and children under 8. Taught according to the guidelines of the American Safety and Health Institute (ASHI). This course does not provide first-aid training. CPR certification awarded upon completion of course and passing of a five-question test. Test may be administered verbally if needed. This class will fulfill requirements for community, foster care, and adoptions. It will not fulfill the California Emergency Medical Services Authority (EMSA) requirement for child care providers in licensed day care facilities. This course does not provide certification for health care workers, including Kaiser Permanente employees. Adults only please.
$41.50 members; $56.50 nonmembers.
Dates/times: One session; Thurs., 6:30–9:30 p.m. or Sat., 9 a.m.–noon
Information: Call 415-833-3450.

Healthy Living Store
Visit our Healthy Living Store, where you’ll find a variety of health and fitness products such as yoga mats, therabands, foam rollers, gym balls, stress relief items, lunch bags, tote bags, water bottles, and books. Open to the public.

For class listings and online resources, visit kp.org/classes.
Fitness and Weight Management

Moderate exercise is safe for most people, but you should talk to your doctor before starting any exercise program, especially if you have an ongoing condition or injury. With all forms of exercise, it’s wise to start slowly, listen to your body, and increase intensity gradually. Classes are open to the community unless otherwise noted.

Fitness for Women 40 and Over
We present 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.

$59 members; $92 nonmembers.

Dates/times: Eight sessions; Tues. and Thurs., 5:30–6:30 p.m.

Information: Call 415-833-3450.

Health Club Savings for Members: Choose Healthy
Kaiser Permanente has teamed up with some of the best health clubs in the area to provide our members with reduced rates and personalized programs of exercise, nutrition, and health education. Participating clubs offer modern exercise equipment and facilities, including racquetball, aerobics, and some of the latest cardiovascular machines. Members only.

NOTE: Members can receive discounts on monthly membership only, not on services that may be available to them.

Information: Call 1-877-335-2746 to find a club near you or search “ChooseHealthy” on kp.org.

HealthMedia® Balance®
For weight management and physical fitness. Not a diet or exercise plan, but an individualized way to manage weight by connecting your mind, body, and food. As a Kaiser Permanente member, you have access to online programs that can help you manage your weight and physical fitness. Find this feature at kp.org/healthylifestyles.

Healthy Weight Series
Discover the confidence and skills you need to reach and maintain a healthy weight. Topics include healthy eating for weight loss, making physical activity a part of your daily life, building a strong support network, and coping with stress.

No class fee for members; $110 nonmembers.

Location: Daly City Medical Office
Dates/times: 10 sessions
Information: Call 650-301-4445.

Healthy Weight Online Series
Learn how to achieve a healthy weight with this six-week online version of our Healthy Weight Series. Join this interactive class from the comfort of home. You will need a phone and a computer with internet access to participate. Members only.

No class fee.

Dates/times: Six sessions
Information: Call 415-833-3450.
Online Health Coach: Let's Get Physical

Become more physically active and find the motivation and tools needed to make lasting health changes. You’ll receive short video-coaching sessions via email, along with tips and support materials to help you stay on track. Find this feature at kpdoc.org/healthcoach.

Medical Weight Management Program (Orientation Session)

If you have at least 40 pounds to lose, this program can help you make positive, lasting changes to improve your health, increase your energy, and help you live life to the fullest. The long-term program features low-calorie meal replacements, monitoring by a team of Kaiser Permanente medical professionals, and weekly health classes/support sessions. Join us for a free, one-hour information session to find out more.

Orientation session is free; program fees are explained at the orientation.

Location: San Francisco Medical Offices, 2238 Geary Blvd.

Information: Call 415-833-3808 or register online at kphealthyweight.com/weightorientations.

Managing Your Weight

Do you want to lose weight but don’t know where to start? This workshop will help you determine the best way to achieve your weight loss goals based on your unique needs and preferences. We will help you develop a personalized action plan that includes resources to help you every step of the way. Members only.

This is a covered benefit for members.

Location: 2238 Geary Blvd., 4th Floor, Lapis Room

Dates/times: One session; drop-in, fourth Fri. of each month, 3–5 p.m.

Information: Call 415-833-3450.

Weight Loss Surgery Introductory Seminar

For anyone interested in a referral for weight loss surgery, this class introduces the surgery process and emphasizes the changes you must make before and after your procedure. It will help you determine if you are ready to make a major lifestyle change. This is the first step for referral for a bariatric surgery consultation.

No class fee for members; $20 nonmembers.

Dates/times: Second Mon. of each month; 2:30–5 p.m.

Information: Call 415-833-3450.

