

Managing Your Stress

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION



Managing Your Stress Series

Did you know that emotions, thoughts, and behaviors can affect your health? In this class you will learn to recognize the sources of stress in your life and how to manage stress-related symptoms and illnesses. You'll also learn ways to relax and how to develop healthy lifestyle habits to take better care of yourself and enjoy life more.

In this six-session class you will learn how to:

- Fight fatigue and frustration
- Manage stress and symptoms
- Communicate better with your health care providers, family, and friends

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