

Visit our Health Education Center and Store at 2241 Geary Blvd. (near Divisadero). We are open weekdays from 9 a.m. to 5 p.m. We offer classes,* books, videos, online health information and products for healthy living to Kaiser Permanente members and the public.

For additional information or comments, please call the Health Education Department at (415) 833-3450, or email SFHealthEd@kp.org.

Visit kp.org for a wide range of health and wellness information - it's available 24 hours a day.



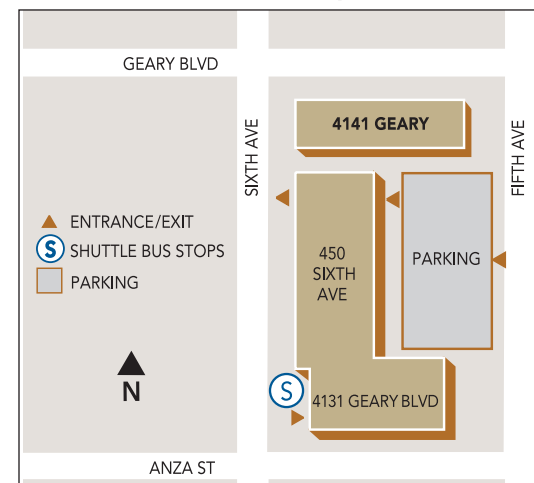
*Senior Health Series events are free and open to the public. Classes offered through our Health Education Department may be limited to members and have a fee.

Kaiser Permanente Medical Center

Maps not to scale



French Campus



Geary Campus



San Francisco Senior Center Locations

Maps not to scale



- Language Locations: English ● Chinese ● Spanish ● Japanese ●
- Health Education Department at Geary Campus
 - Health Education Department at Mission Bay
 - 1 Calvary Presbyterian Church Senior Center
 - 2 JCCSF
 - 3 French Campus
 - 4 Golden Gate Park Senior Center
 - 5 St. Ignatius Seniors-Fromm Hall
 - 6 San Francisco Senior Center
 - 7 St. Francis Senior Center
 - 8 Northridge Neighborhood Network Center
 - 9 Curry Center
 - 10 First Chinese Baptist Church
 - 11 Kimochi Community Center
 - 12 YMCA Stonestown
 - 13 Aquatic Park Senior Center
 - 14 San Francisco Silvercrest
 - 15 Telegraphy Hill Neighborhood Center
 - 16 30th St. Senior Center



KAISER PERMANENTE® thrive
Kaiser Permanente San Francisco
Health Education Services
2241 Geary Blvd.
San Francisco, CA 94115



Senior 2020 Health Series

for more information, please call

(415) 833-3450

email sfhealthed@kp.org



kp.org/sanfrancisco/healthed



Kaiser Permanente San Francisco Health Education Department presents:

Senior Health Series 2020

Join us for interactive lectures and workshops for seniors led by health care professionals at Kaiser Permanente and at community senior centers

All Senior Health Series events are free and open to the public.

No reservation is necessary to attend.

29 Sessions · 13 Instructors · 16 locations · 3 languages

Do you want to be more active, reduce pain, prevent falls, and have fun at the same time?



www.alwaysactive.org

Always activeSM offers FREE exercise programs and health education for adults 60 years of age and over throughout San Francisco. Classes are taught in English, Spanish, and Cantonese.

- Strength, Balance and Flexibility Classes
- Health Education Workshops
- Fall Prevention Exercise Classes
- Consultation with nationally certified personal fitness trainers

WHAT PARTICIPANTS ARE SAYING:

- "Exercise is FUN."
- "I walk better, and my mind is clear."
- "When I started to exercise, almost two weeks into it, I noticed that one day the pain in my back was totally gone and it hasn't come back."

JOIN NOW!

Call to find a location near you: 415-550-2265

This program is made possible through the collaboration and funding efforts of; OnLok's 30th Street Senior Center-Lead agency, the University of San Francisco's Exercise and Sport Science Department, San Francisco Senior Center's Inc., and the SF Department of Aging and Adult Services.