Learn to reach your health goals with a wellness coach

Whether you’re trying to get more active, manage your weight, quit tobacco, or handle stress, a personal health coach can help you create—and stick with—a plan for reaching your goals. You and your coach talk one-on-one by phone, when it’s convenient for you.

Take the first step by calling 1-866-251-4514, 6 a.m. to midnight daily, to schedule your first appointment.
Personal Health Coach

Personal health coaches are available to help facilitate and optimize your health and wellness. Your health coach can help you develop a plan to attain your goals, motivate you to progress, and help monitor your program. Work with your coaches in person, on the phone, or via email. Whether you want to feel and look better or are training for an upcoming athletic event, you’ll be surprised how far a good coach can take you.

Call for program fee information.

Information: Call 415-833-7800.

Services and products described here are provided on a fee-for-service basis and are separate from and not covered under members’ health plan benefits, and members are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your health plan benefits, members should refer to their Evidence of Coverage.

Pilates

In this series, discover a unique mind-body exercise method designed to develop flexibility, strength, and balance. Pilates helps improve posture, build firm abdominal muscles, prevent back injuries, and increase joint mobility. Experience a renewing and satisfying workout. Taught by a certified Pilates mat instructor. All levels welcome. Please bring your own mat. $48 members; $70 nonmembers.

Dates/times: Six sessions; Wed., 5:30–6:30 p.m.

Information: Call 415-833-3450.

Sports Medicine Center

Rebound quicker, come back stronger. Even the best athletes can sometimes push themselves a little too hard. But ignoring your sports injuries, no matter how minor they seem, can lead to major-league problems. We provide care for all levels of sports injuries as well as classes on sports training and injury prevention. Whether you’re a pro athlete or a weekend warrior, our staff of sports medicine specialists, orthopedists, orthopedic physician assistants, and physical therapists is ready to help you get back on track and keep you performing at your best.

Information: Call 415-833-3898.

Yoga

This program emphasizes yoga postures that stretch and tone muscles, relieve tension, and cultivate mind-body awareness. The class is suitable for all levels. Wear loose, comfortable clothing. Please bring your own mat. $53 members; $77 nonmembers.

Dates/times: Eight sessions; Tues. or Thurs., 6:45–8 p.m.

Information: Call 415-833-3450.

Yoga: Advanced

This three-session program is designed for experienced students of yoga. Wear loose, comfortable clothing. Please bring your own mat. $25 members; $40 nonmembers.

Dates/times: Three sessions

Information: Call 415-833-3450.
Gentle Yoga
Quiet your body, mind, and senses, and create deeper levels of relaxation through gentle, nurturing poses you can accomplish without strain. Breathing exercises and meditation practices have been shown to help reduce stress, lower blood pressure, relieve muscular pain and headaches, and regulate heart rate. The poses are suitable for experienced yoga students, beginners, older adults, and most people with chronic pain or illness. Wear loose, comfortable clothing. Please bring your own mat. $27 members; $39 nonmembers.

Dates/times: Five sessions; Mon., 5–6 p.m.
Information: Call 415-833-3450.

Zumba® Dance
Zumba (Spanish slang for “to move fast and have fun”) incorporates high-energy and motivating Latin and world music with unique dance moves to create a dynamic and effective workout. The routines use the principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. Great for all fitness levels. $48 members; $70 nonmembers.

Dates/times: Six sessions; Mon., 6:15–7:15 p.m.
Information: Call 415-833-3450.

Infertility
Mind-Body Health Program and Support for Infertility
This support program is for women struggling with infertility and is designed to be taken in conjunction with the Mind-Body Health class (see page 38). Discover ways to improve your overall mood, health, and well-being and learn skills to help reduce the stress that 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. Participants must attend the 6-week Mind Body Health class. The infertility support sessions occur right before the Mind Body Health class at weeks 1, 3, and 6. $40 members; $180 nonmembers.

Dates/times: Three sessions; 5:15–6:15 p.m.
Information: Call 415-833-3450.

Understanding Infertility
This program describes an array of infertility services offered by Kaiser Permanente, including education, counseling, testing, and treatment. It also provides information about some of the ways you can improve your chances of getting pregnant by staying healthy. Note that not all infertility services are covered by your Kaiser Permanente health plan. For specific information about your health plan benefits, please see your Evidence of Coverage. Find this feature at kpdoc.org/infertilityprogram.
Men’s Health

Prostate Cancer Support Group
An ongoing group for any man with prostate cancer. Get practical and emotional support by talking with other men in similar situations. Facilitated by a social worker and a physician or nurse from the Urology Department. Members only.
No class fee.
Dates/times: Ongoing; drop-in, first and third Thurs. of each month, 4–5:30 p.m.
Information: Call 415-833-3239.

