

Senior Health Classes and Resources

KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT • EAST BAY SERVICE AREA



Classes

Aging with Grit and Grace (6 sessions)

As with every stage of life, aging brings special challenges and rewards. Join other seniors to build resilience, meaning, joy, and connection. This class will cover a variety of practices known to lift mood and enhance your capacity to weather difficult times.

Fee: \$60 members, \$120 nonmembers.

Location: Oakland Behavioral Health 510-752-7868.

Fall Prevention: Balance and Home Safety

In this class we talk about reasons why people tend to fall more as they age, review common home and environmental hazards, provide tips on how to make homes safer, and discuss the importance of exercises to build your balance, flexibility, and strength so you can prevent falls.

Fee: No Fee; *Members Only*

Location: Oakland, Richmond, Pinole

To register for a class, please call the Health Education Department or stop by one of our locations. Our Health Education Centers are open to members and the community. We carry a variety of health information to support you and your family.

Oakland

Health Education Department

510-752-6150

Health Education Center:

3600 Broadway, Suite 16, 1st Floor

Healthy Living Center:

3701 Broadway, 1st Floor

Education & Technology Center:

3801 Howe St., 1st Floor

Oakland, CA 94611

Alameda

Healthy Living Center

510-752-9215

2417 Central Ave., 2nd Floor

Alameda, CA 94501

Richmond

Health Education Center

510-307-2210

901 Nevin Ave., Bldg. 1, 1st Floor

Richmond, CA 94801

Pinole

Health Education Center

510-243-4020

1301 Pinole Valley Road, 1st Floor

Pinole, CA 94564



Health Education strives to improve the total health of our members & the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.

Life Care Planning

In this class, we will assist you and your family members with advance care planning. We will help you share your values, wishes for future health care and goals for treatment with your health care agent. We will assist you in completing a written plan that will be shared with both your agent and your doctor.

Fee: No Fee; *Open to the community*

Locations: Oakland, Alameda, Richmond, Pinole

Plan De Cuidado De La Vida

En esta clase, lo ayudaremos a usted y a los miembros de su familia Con El Plan De Cuidado De La Vida. Le ayudaremos a compartir su valores, su deseos, su tratamientos y su metas para el cuidado de salud en el futuro con su agente de atención médica. Le ayudaremos a usted a completar un plan escrito que se compartirá con su agente y su médico.

Costo: Gratis; Abierto a la comunidad.

Ubicaciones: Oakland, Alameda, Richmond, Pinole

Living Heart-Healthy (1 session)

This class is designed to teach members to lower their risk for heart attack and stroke through heart-healthy lifestyle changes, including healthy eating and taking blood pressure at home.

Fee: No Fee, Kaiser Permanente members only.

Location: Oakland, Richmond

Senior Health Seminars

Stay current on senior health issues by attending quarterly educational workshops about safety, nutrition, medications, long-term care, physical activity, and much more.

Fee: No Fee; *Open to the community.*

Location: Oakland, Richmond

Program fees listed are subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage (EOC) to confirm the services covered under your plan. For additional information call 1-800-390-3507. Kaiser Permanente Medi-Cal fees are the same as member fees.

Your Health Online Shortcuts to better health at kp.org

kp.org/mydoctor:

- Select and communicate with your doctor
- View labs, refill medications
- Access resources and information on various health topics
- Prepare for your procedure by watching an Emmi program

kp.org/healthyaging – find the care and services that are best for your needs and priorities

kp.org/heart – look here first for heart-related online resources and tools

kp.org/health – access to an array of health information through the health encyclopedia

kp.org/healthyliving – tools to help you live well:

- Health assessment tools
- Overcome stress
- Manage chronic conditions

kp.org/listen – relax and listen to guided imagery podcasts

kp.org/quitsmoking – quitting smoking is one of the best things you can do for heart health

kp.org/watch – view health videos online:

- Managing adult asthma
- COPD
- Your guide to hypertension

kp.org/espanol – content in Spanish