



Lifestyle Medicine

Achieve Your Best Health

HEALTH EDUCATION DEPARTMENT • KAISER PERMANENTE • SAN FRANCISCO

Lifestyle Medicine Resources

What is [Lifestyle Medicine](#)?

Lifestyle Medicine uses evidence-based therapeutic approaches to prevent, treat, and even reverse chronic disease such as diabetes and heart disease.

You will find resources on how to take care of yourself in mind and body, and how to eat and cook plant-strong, with support from Kaiser Permanente's professional coaches and providers on this [webpage](#).



[Classes and Programs](#)

Plant-Based Eating: single, 90 minute, online class, offered twice per month on the 2nd Wednesday 12:30-1:20 p.m. and 4th Wednesday 3:00-4:30 p.m.

Thrive Kitchen: 2 hour, online cooking class, offered monthly on Wednesday from 6:30-8:30 p.m.

To register for these classes and programs, please contact the Health Education Department at **415-833-3450** or SFHealthEd@kp.org

[Coaching and Counseling](#)

Clinical Health Educators: 415-833-3450

[Personal Health Coaches](#): 415-833-7800

[Registered Dietitians](#): 415-833-3450

[Wellness Coaching by Telephone](#): 866-251-4514

Kaiser Permanente Resources

[Kaiser Permanente's Food for Health Blog](#)—Recipes and Meal planning with an Plant-Strong emphasis.

[Cooking Videos](#)—Learn new recipes and cooking techniques with Dr. Linda Shiue, the Director of Culinary Medicine for Kaiser Permanente San Francisco.

[Mental Health and Emotional Wellness Apps](#) – The **Calm** and **myStrength** apps provide self-care at your fingertips, at no cost to members.

[Behavioral Health Resources](#) - found on the Health Education Department website.

[Eat Well, Be Active, Live Better - en Espanol](#)

Kaiser Permanente Health Education Department

2241 Geary Boulevard
San Francisco, CA 94115 or

Phone: 415-833-3450

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

Email: SFHealthEd@kp.org

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[Technology and Wellness Center](#)

Email: twc@kp.org

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