Podcasts
Don’t have time to take a health class? Check out our Healthy Living To Go podcasts. Topics include exercise, stress management, quitting tobacco, healthy pleasures, and more. Find podcasts on your doctor’s home page at kp.org/mydoctor.

Mind/Body/Spirit Health

Health Journeys Guided Imagery Programs
Guided imagery is a type of relaxation exercise designed to engage your mind, body, and spirit. These podcasts, available through your doctor’s home page at kp.org/mydoctor, can help you ease pain, relieve stress, get healthful sleep, and prepare for surgery.

Adult ADD/ADHD

ADHD
This class is designed for those who already have a basic knowledge of adult ADHD. Explore more advanced aspects of the disorder, learn about compensatory strategies tools, and get peer support. Members only.
Dates/times: Mon., 4:30–6 p.m.
Information: Call 415-833-2292

Anger Management

Managing Anger Series
When anger causes problems with family, friends, or colleagues, we can help. Learn to identify anger triggers, develop communication skills, and practice new ways to respond. Note: This series does not satisfy the court-ordered treatment required for domestic violence.
$91 members; $176 nonmembers.
Dates/times: Eight sessions; 6:30–8:30 p.m.
Information: Call 415-833-3450.

Anxiety and Panic

Understanding Anxiety Series
In this series, you’ll learn to identify what triggers anxiety for you as well as ways to manage your symptoms. We’ll help you explore your thoughts and learn to approach instead of avoid what you fear. You’ll also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness.
No class fee for members; $110 nonmembers.
Dates/times: Six sessions; 6:30–8:30 p.m.
Information: Call 415-833-3450.
Assertiveness

Assertiveness Training
This group for men and women will help you learn practical skills to develop self-confidence, improve communication skills, resolve conflicts, and promote positive personal and professional relationships. You’ll have the opportunity to practice techniques taught in class, share experiences, and work toward your goals. A program just for women is also available (see page 46).

$55 members; $110 nonmembers.

Dates/times: Five sessions; 6:30–8:30 p.m.
Information: Call 415-833-3450.

Complementary Medicine

T’ai Chi Chih: Joy Through Movement
Experience health, well-being, and stress reduction. These 20 simple yet powerful movements are easy and enjoyable to learn, and our course is suitable for both beginning and continuing students, regardless of your age, physical condition, or agility. Benefits include increased energy and balance, mental clarity, and help with regulation of blood pressure. T’ai chi chih can also be a valuable tool in the management of chronic pain or chronic disease including arthritis and heart disease. Taught by a certified t’ai chi chih instructor.

$53 members; $77 nonmembers.

Dates/times: Seven sessions; Sat., 9:30–11 a.m.
Information: Call 415-833-3450.

Qi Gong
Enhance your everyday life and health with this 10-session qi gong program. Learn to develop energy (qi) and balance your mind, body, and spirit. Help reduce your stress, pain, and symptoms of chronic ailments. People of all ages and fitness levels are welcome to participate. Taught by a certified qi gong instructor.

$67 members; $97 nonmembers.

Dates/times: 10 sessions
Beginning: Wed., 8–9 p.m.
Intermediate: Wed., 6:45–7:45 p.m.
Information: Call 415-833-3450.

For class listings and online resources, visit kp.org/classes.
Couples Communication

Couples Communication Series
The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other’s perspective. This series is specifically designed for couples in committed relationships.

$115 per member couple; $225 per nonmembers couple.

Dates/times: Six sessions; 6:30–8:30 p.m.
Information: Call 415-833-3450.

Same-Sex Couples Communication
All couples are welcome in the Couples Communication Series, but for those who prefer a same-sex couples communication class, a single-session class is available. This class provides an overview of the skills and materials taught in the series, and covers issues relevant to same-sex couples.

$24 per member couple; $48 per nonmember couple.

Dates/times: One session; 6:30–9 p.m.
Information: Call 415-833-3450.

Managing Depression Series
Depression is common, real, and treatable. In this series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life. You’ll also learn techniques to relax and approach your life with mindfulness.

This is a covered benefit for members; $175 nonmembers.

Dates/times: Six sessions; 6:30–8:30 p.m.
Information: Call 415-833-3450.

Domestic Violence Support Group for Men
This group is open to men who are experiencing domestic violence. This group provides education, community resources, and support. Led by a clinical psychologist from the Psychiatry Department. Members only.

Group visit cost share applies.

Dates/times: Ongoing; drop-in, Mon., 1–2:30 p.m.
Information: Call 415-833-2292.

Get safe. Get help.
If you or someone you know is being hit, hurt, or threatened, talk to your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233).
Visit kp.org/domesticviolence or ndvh.org for more resources.

