



Health Education Resources

2022 Health Education Department • Kaiser Permanente • San Francisco

Behavioral Health Program



- Pathways to Emotional Wellness
- Managing Your Stress Series
- Managing Your Depression Series
- Understanding Anxiety Series
- Couples Communication Series
- Anger Management Series
- Mindfulness-based Stress Reduction Series
- Assertiveness Training Series
- Pathways to Oncology Mindfulness
- Oncology Mindfulness Series
- Understanding Loss Series
- Couples Café



Pediatrics Programs



- Feeding your Baby Solid and Finger Foods
- Feeding your Toddler
- Healthy Family Habits
- Guiding your Toddler Workshop
- Guiding your Preschooler Workshop
- Youth Thrive Program (multi-disciplinary healthy weight program)



Chronic Conditions Programs



- Prediabetes
- Diabetes Basics
- Diabetes Healthy Eating
- Diabetes Nutrition Class (RD)
- Carb Counting Class
- Cholesterol Class
- Kidney Care
- Irritable Bowel Syndrome
- Cancer Nutrition Class



Prenatal Programs



- Childbirth Preparation
- Blood Sugar in Pregnancy
- Breastfeeding
- Newborn Care
- Baby Support Groups (Mom & Dad)



Weight Management & Nutrition



- Telephonic 1:1 Coaching
- Individual 1:1 Coaching (In-person & Video Visit)
- Healthy Weight 1 Series
- Personal Health Coach Program
- Medical Weight Management Program



Scan the QR Code using your smartphone for more information

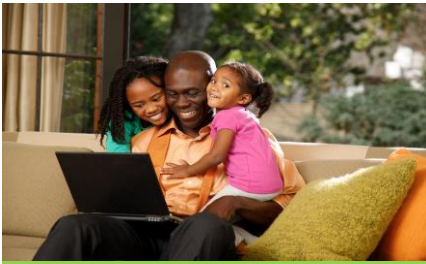
Health Education Department

2241 Geary Blvd. San Francisco, CA 94115 & 1600 Owens St., San Francisco, CA 94158

Hours: 9:00-5:00pm, closed 12:30-1:30pm

Visit the Health Education Department Website: kp.org/sanfrancisco/healthed

Call (415) 833-3450 to register for programs or email us at: sfhealthed@kp.org



Health Education Resources

2022 Health Education Department • Kaiser Permanente • San Francisco

Lifestyle Medicine Programs



- Thrive Kitchen at Home
- Plant Based Eating Class
- Plant Strong Program



Senior Health Programs



- Bone Health
- Falls Prevention
- Memory Care
- Dementia Care
- Life Care Planning



Quit Tobacco



- Telephonic 1:1 Coaching
- Individual 1:1 Coaching (In-person & Video Visit)
- Medication Support
- Combination Therapy



Personal Health Coach



- Body Composition Test
- Fitness & Nutrition Assessment
- Fitness & Nutrition Coaching



Technology & Wellness Center



- KP.org account support
- Member Photos
- KP App Downloads
- Register for Health Education Classes
- Book Preventative Health Screenings



Scan the QR Code using your smartphone for more information

Health Education Department

2241 Geary Blvd. San Francisco, CA 94115 & 1600 Owens St., San Francisco, CA 94158

Hours: 9:00-5:00pm, closed 12:30-1:30pm

Visit the Health Education Department Website: kp.org/sanfrancisco/healthed

Call (415) 833-3450 to register for programs or email us at: sfhealthed@kp.org