KAISER PERMANENTE® thrive

At San Francisco Community Senior Centers

JANUARY	TOPIC	SPEAKER	LOCATION & PHONE
January 21 - Tuesday 1:30-2:30 pm	Stress Management	Hope Levy, MA Health Education	Kimochi Community Center 1840 Sutter Street, 415-931-2287
January 27 - Monday 10:00 am - 11:00 am	Can You Hear Me?	Soo Mei Lee, Au.D Audiology	Curry Center 333 Turk St., 415-920-1364
FEBRUARY	TOPIC	SPEAKER	LOCATION & PHONE
February 4 - Tuesday 11:00 am - 12:00 pm	Senior Resources	Jocelyn De La Torre, RN Medicine	Golden Gate Park Senior Center 6101 Fulton St., 415-666-7079
February 21 - Friday 10:30 - 11:30 am	Memory Loss	Hope Levy, MA Health Education	Aquatic Park Senior Center 890 Beach St., Rm. 11, 415-923-4485
February 24 - Monday 1:30 - 2:30pm	Healthy Eating	Suzanne Mak, CHE Medicine	Kimochi Community Center 1840 Sutter Street, 415-931-2287
MARCH	TOPIC	SPEAKER	LOCATION & PHONE
March 13 - Friday 1:30 - 2:30 pm	Stroke Prevention	Sumerra Khan, MD Medicine	San Francisco Silvercrest 133 Shipley St., 415-534-5381
March 17 - Tuesday 1:00-2:00 pm	Family Caregiver Resources	Jocelyn De La Torre, RN Medicine	Kimochi Community Center 1840 Sutter Street, 415-931-2287
March 18 - Wednesday 1:00 - 2:00 pm	Managing Stress	Hope Levy, MA Health Education	San Francisco Senior Center 481 O'Farrell St., 415-923-4490
March 23 - Wednesday 1:00 - 2:00 pm	Healthy Eating Cantonese	Suzanne Mak, CHE Medicine	Aquatic Park Senior Center 890 Beach St., Rm. 11, 415-923-4485
APRIL	TOPIC	SPEAKER	LOCATION & PHONE
April 15 - Wednesday 11:00 am - 12:00 pm	Memory Loss	Hope Levy, MA Health Education	St. Francis Senior Center 152 Church St. (gated), 415-621-2635
April 17 - Friday 1:00-2:00 pm	Management of Neck, Back and Spine Pain	Jillian Cripps, DPT Physical Therapy	Jewish Community Center of SF (JCCSF) 3200 California St., 415-292-1262
April 22 - Wednesday 1:00 - 2:00 pm	Exercise and Fall Prevention	Lisa Kakehashi, DPT Physical Therapy	San Francisco Senior Center 481 O'Farrell St., 415-923-4490
MAY	TOPIC	SPEAKER	LOCATION & PHONE
May 5 - Tuesday 11:00 am - 12:00 pm	Better Bones	Rebecca Hartman, DPT Physical Therapy	Calvary Presbyterian Church Senior Center 2515 Fillmore Street, 415-346-3832
May 6 - Wednesday 1:30 - 2:30 pm	Moving and Thriving Exercise and Fitness	Aleah Mainzer, MPT, CPT, PHC Health Education	Kimochi Community Center 1840 Sutter Street, 415-931-2287
May 14 - Thursday 1:00 - 2:00 pm	Managing Diabetes	Michelle Tinitigan, MD Medicine	Northridge Neighborhood Network Center 10 Ardath Court, 415-642-1312
JUNE	TOPIC	SPEAKER	LOCATION & PHONE
June 17 - Wednesday 11:00 am - 12:00 pm	Options for Senior Living	Jocelyn De La Torre, RN Medicine	St. Francis Senior Center 152 Church St. (gated), 415-621-2635
June 24 - Wednesday 1:30-2:30 pm	Keeping Your Joints Healthy	Ashley Oakley, PA Orthopedics	Kimochi Community Center 1840 Sutter Street, 415-931-2287
JULY	TOPIC	SPEAKER	LOCATION & PHONE
July 20 - Monday 10:30 - 11:30 am	Eating Healthy Spanish	Sophia Padilla, MPH Health Education	30th Street Senior Center 225 30th St., 3rd Flr, Social Rm., 415-550-2210
July 22 - Wednesday 12:15-1:15pm	Managing Diabetes Cantonese	Suzanne Mak, CHE Medicine	Telegraphy Hill Neighborhood Center 660 Lombard St., 415-421-6443
AUGUST	TOPIC	SPEAKER	LOCATION & PHONE
August 6 - Thursday 1:00 - 2:00 pm	Management of Neck, Back and Spine Pain	Jillian Cripps, DPT Physical Therapy	Northridge Neighborhood Network Center 10 Ardath Court, 415-642-1312
August 7 - Friday 10:00-11:00 am	Moving and Thriving Exercise and Fitness	Aleah Mainzer, MPT, CPT, PHC Health Education	St. Ignatius Seniors, Maraschi Room of Fromm Hall, 2497 Golden Gate Ave., 415-990-3602
August 10 - Monday 10:30-11:30 am	Pathways to Stress Reduction Spanish	Sophia Padilla, MPH Health Education	30th Street Senior Center 225 30th St., 3rd Flr, Social Rm., 415-550-2210
August 28 - Friday 10:30-11:30 am	Stroke Prevention	Sumerra Khan, MD Medicine	Aquatic Park Senior Center 890 Beach St., Rm. 11, 415-923-4485
SEPTEMBER	TOPIC	SPEAKER	LOCATION & PHONE
September 1 - Tuesday 11:00 am - 12:00 pm	Stroke Prevention	Sumerra Khan, MD Medicine	Golden Gate Park Senior Center 6101 Fulton St., 415-666-7079
September 9 - Wednesday 1:00 - 2:00 pm	Pathways to Stress Reduction	Sophia Padilla, MPH Health Education	First Chinese Baptist Church 15 Waverly Place, 415-203-1807
September 15 - Tuesday 11:00 am - 12:00 pm	Healthy Eating	Sophia Padilla, MPH Physical Therapy	Calvary Presbyterian Church Senior Center 2515 Fillmore Street, 415-346-3832
September 23 - Wednesday 10:30 - 11:30 pm	Management of Neck, Back and Spine Pain	Jillian Cripps, DPT Physical Therapy	YMCA Stonestown 333 Eucalyptus, 415-728-2285