Depression

HealthMedia® Overcoming™ Depression
As a Kaiser Permanente member, you have access to online programs that can help you manage your depression. Find this feature at kp.org/healthylifestyles.
Domestic Violence Support Group for Women
This group is open to women who are experiencing domestic violence, which includes emotional, physical, sexual, and financial abuse. This group provides education, community resources, and support. Led by a therapist from the Psychiatry Department. Members only.
Group visit cost share applies.
Dates/times: Ongoing; drop-in
Information: Call 415-833-2292.

Group Therapy in the Psychiatry Department
Our Psychiatry Department offers a wide variety of group therapy sessions for our members, including:
• Anxiety
• Depression
• Domestic violence
• Eating disorders
• Grief
• Seniors
• Teen groups
• Women’s groups
• Work stress
• Young adults
To attend a therapy group, you must first be evaluated in the Psychiatry Department. Call 415-833-2292 for more information and a full list of groups. Members only.

Insomnia

HealthMedia® Overcoming™ Insomnia
As a Kaiser Permanente member, you have free access to strategies that will help you manage your insomnia. Find this feature at kp.org/healthy-lifestyles.

Improving Your Sleep Series
Want to fall asleep quicker, sleep sounder, and awaken feeling more refreshed? Improve the quantity and the quality of your sleep. Learn how nighttime habits and thinking patterns affect your sleep, and how to change both. This class does not address medical conditions that interfere with sleep.
No class fee for members; $130 nonmembers.
Dates/times: Five sessions; 6:30–8:30 p.m.
Information: Call 415-833-3450.

RELATED CLASSES
• Emotional Well-Being in Pregnancy and Postpartum Support Group, page 42
• Mind-Body Health Program and Support for Infertility, page 33

Stress Management

HealthMedia® Relax® for Stress Reduction
A personalized stress-management program based on the sources and symptoms of stress in your life. Find this feature at kp.org/healthylifestyles.

Pathways to Emotional Wellness
Your thoughts and emotions can affect your physical well-being. In this single-session class, we’ll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. Also explore a variety of other resources to help you feel better and thrive.
This is a covered benefit for members; $20 nonmembers.
Dates/times: One session
Information: Call 415-833-3450.
**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.

This is a covered benefit for members; $140 nonmembers.

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

**Information:** Call 415-833-3450.

**Mindfulness-Based Stress Reduction**

Get back in your body, gain perspective, and increase your well-being by practicing mindfulness meditation and gentle movement. These methods can help you manage stress, chronic pain, illness, anxiety, and depression. This popular course is based on the program developed by Jon Kabat-Zinn, PhD. Learn mindfulness practices such as sitting meditation, the body scan, walking meditation, and yoga to apply mindfulness to your daily life and cultivate moment-to-moment awareness. You’re welcome to attend the free orientation offered the week before the class begins. Note that attendance at the orientation does not guarantee a space in the eight-week program.

$135 members; $280 nonmembers.

**Dates/times:** Orientation plus eight sessions, 6:30–9 p.m., plus an all-day weekend retreat

**Information:** Call 415-833-3450.

**Mindfulness Mini-Series: Getting Started**

This four-week class is an introductory version of the popular eight-week Mindfulness-Based Stress Reduction class. It’s ideal for people who aren’t able to fit the eight-week program into their schedules or who would like an introduction to the practice of mindfulness before diving into the longer program. Learn basic mindfulness practices such as sitting meditation, the body scan, and walking meditation. Practice informal mindfulness by cultivating moment-to-moment awareness in your daily life for stress relief and improved well-being.

$47 members; $100 nonmembers.

**Dates/times:** Four sessions; noon–2 p.m. or 6:30–8:30 p.m.

**Information:** Call 415-833-3450.

**Health Coach: Stress Less**

Learn to relax and find the motivation and tools needed to make lasting health changes. You’ll receive short video coaching sessions via email, along with tips and support materials to help you stay on track. Find this feature at kpdoc.org/healthcoach.

**Email your doctor**

Find your doctor’s home page on kp.org/mydoctor to email him or her with routine medical questions. It’s secure, convenient, and free.
Daylong Mindfulness-Based Stress Management Retreat
Give yourself the gift of relaxation and rejuvenation. During this daylong retreat, you will practice simple but effective approaches to mindfulness and relaxation, meditation, and mindful movement. The day emphasizes guided practice and instruction, but we’ll also present basic information on mindfulness and stress management. Appropriate for beginners, experienced practitioners, and for those who have completed any of our other stress reduction programs.
$40 members; $90 nonmembers.
**Dates/times:** One 6-hour session; Sat.
**Information:** Call 415-833-3450.

