



Senior Health Online 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.

Life Care Planning Online Class

(Advance Health Care Planning)

Who'll represent your health care wishes if you're unable to speak for yourself? Learn the role of a health care agent and how to complete an advance directive and make it legally valid. If you already have a health care agent, they can attend the class with you. For more info and to download a copy of your form, visit www.kp.org/lcp. No fee.

English: 2nd Friday of odd months, 2-3:30pm.

Tagalog: Offered quarterly. Please call/email for schedule.

Spanish and Cantonese: To schedule an appointment with a Clinical Health Educator call or email the Health Ed dept.

All About Memory Online Class

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. Also, learn the 10 warning signs of dementia. No fee.

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

Bone Health Online Class

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. Based in Daly City Medical Center. No fee.

Offered: 4th Wednesday of odd months, 9-10:30am

For more info and to pre-register: Call 650-301-4445 or 650-742-2439.

Fall Prevention Online Class

Participants will learn about the causes of falls and home safety checks, safety tips, and a few exercises to improve strength, balance, and coordination. Based at the Oakland Medical Center.

Offered: Various Tuesdays and Fridays. 10:00-11:30am or 2:00-3:30pm.

For more info and to pre-register: Call (510) 752-6150.

Life Care Planning Resources

Scan the QR code to register for a Life Care Planning class.



Once you log into your kp.org account, select 'Schedule a Health Class'.

Life Care Planning Website

www.kp.org/lcp

- Learn about life care planning
- Learn how to fill out an Advance Health Care Directive form

Download an Advance Health Care Directive (AHCD) form here:

kp.org/ncal/advancedirective

Instructions to submit your AHCD:

Recommended to upload online:
Sign into kp.org-> Click on Medical Forms tab -> Click on Life Care Planning tile-> Scroll down and upload saved form in pdf format (maximum file size 4MB).

OR

Mail or drop-off at (1) Health Education Dept. 2241 Geary Blvd., 1st Floor or (2) Healthy Living Dept.- 1600 Owens Street, 1st floor.



KAISER PERMANENTE®

Senior Health Online Classes 2024

To be eligible for the below classes/groups, the patient or caregiver must receive care from a KP SF Primary Care Provider (PCP).

Alzheimer's and Dementia Support

Ongoing Online Support Group for Caregivers

This **online group** is for those caring for loved ones in all stages of Alzheimer's disease and other dementias. Learn how to cope with stress and get support from others in the same situation. No fee.

Offered: 1st Thursday of each month, 11am-12:30pm; 2nd Thursday of each month, 2-3:30pm.

For info/registration: (415) 833-9918.

Dementia Educational Class

What to Expect: The Effects of Dementia

Join us in this **online class** to learn how to prepare for the changes ahead by discussing the stages of dementia and importance of advance health care planning. For caregivers and members. No fee.

Offered: 2nd Wednesday of each month, 10:30am-12:00pm.

For info and registration: (415) 833-9918.

Understanding Dementia Behaviors and Improving Communication Class

This **online class** provides information on how to manage dementia behaviors. For caregivers. No fee.

Offered: 3rd Wednesday of each month, 10:30am-12:00pm

For info and registration: (415) 833-9918.

Exercise Classes just for you!

ClassPass

Stay active and fit with a variety of reduced rates on studios, gyms, fitness gear, and online classes. Available for Kaiser Permanente members. Visit kp.org/exercise to register.

A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend. Unless specified, all classes are a covered benefit for KP members only.

Your Health Online

Shortcuts to better health at kp.org

kp.org/seniorhealth

- Links to information on bone health, fall prevention information, staying independent at home and much more.
- Links to Online Class List.

kp.org/watch - View health videos

- Fall Prevention
- Lower back exercise
- Healthy shopping, cooking and more!

kp.org/mydoctor/espanol

Resources in Spanish.

Health Education Center

2241 Geary Blvd., SF, CA 94115

1600 Owens St., SF, CA 94158

415-833-3450

SFHealthEd@kp.org

- Register for classes.
- Purchase KP branded items
- Receive assistance with kp.org registration.

DOWNLOAD our My Doctor Online App and stay on top of your health anywhere, anytime!

Go to kp.org/sanfrancisco/cad



KAISER PERMANENTE®