



Chronic Conditions & Nutrition Classes 2024

(415) 833-3450
sfhealthed@kp.org
kp.org/sanfrancisco/healthed

Pre-registration is required. For class schedules and registration, call (415) 833-3450 or email sfhealthed@kp.org. Unless specified, all classes are a covered benefit for Kaiser Permanente members only.

Online booking is now available for the Pre-Diabetes and Diabetes Basics. Scan the QR code to book now! Once you log in, select, "schedule a health class".



Pre-Diabetes and You Class *Online*

Do you or your child have prediabetes? Learn how to prevent or delay type 2 diabetes in this class. Ages 16+, ages 16-17 must be accompanied by an adult.

English Class: Dates vary. Please call or email to register.

Cantonese Class: Offered 3rd Tuesday every odd month, 10am-12pm.

Diabetes Basics Class *Online & In-person*

Explore the 5 key areas of type 2 diabetes management: healthy eating, being active, monitoring your blood sugar levels, using medication correctly, and managing emotional health. In person classes include glucometer teach. Please bring supplies.

English Online Class: 2nd Tuesday of each month; 9:30-11:30am; 4th Wednesday of each month: 5-7pm.

Cantonese Class: ONLINE - 3rd Wednesday of odd months, 2-5pm. IN-PERSON - 2nd Thursday of even months, 9am-12pm. Geary campus.

Spanish IN-PERSON Class: 3rd Monday of odd months, 5:30-7:30pm; 3rd Wednesday of even months, 9:30-11:30am. Mission Bay campus.

Filipino Class: ONLINE - 2nd Thursday of even months, 3:30-5:30pm. IN-PERSON - 2nd Wednesday quarterly, 3:30-5:30pm. Mission Bay campus.

Glucometer Teach Class *Online & In-person*

In this class, you'll learn how to set up your glucometer, check your blood sugars, and safely discard your lancets. Pick up your glucometer and sharps container at the pharmacy in advance.

English Class: IN-PERSON – 1st Wednesday every month, 5:00-6:30pm (Mission Bay); 3rd Monday every month, 2:00-3:30pm (Geary).

ONLINE - 2nd Thursday every month, 9:30-11am; 4th Tuesday every month, 4:00-5:30pm.

Spanish and Cantonese: Call or email Health Education to schedule an appointment with a Clinical Health Educator.

Diabetes Nutrition Class *Online & In-person*

Attend this online diabetes nutrition class to understand how your diet and lifestyle choices, can affect your blood sugar. The registered dietitian will help you learn timing of meals, carbohydrate counting, label reading, the importance of fiber and exercise. With smart planning, balanced choices, and exercise, you can help optimize your health!

Online: 4th Tuesday every month, 9:30-11:30am; 3rd Saturday every month, 9:30-11:30am.

In-person: 2nd Wednesday every month, 4:30-6:30pm.

Spanish Diabetes Healthy Eating Class *Online*

Feel better and eat better with diabetes. In this online class, get tips on preparing meals, and reading food labels. Find ways to prepare favorite foods and eat out healthfully. With smart planning, eating well can taste great.

Individual appointments available with Clinical Health Educators for Prediabetes, Diabetes, Weight Management, Cholesterol/Heart Health, Hypertension, Tobacco Cessation, Stress Management, and Sleep Support.



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Cholesterol & Heart Health Class *Online*

In this online class, you will learn what cholesterol is, how to reduce your risk from coronary heart disease which leads to heart attacks, and how to improve your overall health. We will teach you how to lower your bad cholesterol (LDL), increase your good cholesterol (HDL), and control your triglycerides level. We will include learning the different types of fats, how to read food labels, and how to use exercise and medications to help manage your cholesterol level.

English: 2nd Friday of each month, 9:30-11:30am.

Chinese: 2nd Tuesday of odd months, 9:30-11:30am.

Irritable Bowel Syndrome Class *Online*

In this online class, specialists in medicine, nutrition, and behavioral medicine explain what IBS is and how to manage it so you can start feeling better.

Offered: 4th Monday of each month, 4:00-5:30pm.

Healthy Kidney Class *Online*

This online class provides information on how your kidneys work, how to keep them healthy, and how to manage kidney disease. You'll also learn about nutrition and lifestyle changes for better health. Taught by a renal nurse and a registered dietitian.

By Doctor Referral Only. Members only. No class fee.

Offered: 2nd Wednesday of even months, 2-4 pm;
4th Monday of odd months, 2-4pm.

Additional Healthy Living Classes

Thrive Beyond Cancer: Nutrition Class *Online*

This online class is designed for those who have completed active treatment. Topics include AICR 10 Recommendations, sugar, soy, and dairy, antioxidants and phytochemicals, plant-based diet, and more.

Offered: 1st Tuesday of each month, 3:30-5:00pm.

Bone Health Class *Online*

Join us to learn the early signs of osteoporosis, risk factors, prevention and treatment strategies, and how nutrition and exercise can help strengthen your bones. This online class is taught by a Physical Therapist and Registered Dietitian.

Offered: 4th Wednesday of odd months, 9:00-10:30am
For more info and to pre-register: Call 650-301-4445 or 650-742-2439 in Daly City.

All About Memory Class *Online*

Join us in this online class to learn about the aging brain and normal age related changes that affect memory. We will review the impact medications and other health conditions have on memory loss and learn lifestyle practices to keep your memory sharp. We will also cover the 10 warning signs of dementia.

Offered: 2nd Friday of even months, 2-3:30pm.

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.