Musculoskeletal Services

Arthritis Presentation
Offered as part of the Senior Health Series 2015, this interactive forum is for people living with arthritis. A Kaiser Permanente staff member who is knowledgeable about arthritis will explain the condition and its treatment, including medications, exercise and weight loss, and when surgery may be indicated. No class fee.
**Dates/times:** Drop-in
**Information:** Call 415-833-3450.

Back in Action
Your back pain need not hold you back. Learn and practice ways to sit, stand, and move that can get you back to your daily activities more quickly. And learn habits that will help keep your back in action now and throughout your life. Taught by a licensed physical therapist. **Members only. Available in Spanish and Cantonese.** No class fee.

Bone Health and Falls Prevention
Has your doctor told you that you have osteoporosis or osteopenia? Have you had a bone fracture after 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 early signs of osteoporosis, risk factors, nutrition, exercises to strengthen your bones, self-assessment of posture and balance, and lifestyle changes that can help. This new curriculum includes fall prevention, and reviews the best ways to reduce the risk of injury from falls.
$15 members; $25 nonmembers.
**Dates/times:** Tues., 3:30–5 p.m.
**Information:** Call 415-833-3450.

Feldenkrais® Movement
This class is for anyone wishing to move more comfortably and easily, as well as for those with chronic muscle and joint conditions. Through gentle movement lessons, you’ll learn how to ease pain and improve daily functioning. Taught by a certified Feldenkrais practitioner.
$41 members; $58 nonmembers.
**Location:** Center for Movement Education, 98 Chenery St.
**Dates/times:** Six sessions; Mon. or Thurs., 6:30–7:30 p.m.
**Information:** Call 415-833-3450.

HealthMedia® Care® for Your Back
As a Kaiser Permanente member, you have access to online programs that can help you manage your back pain. Find this feature at kp.org/healthylifestyles.
Repetitive Strain Injuries
This program provides information on the prevention, self-care, and treatment of carpal tunnel syndrome and other upper-extremity, repetitive strain injuries. Ergonomics are covered, with emphasis on an office setting. The program teaches progressive exercise and includes the use of yoga and qigong principles. Led by a physical therapist. Members only.
Office visit cost share applies.
Dates/times: Four sessions; series begins first Thurs. of each month, 4–5 p.m.
Information: Call 415-674-7000.

Therapeutic Water Exercise for Arthritis/Joint Pain
Special classes are offered at non-Kaiser Permanente facilities across San Francisco. They are taught by certified arthritis aquatics instructors specifically for people with arthritis or joint pain. Exercise is one of the most important things you can do for arthritis, and this gentle program is soothing and invigorating, providing the benefits of traditional exercise. Call for class fee.
Information: Call 415-833-3450.

Managing Your Back Pain
This online program helps you reduce back pain and return to your normal activities. It includes short videos that demonstrate posture tips and strengthening exercises to help you manage your pain now, get better faster, and reduce the risk of pain returning in the future. Find this feature at kpdoc.org/backpainprogram.

Nutrition
HealthMedia® Nourish®
As a Kaiser Permanente member, you have access to online programs that can help you take control of your food choices with an individualized nutrition plan. Find this feature at kp.org/healthylifestyles.

Farmers market
Feast your senses—and boost your health—with fresh produce from our farmers market every Wed., 10 a.m.–2 p.m., year-round, at 2425 Geary Blvd.

Healthy Grocery Shopping Tour
Walk the aisles of a local grocery store with a registered dietitian and learn to select foods for better health. In this single-session program, you’ll learn to make sense of confusing food labels and understand healthy guidelines for portion size, fat, cholesterol, sodium, and much more. Pick up ideas for healthy and balanced meals and snacks, too! Choose from a list of local grocery stores. $18 members; $45 nonmembers.
Dates/times: Tues., 9:30–11:30 a.m.
Information: Call 415-833-3450.

In the Kitchen with Carole
In this audio series, Carole Bartolotto, a registered dietitian at Kaiser Permanente, will guide you through your kitchen to identify unhealthy foods and healthier alternatives. Find this feature at kpdoc.org/podcasts.
Nutrition Clinic
If you have a qualifying medical condition, you may be able to work one-on-one with a registered dietitian. Together you can develop a plan to help you stay healthy. Members only. No class fee for assistance by phone. Individual appointments are at your regular office visit cost share.

Location: 2241 Geary Blvd., Nutrition Clinic

Dates/times: Clinic hours vary
Information: Referral required. Call 415-833-3450.

Health Coach: S.M.A.R.T. Eating
Improve your eating habits and find the motivation and tools needed to make lasting health changes. You’ll receive short video-coaching sessions via email, along with tips and support materials to help you stay on track. Find this feature at kpdoc.org/healthcoach.

