

Understanding Anxiety Series

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION



Understanding Anxiety Series

Gain a better understanding of what triggers your anxiety and fears.

In this six-session class you will learn:

- Specific tools to help you manage your anxiety
- Instruction in relaxation and breathing techniques
- Worry control techniques
- How to identify and challenge fearful thoughts
- Physical basis for anxiety

Dates & times:

Six weekly sessions.

Call Health Education Department for dates/times.

Fees:

No Fee for Kaiser Permanente members

Nonmembers: In-person \$110, online \$40

To register for this class, please contact
Health Education Department 415-833-3450
or email: SFHealthEd@kp.org

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.

Your Online Tools

A Shortcut to a better life

My Doctor Online kp.org/mydoctor

- Choose and email your doctor
- Get online programs, videos, and recommended information from your doctor

Podcasts- kp.org/listen

- Stress Management
- Sleep
- Panic Attack and Anxiety
- Relaxation and Wellness
- Self Confidence

Interactive Program

kp.org/healthylifestyles

- REDUCING STRESS a personalized assessments and tailored program for your needs



Visit the Health Education Center

2241 Geary Blvd, SF, CA 94115 or

1600 Owens St., SF, CA 94158

Call (415) 833-3450

Hours: Monday - Friday 9 a.m. – 5 p.m.

SFHealthEd@kp.org

kp.org/sanfrancisco/healthed