

Health and Mental Wellness

Create your Meditation and Mindfulness daily routine.
Get the Calm App Today!



Calm is an app for daily use that uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. With guided meditations, programs taught by world-renowned experts, sleep stories narrated by celebrities, mindful movement videos, and more, Calm offers something for everyone.



Come check out our Health Education Behavioral Health Classes on our website. Scan the QR Codes and let's get started!



Understanding Your Anxiety



Mindfulness Stress-based



Pathways to Emotional Wellness



Managing Your Stress



Managing Your Depression



Improving Your Sleep

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Mon-Fri 9am-12:30pm | 1:30pm-5pm

www.kp.org/sanfrancisco/healthed

