



# Staying Healthy 2021 Senior Health Online Classes

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION DEPARTMENT

Pre-registration is required. Please call or e-mail Health Education at (415)833-3450 or [SFHealthEd@kp.org](mailto:SFHealthEd@kp.org).

## Healthy Living Programs

### Life Care Planning for All Adults (Advance Directive)

Life Care Planning involves two major choices: 1) Selecting someone you trust to make your health care decisions if you are incapable. 2) Giving specific instructions about your care in the event of a sudden injury or illness. These are very important decisions, so it is best to make them after carefully considering your values, beliefs and experiences. Form available online at: [kp.org/lifecareplan](http://kp.org/lifecareplan). *Members only. Caregivers welcome.*

*Also available in Cantonese.*

**Fee:** No fee for members

**Dates/times:** 3rd Thursday of each month, 2-4pm

### Bone Health (Daly City Online Class)

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.

**Fee:** No fee

**Dates/times:** 4th Wednesday of odd months, 9-10:30am

See reverse side for additional resources to keep you healthy

*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.*

## Where to return your completed Advance Directive

**Completed forms can be returned to Health Education by:**

- Mail or touchless drop-off: 2241 Geary Blvd., 1st Floor, SF, CA 94115
- Email: [SFHealthEd@kp.org](mailto:SFHealthEd@kp.org)
- Your Primary Care Provider's office

## Your Health Online Shortcuts to better health at [kp.org](http://kp.org)

**[kp.org/seniorhealth](http://kp.org/seniorhealth)** – look here first for care and services

**[kp.org/mydoctor](http://kp.org/mydoctor)** –

- Select and communicate with your doctor.
- Click on “Seniors” under “Staying Healthy” and classes for links to Common Aging Concerns, and much more!
- Prepare for your procedure by watching an Emmi<sup>®</sup> program.
- [kp.org/mydoctor/espanol](http://kp.org/mydoctor/espanol) – content in Spanish.

**[kp.org/watch](http://kp.org/watch)** – view health videos online:

- Advance care planning
- Fall prevention
- Healthy shopping and cooking

**Stay Connected on your smart device:** [kp.org/sanfrancisco/cad](http://kp.org/sanfrancisco/cad)

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

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

### ***Alzheimer's and Dementia Support***

#### **Ongoing support group for caregivers**

Dates/times: 1st Monday of each month, 10-11:30am

For info/registration: (415) 833-5025

### ***Dementia Educational Class***

#### **What to Expect: The Effects of Dementia**

Join us to learn how to prepare for the changes ahead by discussing the stages of dementia and importance of advanced care planning. For caregivers and members.

Dates/Times: 2<sup>nd</sup> Wednesday of each month, 10:30am-12pm

For information and registration: (415) 833-8563

### **Understanding Dementia Behaviors and Improving Communication**

This class provides information on how to manage dementia behaviors. For caregivers.

Dates/Times: 3<sup>rd</sup> Wednesday of each month, 10:30am-12pm

For information and registration: (415) 833-8563

## **Exercise classes just for you!**

### **ClassPass**

Stay active and fit with a variety of reduced rates on studios, gyms, fitness gear, and online classes—available for Kaiser Permanente members. Visit [kp.org/exercise](https://kp.org/exercise) to register.

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

## **Health Education Center**

2241 Geary Blvd., SF, CA 94115

No in-person appointments

For information: call 415-833-3450

or email [SFHealthEd@kp.org](mailto:SFHealthEd@kp.org)

1600 Owens St., SF, CA 94158

Temporarily closed

We carry a variety of health information to support your health. Register for classes, purchase KP branded items, or assistance with [kp.org](https://kp.org) registration.



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

[SFHealthEd@kp.org](mailto:SFHealthEd@kp.org)