



2022 Online Senior Health Classes

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION DEPARTMENT

Pre-registration is required. Please call or e-mail Health Education at (415)833-3450 or SFHealthEd@kp.org. Unless specified, these classes are a covered benefit for Kaiser Permanente members.

Life Care Planning for All Adults Class (Advance Health Care Planning)

Who'll represent your health care wishes if you're unable to speak for yourself? In this online class, learn the role of a health care agent, and how to complete an Advance Health Care Directive form and make it legally valid. Family members are also welcome. For more info and to download a copy of your form, visit kp.org/lifecareplan. No fee.

English: 3rd Thursday of odd months, 2-3:30pm.

Cantonese: 2nd Friday odd months, 10-12pm.

Tagalog: Dates vary. Please call/email for schedule.

All About Memory 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: 3rd Thursday of even months, 2-3:30pm

Bone Health 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 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 (Advance Health Care Directive)

Visit kp.org/lifecareplan

- Watch the Life Care Planning video.
- Download the Advance Health Care Directive form.
- Review information on how to select a health care agent.
- Review instructions to complete the form.

How to download the Advance Health Care Directive form?

- Visit kp.org/lifecareplan
- Click on the "Advance Health Care Directive Tab" above the picture.
- Select "California-Northern" from the "Choose your region" drop-down menu.
- Select your preferred language: English, Spanish, Chinese, or Vietnamese).

How to submit the completed Advance Health Care Directive form?

- **Recommended-** Online Upload: 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).
- Mail or drop-off at the Health Education Dept 2241 Geary Blvd., 1st Floor, San Francisco, CA 94115
- Drop off at your primary care provider's office.



2022 Online Senior Health Classes

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 Monday of each month, 10:00-11:30am or 2nd Thursday of each month, 2:00-3:30pm.

For info/registration: (415) 833-8563.

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) 833-8563

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) 833-8563

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.

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 and cooking and more!

kp.org/mydoctor/espanol

Resources in Spanish.

Health Education Center

2241 Geary Blvd., SF, CA 94115

415-833-3450

SFHealthEd@kp.org

1600 Owens St., SF, CA 94158

Temporarily closed

- 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®

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.