



Healthy Living Online Classes 2021

Kaiser Permanente San Francisco
Health Education Department (415) 833-3450
Or e-mail: SFHealthEd@kp.org

Providers direct book classes on eConsult: San Francisco-Health Education

Pre-registration is required. For class schedules and registration, call (415) 833-3450 or email SFHealthEd@kp.org

Pre-Diabetes and You (Oakland Class, 2 hours)

Learn to reduce your risk of diabetes. In this class you will review lifestyle habits, healthy eating, exercise and make a plan to control pre-diabetes. Members only. No class fee.

Dates and Time: Dates vary, please call for information

Diabetes Basics (2 hours)

You can feel better and be active and healthy when you apply the basics of managing your Type 2 diabetes. In this class, we give you an overview of the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing your stress.

Usted podrá sentirse mejor, más activo y saludable, al aprender a utilizar las 5 áreas del manejo de la diabetes tipo 2: alimentación saludable, ejercicio, monitoreo de sus niveles de azúcar en la sangre, uso adecuado de los medicamentos y manejo de estrés. Members only. No class fee.

English Dates and Time: 2nd Thursday of each month, 3-5pm and 3rd Tuesday of each month, 10am-12pm

Spanish Dates and Time: 2nd Monday of each month, 5:30-7:30pm

Filipino Date and Time: 2nd Thursday of even months, 3:30-5:30pm

Feel and Eat Better with Diabetes (2 hours)

In this class, you'll get tips on planning meals, healthy eating, and reading food labels. Learn new ways to prepare your favorite foods and how to enjoy eating out healthfully. Members only. No class fee.

Dates and Time: 2nd Thursday of even months, 2-4pm

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

Diabetes Nutrition (2 hours)

Attend this diabetes nutrition class to understand how your diet and lifestyle choices, can affect your blood sugar. The registered dietitian will help you learn timing of meals, carbohydrate counting, label reading, the importance of fiber and exercise. With smart planning, balanced choices, and exercise, you can help optimize your health! Members only. No class fee.

Dates and Time: 2nd Wednesday of each month, 4:30-6:30pm; 3rd Saturday of each month, 9:30-11:30am; 4th Tuesday of each month, 9:30-11:30am; 4th Saturday of each month (except Nov and Dec), 10:30am-12:30pm

Advance Carb Counting for Type 1 or Multi-Dose Insulin (2 hours)

The class is for type 1 and type 2 diabetes patients who are on multiple daily injections. This class helps to understand how units of insulin are determined based upon carbohydrate intake and blood sugar level. The registered dietitian will help you learn about the insulin to carbohydrate ratio and the correction factor and how to use those. Will review carb counting and food label reading.

By Doctor Referral Only. Members only. No class fee.

Dates and Times: 2nd Tuesday of each month, 2-4pm

Cholesterol (2 hours)

You will learn what cholesterol is, how to reduce your risk from coronary heart disease which leads to heart attacks, and how to improve your overall health. We will teach you how to lower your bad cholesterol (LDL), increase your good cholesterol (HDL), and control your triglycerides level. We will include learning the different types of fats, how to read food labels, and how to use exercise and medications to help manage your cholesterol level. Members only. No class fee.

Dates and Time: 2nd Friday of each month, 9:30-11:30am



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Life Care Planning (1.5 hours)

Life Care Planning begins with choosing someone to speak for you in the unforeseen event that you are unable to communicate for yourself. 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. 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 your Primary Care Provider or download at kp.org/lifecareplan. Members only. No class fee.

Dates and Time: 3rd Thursdays of each month, 2-4pm

Thrive Beyond Cancer: Nutrition (1 hour)

This class is designed for those who have completed active treatment. Topics include AICR 10 Recommendations, sugar, soy, and dairy, antioxidants and phytochemicals, plant-based diet, and more. Members only. No class fee.

Dates and Time: 1st Tuesday of each month, 4-5pm

Bone Health (Daly City Class, 1.5 hours)

Join us to learn the early signs of osteoporosis, risk factors, prevention and treatment strategies, and how nutrition and exercise can help strengthen your bones. This class is taught by a Physical Therapist and Registered Dietitian. Members only. No class fee.

Dates and Time: 4th Wednesday of odd months, 9-10:30am

Irritable Bowel Syndrome (1.5 hours)

Find out more about irritable bowel syndrome (IBS) and start feeling better. In this hour and a half overview, specialists in medicine, nutrition, and behavioral medicine explain what IBS is and how to manage it. **By Doctor Referral Only.** Members only. No class fee.

Dates and Time: 4th Monday of each months, 4-5:30pm

Healthy Kidney (2 hours)

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 and a registered dietitian.

By Doctor Referral Only. Members only. No class fee.

Dates and Time: 2nd Wednesday of even months, 2-4pm;
4th Tuesday of odd months, 2-4pm

Kidney Options with RN (1 hour)

In this class, learn more about the treatment options available for members with kidney problems. You will be able to make an informed choice about treatment options that will fit your lifestyle, schedule, and activities. This program will provide you with information and resources that will help you best deal, cope, and adjust with the need for dialysis. This class is taught by a Renal Nurse.

By Doctor Referral Only. Members only. No class fee.

Dates and times: 2nd Thursday of each month, 2-3pm

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