



# HEALTH EDUCATION

## Online Classes October-December 2022

2022 Health Education Department • Kaiser Permanente • San Francisco

Class Title	Date	Day	Time
<a href="#">Plant Strong Program</a>	10/3/2022	Monday	5:00 - 6:30PM
Assertiveness (Co-ed) Series	10/3/2022	Monday	6:00- 8:00 p.m.
Breastfeeding	10/4/2022	Tuesday	6:00-8:00pm
Improving Your Sleep	10/4/2022	Tuesday	4:00- 6:00 p.m.
Cancer Nutrition	10/4/2022	Tuesday	3:30-5:00pm
Couples Communication	10/4/2022	Tuesday	6:00- 8:00 p.m.
MBSR Series	10/5/2022	Wednesday	6:00-8:00pm
Managing Depression Series	10/5/2022	Wednesday	4:00 - 6:00 p.m.
Childbirth Prep (Session 1 & 2)	10/5/2022 & 10/12/2022	Wednesday	6:00-8:00pm
Managing Anger Series	10/6/2022	Thursday	6:00- 8:00 p.m.
Understanding Loss Series	10/6/2022	Thursday	3:00-4:30pm
Blood Sugar in Pregnancy	10/6/2022	Thursday	10:00am-12:00pm
Baby and Me Support Group	10/6/2022	Thursday	10:00am-12:00pm
Managing Your Stress	10/10/2022	Monday	6:00 - 8:00 p.m.
<a href="#">Plant Strong Program</a>	10/10/2022	Monday	5:00 - 6:30PM
Newborn Care	10/11/2022	Tuesday	6:00-8:00pm
Carb Counting for Type 1 or Multi Dose Insulin	10/11/2022	Tuesday	2:00-4:00pm
Pathways to Emotional Wellness	10/12/2022	Wednesday	6:00-8:30pm
Thrive Kitchen	10/12/2022	Wednesday	6:30PM - 8:30PM
<a href="#">Plant Based Eating</a>	10/12/2022	Wednesday	10:00AM - 12:00PM
Healthy Kidney	10/12/2022	Wednesday	2:00-4:00pm
Healthy Weight	10/12/2022	Wednesday	6:00PM - 8:00PM
Spanish Diabetes Basics	10/12/2022	Wednesday	9:30-11:30am
Diabetes Nutrition	10/12/2022	Wednesday	4:30-6:30pm
Filipino Diabetes Basics	10/13/2022	Thursday	3:30-5:30pm
Baby and Me Support Group	10/13/2022	Thursday	10:00am-12:00pm
Blood Sugar in Pregnancy	10/13/2022	Thursday	2:00-4:00pm
Glucometer Teach Class	10/13/2022	Thursday	9:30-10:30am
Diabetes Basics	10/13/2022	Thursday	3-5PM
Cholesterol	10/14/2022	Friday	9:30-11:30am
Diabetes Nutrition	10/15/2022	Saturday	9:30-11:30am
<a href="#">Plant Strong Program</a>	10/17/2022	Monday	5:00 - 6:30PM
Managing Depression Series	10/17/2022	Monday	6:00 - 8:00 p.m.
Chinese Glucometer Teach	10/17/2022	Monday	3:30-4:30pm
Understanding Anxiety Series	10/18/2022	Tuesday	4:00- 6:00 p.m.
Diabetes Basics	10/18/2022	Tuesday	10-12PM
Breastfeeding	10/20/2022	Thursday	6:00-8:00pm



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Baby and Me Support Group	10/20/2022	Thursday	10:00am-12:00pm
Chinese Cholesterol	10/20/2022	Thursday	2:30-4:30pm
All About Memory	10/20/2022	Thursday	2:00-3:30pm
Blood Sugar in Pregnancy	10/20/2022	Thursday	10:00am-12:00pm
Chinese Diabetes Basics	10/20/2022	Thursday	9am-12pm
Filipino Life Care Planning	10/20/2022	Thursday	5:30-6:30pm
Childbirth Prep (Single-Session)	10/22/2022	Saturday	9:30am-1:30pm
<a href="#">Plant Strong Program</a>	10/24/2022	Monday	5:00 - 6:30PM
Irritable Bowel Syndrome	10/24/2022	Monday	4:00-5:30pm
Newborn Care	10/24/2022	Monday	6:00-8:00pm
Glucometer Teach Class	10/24/2022	Monday	5:30-6:30pm
Diabetes Nutrition	10/25/2022	Tuesday	9:30-11:30am
Guiding Your Toddler	10/25/2022	Tuesday	2-3:15pm
Couples Café	10/26/2022	Wednesday	6:00-8:00pm
Baby and Me Support Group	10/27/2022	Thursday	10:00am-12:00pm
Blood Sugar in Pregnancy	10/27/2022	Thursday	2:00-4:00pm
Pathways to Oncology Mindfulness	10/27/2022	Thursday	4:00-6:00pm
Chinese Healthy Kidney	10/28/2022	Friday	2:30-4:30pm
Couples Communication	11/1/2022	Tuesday	6:00- 8:00 p.m.
Improving Your Sleep	11/1/2022	Tuesday	4:00- 6:00 p.m.
Cancer Nutrition	11/1/2022	Tuesday	3:30-5:00pm
Baby and Me Support Group	11/3/2022	Thursday	10:00am-12:00pm
Blood Sugar in Pregnancy	11/3/2022	Thursday	10:00am-12:00pm
Childbirth Prep (Single-Session)	11/5/2022	Saturday	9:30am-1:30pm
Childbirth Prep (Session 1 & 2)	11/7/2022 & 11/14/2022	Monday	6:00-8:00pm
Understanding Anxiety Series	11/7/2022	Monday	6:00- 8:00 p.m.
Chinese Cholesterol	11/8/2022	Tuesday	9:30-11:30
Carb Counting for Type 1 or Multi Dose Insulin	11/8/2022	Tuesday	2:00-400pm
Thrive Kitchen	11/9/2022	Wednesday	6:30PM - 8:30PM
<a href="#">Plant Based Eating</a>	11/9/2022	Wednesday	10:00AM - 12:00PM
Diabetes Basics	11/9/2022	Wednesday	5-7PM
Diabetes Nutrition	11/9/2022	Wednesday	4:30-6:30pm
Pathways to Emotional Wellness	11/9/2022	Wednesday	6:00-8:30pm
Blood Sugar in Pregnancy	11/10/2022	Thursday	2:00-4:00pm
Baby and Me Support Group	11/10/2022	Thursday	10:00am-12:00pm
Glucometer Teach Class	11/10/2022	Thursday	9:30-10:30am
Cholesterol	11/11/2022	Friday	9:30-11:30am
Chinese Life Care Planning	11/11/2022	Friday	10-12PM
Spanish Diabetes Basics	11/14/2022	Monday	5:30-7:30pm
Breastfeeding	11/15/2022	Thursday	6:00-8:00pm
Healthy Kidney	11/15/2022	Tuesday	2:00-4:00pm



