



# Health Education Classes 2020

Kaiser Permanente San Francisco  
Health Education Department (415) 833-3450  
Or e-mail: [SFHealthed@kp.org](mailto:SFHealthed@kp.org)

Providers direct book classes on eConsult: San Francisco-Health Education

Please register early, as classes fill quickly. Pre-registration is required. Call (415) 833-3450 to register. **Classes held at 2238 Geary Blvd or 1600 Owens St./Mission Bay Campus.**

## Cholesterol (2.5 hours)

You will learn what cholesterol is, how to reduce your risk from coronary heart disease which leads to heart attacks, and how to improve your overall health. We will teach you how to lower your bad cholesterol (LDL), increase your good cholesterol (HDL), and control your triglycerides level. We will include learning the different types of fats, how to read food labels, and how to use exercise and medications to help manage your cholesterol level.

**Fee:** No fee for members.

**Friday, 9:30am-12pm** 1/10, 2/14, 3/13, 4/10, 5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11

**Location:** 2238 Geary 4th fl. Lapis Rm.

## Irritable Bowel Syndrome (1.5 hours)

Sched ID: IBS, Dept: MED, Type: IBS

Find out more about irritable bowel syndrome (IBS) and start feeling better. In this hour and a half overview, specialists in medicine, nutrition, and behavioral medicine explain what IBS is and how to manage it.

**By Doctor Referral Only.** Class Fee: \$15.

**Monday, 4-5:30pm** 1/27, 2/24, 3/23, 4/27, 5/18, 6/22, 7/27, 8/24, 9/28, 10/26, 11/23

**Location:** 2238 Geary 4th fl. Lapis Rm.

## Managing Your Weight (2 hours)

Learn how healthy lifestyle choices — like eating well, getting regular exercise, and maintaining a positive attitude — can help you not just lose weight, but keep it off. (Ages 18 and older)

**Fee:** No fee for members.

**Friday, 3pm-5pm** 1/24, 3/27, 5/22, 7/24, 9/25, 11/27

**Location:** 2238 Geary 4th fl. Lapis Rm.

## Living Heart Healthy (2 hours)

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. *Not recommended for patients with heart failure or patients recovering from a heart attack or stroke.*

**Fee:** No fee for members.

**Monday, 9:30-11:30am or 3-5pm** 2/10, 5/11, 8/10, 11/9

**Location:** 2238 Geary 4th fl. Lapis Rm.

## Life Care Planning (1.5 hours)

Peace of mind comes from knowing that your values and wishes are honored in health care decisions. Life Care Planning begins with choosing someone to speak for you in the unforeseen event that you are unable to communicate for yourself. We call that person a health care agent. At Kaiser Permanente, we believe all adult members should designate a health care agent and complete a basic Advance Directive so your family, physicians, and others are able to honor your choices. We recommend that you bring the person you think will be your health care agent or other family members to the class with you. Pick up a copy of the Life Care Planning form from our Healthy Living Store or download at [kp.org/lifecareplan](http://kp.org/lifecareplan).

**Fee:** No fee for members.

**Friday, 11am-12:30pm** 1/3, 2/7, 3/6, 4/3, 5/1, 6/5, no July date, 8/7, 9/4, 10/2, 11/6, 12/4

**Location:** 2238 Geary 8th fl. Topaz Rm.

**Thursday, 4-5:30pm** 1/16, 2/20, 3/19, 4/16, 5/21, 6/18, 7/16, 8/20, 9/17, 10/15, 11/19, 12/17

**Location:** 2238 Geary 4th fl. Lapis Rm.

**Tuesday, 9:30-11am or 3pm-4:30pm** 1/28, 4/28, 7/28, 10/27

**Location:** 1600 Owens - Fillmore Rm.



# Diabetes Education Classes 2020

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## Diabetes Basics (2 hours)

You can feel better and be active and healthy when you apply the basics of managing your Type 2 diabetes. In this class, we give you an overview of the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing your stress.