NEW! Plant-Based Eating: Your Prescription for Health
Plant-based eating for optimal wellness will charge your health by incorporating plenty of vegetables, fruits, legumes, and whole grains. Learn how a plant-based diet can help you reverse or prevent heart disease, fight chronic conditions like diabetes, lose weight, and turn your health around. This class, taught by a registered dietitian, includes two lectures and one cooking demonstration. $35 members; $55 nonmembers.

Dates/times: Three 1.5-hour sessions; Tues. or Wed., 9:30–11 a.m. or 5–6:30 p.m.
Information: Call 415-833-3450.

RELATED CLASSES
- Feeding Your Baby: Introducing Solid Foods, page 14
- Feeding Your Baby: Introducing Finger Foods, page 14
- Feeding Your Toddler (1–4 Years), page 15
- Medical Weight Management Program, page 31
- Managing Your Weight, page 31
- Personal Health Coach, page 32

Pregnancy and Postpartum: Healthy Beginnings
The Prenatal Education Department is here to answer your questions. We are open weekdays, 9 a.m.–5 p.m., at 2200 O’Farrell St., Lobby Level, or call 415-833-4120. Registration forms are also available at the Ob-Gyn waiting rooms, 2238 Geary Blvd., 5th and 7th Floors, and at the Breastfeeding Center, at 2200 O’Farrell Street, Lobby Level.

Anesthesia Options for Labor Pain: Conversations with the Anesthesiologist
Meet some of our anesthesiologists in this two-hour session. Learn about pain medication options available to you for labor and birth. Members only. No class fee.

Dates/times: One session; Tues., 6–8 p.m.
Information: Call 415-833-4120.
Baby and Me
For parents with infants to 7 months. Discussion and support on various parenting issues—growth, environment, feeding, crying, sleeping, safety, illness, return to work, and more. **Members only.**
No class fee.
**Dates/times:** Ongoing; drop-in, Tues., 10 a.m.–noon
**Information:** Call 415-833-4120.

Breastfeeding and the Working Mother
This class is for postpartum mothers who plan to return to work, school, or other activities and want to continue breastfeeding. The class covers topics such as getting organized, pumping and storing breast milk, and nurturing yourself. **Members only.**
No class fee.
**Dates/times:** One session; Thurs., 10 a.m.–noon
**Information:** Call 415-833-4120.

Breastfeeding Support Group Visit
A weekly group for breastfeeding moms and babies to provide ongoing support with a lactation consultant in a group setting. **Members only.**
No class fee.
**Dates/times:** Call for details
**Information:** Call 415-833-3236.

Coping with Labor the Natural Way
A single-session workshop for women and their partners, focusing on non-medical comfort measures such as breathing techniques, massage, relaxation, visualization, and comfortable positions for labor and birth. Please bring a blanket and two pillows. **Members only.**
$50 per couple.
**Dates/times:** One session; Mon., 6–9 p.m.
**Information:** Call 415-833-4120.

Emotional Well-Being in Pregnancy and Postpartum Support Group
Are you having trouble shaking the postpartum blues? Have you been anxious or worried during your pregnancy, or with your new baby? If you’re dealing with emotional ups and downs, try our weekly support group for pregnant and postpartum women. The group is led by a clinical social worker and psychiatrist and offers support, education, and coping skills to manage stress. Infants are welcome. **Members only.**
No class fee.
**Location:** 4141 Geary Blvd., 4th Floor
**Dates/times:** Ongoing; drop-in, Thurs., 11 a.m.–12:30 p.m.
**Information:** Call 415-833-2292.

Healthy Beginnings Newsletter
Connect to doctor-recommended information, tips, and resources to help you care for yourself and your growing baby. Customized to your expected due date, each newsletter gives you valuable information about pregnancy, childbirth, and preparing for your newborn. Find this feature at kpdoc.org/parentnewsletters.
Lactation Consultant Appointments
If you’re experiencing difficulty with breastfeeding, schedule an appointment with a lactation consultant who can address your questions and concerns. Members only. No service fee.
Information: Call 415-833-2200.

Maternity Area Tours
Take a tour of our maternity unit and learn more about our San Francisco Medical Center. Please do not bring children younger than 6 years. Please arrive promptly. Members only. Available in Cantonese and Spanish. No class fee.
Dates/times: Wed. evening or Sat. afternoon
Information: Call 415-833-4120.

Meet the Residents
Meet some of our Ob-Gyn resident physicians in this one-hour session. It’s a great opportunity for expectant parents to discuss their concerns and ask questions about the hospital experience. Members only. No class fee.
Dates/times: One session; Tues., 12:30–1:30 p.m.
Information: Call 415-833-4120.