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Chinese Prediabetes	11/15/2022	Tuesday	10-12PM
Diabetes Basics	11/15/2022	Tuesday	10-12PM
Cantonese Breastfeeding	11/15/2022	Tuesday	6:00-8:00pm
Chinese Diabetes Basics	11/16/2022	Wednesday	2-5pm
Blood Sugar in Pregnancy	11/17/2022	Thursday	10:00am-12:00pm
Newborn Care	11/17/2022	Thursday	6:00-8:00pm
Chinese Kidney Treatment	11/17/2022	Thursday	2:30-4:30pm
Baby and Me Support Group	11/17/2022	Thursday	10:00am-12:00pm
Diabetes Nutrition	11/19/2022	Saturday	9:30-11:30am
Blood Sugar in Pregnancy	11/21/2022	Monday	2:00-4:00pm
Chinese Glucometer Teach	11/21/2022	Monday	9:30-10:30am
Diabetes Nutrition	11/22/2022	Tuesday	9:30-11:30am
Newborn Care	11/28/2022	Monday	6:00-8:00pm
Glucometer Teach Class	11/28/2022	Monday	5:30-6:30pm
Irritable Bowel Syndrome	11/28/2022	Monday	4:00-5:30pm
Guiding Your Toddler	11/29/2022	Tuesday	11am-12:15pm
Breastfeeding	11/29/2022	Tuesday	6:00-8:00pm
Couples Café	11/30/2022	Wednesday	6:00-8:00pm
Blood Sugar in Pregnancy	12/1/2022	Thursday	10:00am-12:00pm
Baby and Me Support Group	12/1/2022	Thursday	10:00am-12:00pm
Childbirth Prep (Single-Session)	12/3/2022	Saturday	9:30am-1:30pm
Breastfeeding	12/5/2022	Monday	6:00-8:00pm
Cancer Nutrition	12/6/2022	Tuesday	3:30-5:00pm
Childbirth Prep (Session 1 & 2)	12/6/2022 & 12/13/2022	Tuesday	6:00-8:00pm
Thrive Kitchen	12/7/2022	Wednesday	6:30PM - 8:30PM
Newborn Care	12/8/2022	Thursday	6:00-8:00pm
Blood Sugar in Pregnancy	12/8/2022	Thursday	2:00-4:00pm
Baby and Me Support Group	12/8/2022	Thursday	10:00am-12:00pm
Diabetes Basics	12/8/2022	Thursday	3-5PM
Glucometer Teach Class	12/8/2022	Thursday	9:30-10:30am
Filipino Diabetes Basics	12/8/2022	Thursday	3:30-5:30pm
Cholesterol	12/9/2022	Friday	9:30-11:30am
Newborn Care	12/12/2022	Monday	6:00-8:00pm
Guiding Your Preschooler	12/13/2022	Tuesday	11am-12:15pm
Carb Counting for Type 1 or Multi Dose Insulin	12/13/2022	Tuesday	2:00-4:00pm
Healthy Kidney	12/14/2022	Wednesday	2:00-4:00pm
Diabetes Basics	12/14/2022	Wednesday	5-7PM
Spanish Diabetes Basics	12/14/2022	Wednesday	9:30-11:30am
Pathways to Emotional Wellness	12/14/2022	Wednesday	6:00-8:30pm
<a href="#">Plant Based Eating</a>	12/14/2022	Wednesday	10:00AM - 12:00PM
Diabetes Nutrition	12/14/2022	Wednesday	4:30-6:30pm



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All About Memory	12/15/2022	Thursday	2:00-3:30pm
Chinese Diabetes Basics	12/15/2022	Thursday	9am-12pm
Chinese Cholesterol	12/15/2022	Thursday	2:30-4:30pm
Blood Sugar in Pregnancy	12/15/2022	Thursday	10:00am-12:00pm
Breastfeeding	12/15/2022	Thursday	6:00-8:00pm
Baby and Me Support Group	12/15/2022	Thursday	10:00am-12:00pm
Chinese Healthy Kidney	12/16/2022	Friday	2:30-4:30pm
Diabetes Nutrition	12/17/2022	Saturday	9:30-11:30am
Chinese Glucometer Teach	12/19/2022	Monday	3:30-4:30pm
Blood Sugar in Pregnancy	12/22/2022	Thursday	2:00-4:00pm
Diabetes Nutrition	12/27/2022	Tuesday	9:30-11:30am
Blood Sugar in Pregnancy	12/29/2022	Thursday	10:00am-12:00pm