

# Pathways to Emotional Wellness

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION



## Pathways to Emotional Wellness

Daily life can bring many stressors. Along with physical symptoms, stress can cause depression, anxiety, and insomnia. Come learn specific ways to build emotional and physical resilience and about the many Kaiser Permanente resources that can help.

### In the single session you will learn:

- What “stress” is and how it affects your body
- General information on depression and anxiety
- Effective treatments and self-care tools for managing your symptoms
- About classes and resources within Kaiser Permanente and the community that can help

### Dates:

2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month 6:00 – 8:30 p.m.

### Fees:

No Fee for Kaiser Permanente members  
\$20 for nonmembers

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

Sessions means the number of classes that a participant could attend to obtain the most value from the educational experience. The number of sessions does not imply a limit to the number of educational classes a Kaiser Health Plan Member may attend.

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](http://kp.org/mydoctor)

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

### Podcasts- [kp.org/listen](http://kp.org/listen)

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

### Interactive Program

#### [kp.org/healthylifestyles](http://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](mailto:SFHealthEd@kp.org)

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