Prepare for your procedure
If you’re scheduled for—or just considering—a medical procedure, or if you are preparing for childbirth, you can learn what to expect and how to plan ahead from the comfort of your home. Our interactive “Prepare for Your Procedure” programs describe what to expect before, during, and after your procedure in full detail. Look for this feature on your doctor’s home page at kp.org/mydoctor.

Prenatal Diagnosis and Counseling
In this class, we will discuss prenatal diagnosis by amniocentesis and chorionic villus sampling (CVS) and first and second trimester screening. Members only. Office visit cost share applies.
Location: 2350 Geary Blvd., 3rd Floor
Dates/times: One session; Tues., 4:30–6:30 p.m., except first Tues. of each month, 9:30–11:30 a.m.
Information: Referral required. Call 415-833-2998.

Prenatal and Postnatal Yoga
This class guides pregnant women and new mothers through exercises designed to increase strength, flexibility, endurance, and breath control for labor, birth, and the postpartum period.
$10 per class.
Dates/times: Ongoing; Prenatal Yoga: drop-in, Tues. and Thurs., 6:30–8 p.m.; Postnatal Yoga: drop-in, Tues., 5–6:15 p.m.
Information: Call 415-833-4120.

Prenatal Series
The Prenatal Series consists of five classes recommended for all expectant parents:
- Early Pregnancy
- Mid-Pregnancy
- Late Pregnancy
- Introduction to Pediatrics and Newborn Care
- Breastfeeding Basics
Members only. Available in Cantonese.
This is a covered benefit for members.
Dates/times: Five classes
Information: Call 415-833-4120.
Preparing for Childbirth
Few events are more exciting than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery and understand your options for managing labor and using a birthing coach for support. Take this class during the last three months of pregnancy. Bring pillows or a mat as some of the exercises are performed on the floor. Early registration is recommended. Members only.
$120 per couple.
Dates/times: We offer a four-session series on Thurs. evenings, a two-day weekend session from 9 a.m. to 1 p.m., or an all-day intensive program on Sat. or Sun.
Information: Call 415-833-4120.

Preparing for Childbirth Refresher
This three-hour class is for couples who have experienced childbirth and want to review techniques for coping with labor and birth. Please bring two pillows and a blanket. Members only.
$50 per couple.
Dates/times: One session; Wed., 6–9 p.m.
Information: Call 415-833-4120.

Sibling Preparation
This single-session class helps your 3- to 6-year-old prepare for your new baby’s arrival. Children learn through discussion, play, and a tour of the hospital maternity area. Please accompany your child to this class. Members only.
No class fee.
Dates/times: One session; Sat., 11 a.m.–12:30 p.m.
Information: Call 415-833-4120.

RELATED CLASSES
• CPR for Infants and Children, page 29
• Feeding Your Baby: Introducing Solid Foods, page 14
• Feeding Your Baby: Introducing Finger Foods, page 14
• Infant Sign Language Introductory Workshop (Birth–18 Months), page 15
• Infant Sign Language Playgroup Series (4–18 Months), page 15

Smoking Cessation
If you are interested in using a smoking-cessation aid, such as the nicotine patch or Bupropion (Zyban), please contact your doctor for a prescription.

Freedom from Tobacco Series
Declare your freedom and join our tobacco-cessation program. Learn about overcoming nicotine addiction, developing a personal quit plan, coping with withdrawal, and how optional medications can increase your success at quitting.
This is a covered benefit for members; $120 nonmembers.
Location: 2241 Geary Blvd., Conf. Room A/B
Dates/times: Seven sessions; Wed. or Thurs., 7–9 p.m.
Information: Call 415-833-3450.

HealthMedia® Breathe®
As a Kaiser Permanente member, you have access to an award-winning online program that gives you a personal plan to help decrease dependency, manage withdrawal, and handle cravings. Find this feature at kp.org/healthylifestyles.
Quit Tobacco Workshop
Get a better understanding of nicotine addiction and learn about the resources available to help you quit. This workshop will help you find tools to develop your own plan to quit using tobacco. This is a covered benefit for members; $25 nonmembers.

Location: 2241 Geary Blvd., Conf. Room A/B
Dates/times: One session; drop-in, first Mon. of each month, 3–6 p.m.; third Mon. of each month, 6–9 p.m.; holidays excluded
Information: Call 415-833-3450.

Quit Tobacco Medications
Need help quitting smoking or tobacco? Quitting cold turkey can be tough. Visit kpdoc.org/tobacco-edications to learn about medications that can help you feel better and cope with withdrawal symptoms.