**Fee:** No fee for members.

**Tuesday, 9:30am-11:30am** 1/21, 2/18, 3/17, 4/21, 5/19, 6/16, 7/21, 8/18, 9/15, 10/20, 11/17, 12/15

**Thursday, 4:30pm-6:30pm** 1/2, 2/6, 3/5, 4/2, 5/7, 6/4, 7/2, 8/6, 9/3, 10/1, 11/5, 12/3

**Location:** 2238 Geary 4th fl. Lapis Rm.

**Saturday, 10am-12pm** 1/18, 2/8, 3/14, 4/11, 5/9, 6/13, 7/11, 8/8, 9/12, 10/10, 11/14, 12/12

**Location:** 2238 Geary 3rd fl. Diamond Rm.

**Thursday 9:30am-11:30am or Friday 2:30-4:30pm** 1/17, 2/13, 3/20, 4/9, 5/15, 6/11, 7/17 (Northbeach Rm), 8/13 (Embarcadero Rm), 9/18, 10/8, 11/20 (Northbeach Rm), 12/10

**Location:** 1600 Owens - Fillmore Rm.

## Diabetes Nutrition (2 hours)

Attend this diabetes nutrition class to understand how your diet and lifestyle choices, can affect your blood sugar. The registered dietitian will help you learn timing of meals, carbohydrate counting, label reading, the importance of fiber and exercise. With smart planning, balanced choices, and exercise, you can help optimize your health!

**Fee:** No fee for members.

**Wednesday 4:30-6:30pm** 1/8, 2/12, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12, 9/9, 10/14, 11/11, 12/9

**Location:** 2238 Geary 6th fl. Garnet Rm.

**Saturday, 9:30am-11:30am** 1/18, 2/15, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/21, 12/19

**Location:** 2238 Geary 3rd fl. Diamond Rm.

**Tuesday, 9:30am-11:30am** 1/28, 2/25, 3/24, 4/28, 5/26, 6/23, 7/28, 8/25, 9/22, 10/27, 11/24, no December date

**Location:** 2238 Geary 4th fl. Sapphire Rm.

**Thursday, 9am-11am** 1/23, 2/27, 3/26, 4/23, 5/28, 6/25, 7/23, 8/27, 9/24, 10/22, no November date, 12/17

**Location:** 1600 Owens - Fillmore Rm.

## Pre-Diabetes (2 hours)

Do you or your child have prediabetes? Learn how to prevent or delay type 2 diabetes in this class. (Ages 16+ to attend, ages 16-17 must be accompanied by an adult.)

**Fee:** No fee for members.

**Monday, 9:30am-11:30am** 2/3, 4/6, 6/1, 8/3, 10/5, 12/7

**Friday, 3pm-5pm** 1/17, 2/21, 3/20, 4/17, 5/15, 6/19, 7/17, 8/21, 9/18, 10/16, 11/20, 12/18

**Location:** 2238 Geary 4th fl. Lapis Rm

**Friday, 3pm-5pm** 2/7, 5/1, 8/7, 11/6 (Northbeach Rm),

**Location:** 1600 Owens - Fillmore Rm.

## \*Diabetes Healthy Eating (2 hours)

Feel better and eat better with diabetes. In this class, you'll get tips on planning meals, healthy eating, and reading food labels. Learn new ways to prepare your favorite foods and how to enjoy eating out healthfully.

**Fee:** No fee for members.

**Thursday, 9:30am-11:30am** 2/13, 6/11, 10/8

**Location:** 2238 Geary 4th fl. Lapis Rm.

**Monday, 3pm-5pm** 4/20, 8/17, 12/21

**Location:** 2238 Geary 4th fl. Lapis Rm.

**Tuesday, 9:30am-11:30am** 2/4, 4/7, 6/2, 8/4, 10/6, 12/1

**Location:** 1600 Owens - Fillmore Rm.

*\*These classes are OPTIONAL and may be taken in ANY order after attendance in the Diabetes Basics class*