OCTOBER	TOPIC	SPEAKER	LOCATION & PHONE
October 9 - Friday 10:00-11:00 am	Pathways to Stress Reduction	Sophia Padilla, MPH Health Education	St. Ignatius Seniors, Maraschi Room of Fromm Hall, 2497 Golden Gate Ave., 415-990-3602
October 23 - Friday 1:30-2:30 pm	Happy Healthy Heart Cantonese	Suzanne Mak, CHE Medicine	San Francisco Silvercrest 133 Shipley St., 415-534-5381
NOVEMBER	TOPIC	SPEAKER	LOCATION & PHONE
November 11 - Friday 1:00-2:00 pm	Managing Diabetes	Rochelle Tinitigan, MD Medicine	First Chinese Baptist Church 15 Waverly Place, 415-203-1807



At Kaiser Permanente French Campus

Third Thursday of each month, 10:30 - 11:30 a.m.
4141 Geary Blvd., First Floor, Conference Room #1

DATE	TOPIC	SPEAKER
January 16	Earthquake Safety	Ka Yi Lau, Seismic Outreach Program
February 20	Medicare 101	Derek Brown, KP Senior Advantage Rep.
March 19	Happy Healthy Heart	Eunmin Kim, MD, Medicine
April 16	Memory Loss	Hope Levy, MA, Health Education
May 21	Balance and Falls Prevention	Lisa Kakehashi, DPT, Physical Therapy
June 18	Managing Diabetes	Michelle Tinitigan, MD, Medicine
July 16	Can You Hear Me?	Adam Lin, Au. D., Audiology
August 20	Medicare 101	Derek Brown, KP Senior Advantage Rep.
September 17	Senior Dogs for Seniors	Angela Di Martino, Muttville
October 15	Personal Preparedness	Ka Yi Lau, Seismic Outreach Program
November 19	Maintaining a Healthy Weight	Rochelle Tinitigan, MD, Medicine
December 17	Moving and Thriving: Exercise and Fitness	Aleah Mainzer, MPT, CPT, Personal Health Coach

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