Teen Health
Teen Clinic
The Teen Clinic is a special medical office for adolescents and young adults between 11 and 18. We offer general physical examinations, sports physicals, private counseling for personal and family problems, birth control, pregnancy testing, alcohol and drug counseling, immunizations, sexually transmitted disease testing and treatment, and health information. Emergency contraceptives are available. Members only. Office visit cost share applies.

Location: 2200 O’Farrell St., 5th Floor
Dates/times: Appointments available weekdays, 8:30 a.m.–5 p.m. and Tues. until 6:30 p.m.
Information: Call 415-833-2200 to make an appointment. For general information, call the Teen Clinic at 415-833-3443.

Women’s Health
Menopause: Hot Flashes, Sexuality, and Hormones
What are the pros and cons of hormone therapy and herbal remedies? How can you reduce the risk of osteoporosis, heart disease, and cancer? How can you maintain physical and emotional closeness in your relationships? Menopause is an important life transition. Learn what to expect and what you can do to manage hot flashes, sleeplessness, headaches, and other possible symptoms. No class fee for members; $25 nonmembers.

Dates/times: Tues., 4–6 p.m.
Information: Call 415-833-3450.

Urinary Incontinence
This 90-minute class will teach you about types of incontinence, management options, and treatments. The goal is to help female patients learn about nonsurgical and self-management techniques to help you regain urinary continence. Members only. No class fee.

Dates/times: One session; first Mon. of each month, 10–11:30 a.m., or third Mon. of each month, 2–3:30 p.m.
Information: Call 415-833-0380.
**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. Learn active listening, conflict resolution, problem-solving techniques, and how to effectively deal with anger. Sign up today to learn these win-win strategies of communication.

$65 members; $130 nonmembers.

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

**Information:** Call 415-833-3450.

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**Stay on track with preventive services**

Are you due for a mammogram, Pap test, colorectal screening, or flu shot? Find out what you’re due for and how to schedule an appointment with your personalized, online Preventive Services summary. Look for this feature on your doctor’s home page at kp.org/mydoctor.

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**Women’s Empowerment Series: Advanced Assertiveness Training**

In this five-session program, you’ll continue to practice the techniques and skills learned in the first series and deepen your understanding and use of effective communication styles. The emphasis is on practicing what you’ve already learned and developing strategies for difficult situations. Prerequisite: Women’s Assertiveness Training, General Assertiveness Training, or a similar training program.

$55 members; $110 nonmembers.

**Dates/times:** Five sessions; 6:30–8:30 p.m.

**Information:** Call 415-833-3450.

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**RELATED CLASSES**

- Bone Health and Falls Prevention, page 39
- Breast Cancer classes and support groups, pages 18–19
- Fitness for Women 40 and Over, page 30
- Pregnancy and Postpartum: Healthy Beginnings classes, pages 41–44
Aprenda cómo alcanzar sus metas de salud
CON UN CONSEJERO DE BIENESTAR

Usted sabe cómo se siente al estar saludable. Uno camina con más determinación. Sonríe más. Pero para lograr estar saludable y mantenerse así, es posible que a veces necesite algo de ayuda.

Obtenga la motivación y la guía que necesita para tomar el control de su salud con nuestros asesores de bienestar. Si su objetivo es hacer más actividad física, comer mejor, controlar su peso, dejar el tabaco o manejar el estrés, su asesor personal puede ayudarlo a crear, y seguir, un plan para lograrlo. Y lo mejor de todo, no hace falta que salga de su hogar para dar el primer paso hacia una buena salud. Usted y su asesor pueden hablar por teléfono en un horario que le resulte conveniente.

Dé el primer paso llamando al 1-866-251-4514 (sin costo), disponible los siete días de la semana de 6 a. m. a media-noche, para hacer una cita de asesoramiento. Las sesiones de asesoramiento son gratuitas para los miembros de Kaiser Permanente, y están disponibles de lunes a viernes, de 8:30 a. m. a 7 p. m.
Creado con la ayuda de nuestros médicos bilingües, conocedores de la cultura latina, La Salud Permanente le da las herramientas, los consejos y la información necesaria para ayudarle a usted y a su familia a vivir bien. Todo en español.

SIGA las vidas de familias como la de usted a través de nuestras motivadoras fotonovelas, que le muestran situaciones auténticas y la forma en que sus personajes enfrentan y superan sus desafíos de salud.

DISFRUTE nuestros videos en los que nuestros médicos bilingües dan respuesta a importantes preguntas de salud.

LEA nuestras breves fotonotas bellamente ilustradas, que le brindan oportuna información de salud, además de consejos para mantener el bienestar tanto suyo como de su familia.

CONÉCTESE con su médico en línea. Vea sus resultados de laboratorio, programe sus citas y resurta sus medicamentos.