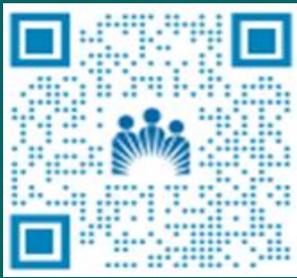


Health Education Programs Catalog

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Scan This QR Code to
Register for Online Classes

Health Education San Francisco

Contact Us:

Website: <https://kp.org/sanfrancisco/healtheducation>

Address:

2241 Geary Boulevard
San Francisco, CA 94115
&
Healthy Living Center
1600 Owens Street, 1st Floor
San Francisco, CA 94158

Phone: 415-833-3450

Hours: Monday–Friday 9 a.m.– 12:30 p.m., 1:30 p.m. - 5 p.m.

Closed: 12:30 p.m. - 1:30 p.m.

Email: SFHealthEd@kp.org

[My Doctor Online](#)

Communicate with your Doctor Access Online
program, videos, Podcasts

[Health Education Class Calendar](#)



Behavioral Health Education Online Programs

Health Education Department • Kaiser Permanente • San Francisco

Pathways to Emotional Wellness* No fee to members.

In this single session class, you identify your sources of stress and learn techniques to deal with anxiety & depression. Offered in *English & Spanish*.

Improving Your Sleep* (4 Sessions) No fee to members.

In this series learn how nighttime habits and thinking patterns affect sleep and how to change them. Offered in *English & Spanish*.

Couples Communication* (4 Sessions) No fee to members.

The heart of a healthy relationship is good communication. Learn ways to reduce defensiveness and understand each other. Offered in *English & Spanish*.

Managing Your Stress* (5 Sessions) No fee to members.

In this series, you will learn to recognize the sources of stress in your life and develop healthy habits. Offered in *English & Spanish*.

Managing Your Depression (4 Sessions) No fee to members.

In this series, you learn about depression, ways to manage your symptoms and how to challenge negative thoughts. Offered in *English & Spanish*.

Understanding Your Anxiety* (4 Sessions) No fee

In this series, you learn to identify what triggers anxiety for you and to manage your symptoms and learn to approach fear. Offered in *English & Spanish*.

All BHE classes are offered at no cost to KP members.

You can self-book for classes marked with * by scanning this QR code, using your phone's camera, or by visiting <https://kpdoc.org/classes>



Please call Health Education Department at (415) 833-3450 or email sfhealthed@kp.org to register for classes.



Behavioral Health Education Online Programs

Health Education Department • Kaiser Permanente • San Francisco

Understanding Loss (4 Sessions) No fee

This series intends to educate participants on grief reactions and coping skills for processing their losses.

Children & Teens Emotional Wellness No fee

This program intends to help children and teens with negative impact of stress. The class focuses on stress, sleep and mindfulness topics. For children (8-12 yrs) and teens (13-18 yrs).

Oncology Mindfulness (6 Sessions) No fee

In this series cancer patients/survivors learn techniques to reduce emotional & physical symptoms of stress and practice a variety of meditation activities.

Managing Anger (6 Sessions) No Fee

In this series you learn how to identifying anger triggers, develop communication skills, and practice ways to respond.

Assertiveness Training (4 Sessions) No Fee

This series will help you learn practical skills to develop self- confidence, improve communication skills, resolve conflicts.

Mindfulness-Based Stress Reduction (6 Sessions + Sat. Retreat) No Fee

This series teaches mindfulness meditation techniques to increase mind-body awareness.

Please call Health Education Department at (415) 833-3450 or email sfhealthed@kp.org to register for classes. Check the [Health Education Class Calendar](#) for date/time of the classes.

Class Calendar



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粵語健康講座

Chinese Programs

Health Education Department • Kaiser Permanente • San Francisco

線上膽固醇和高血壓班 (Cholesterol/Hypertension)

此講座歷時兩小時，為有高膽固醇和或高血壓的人士而設。

第一部分，你會認識何謂膽固醇、如何降低能導致心肌梗塞的冠心病風險，以及如何改善身心健康。教導如何減少壞的膽固醇、增加好的膽固醇、及控制三甘油脂。瞭解各種不同的脂肪、如何閱讀食物標籤、藉運動及藥物協助控制膽固醇水平。

第二部分，你會瞭解何謂高血壓及如何以最佳方法處理高血壓（包括健康飲食、運動、壓力處理、血壓監控），以及如何應付血壓度數。若家中設有血壓器，屆時請帶來以便示範正確量度血壓的方法。

只限凱薩會員參加。

課程將在線舉行，直至另行通知。

線上糖尿病前期護理班 (Prediabetes)

此講座歷時兩小時，為有高血糖的人士而設。瞭解何謂糖尿病的前期及如何預防或延遲患上糖尿病。需要從健康的生活方式開始：適當飲食、多運動和對糖尿病有所認識。

只限凱薩會員參加。

課程將在線舉行，直至另行通知。

點擊以下連結可造訪：

[Search Health Topics in Chinese for NCAL | Kaiser Permanente](#) 或掃描此二維碼。

以中文提供的護理服務 (Care in Chinese)





粵語健康講座

Chinese Programs

Health Education Department • Kaiser Permanente • San Francisco

腎臟健康保健班 (Healthy Kidney)

此講座歷時兩小時。題目包括腎臟運作方式、保健、護理、營養及生活方式。只限凱薩會員參加。課程將選在線上或現場舉行。

糖尿病護理班 (Diabetes Basics)

此講座講歷時三小時。專為有糖尿病人士而設。瞭解何謂糖尿病及如何處理糖尿病的四大要點：健康飲食、運動、自我監察血糖和正確使用藥物。將教導如何使用測血糖機及如何辨別高和低血糖的病徵。只限凱薩會員參加。課程將選在線上或現場舉行。

控制您的血壓班 (Taking Control of Your Blood Pressure)

本課程適合想要進一步瞭解血壓相關資訊的人士，也適合想要學習如何使用居家血壓測量計的人士。在本課程中，您將可：瞭解高血壓相關資訊，學習使用各種方法有效降低血壓，瞭解如何透過營養及生活方式降低血壓，學習如何在家測量血壓，由心臟健康專科藥劑師解答您對血壓藥物所持有的問題。只限凱薩會員參加。課程將在現場舉行。

健康教育 Health Education:

<https://kp.org/sanfrancisco/healtheducation>

報名 Sign Up: 415-833-3450

或向你的醫生查詢 or ask your doctor

營業時間 Time：週一至週五上午 9 點至下午 5 點

電子郵件 Email：sfhealthed@kp.org

健康教育課程表 (Class Calendar)





Diabetes Care Resources

kpdoc.org/diabetes

For class schedules and registration, call (415) 833-3450 or email sfhealthed@kp.org.

Unless specified, all classes are a covered benefit for KP members.

***Online booking is now available for classes marked with a star. Scan the QR code, log in to your account and select: "schedule a health class".**



Diabetes Basics Class *In-person & Online**

Explore the 5 key areas of type 2 diabetes management: healthy eating, being active, monitoring your blood sugar levels, using medication correctly, and managing emotional health. In person classes include glucometer teach. Please bring supplies.

English Class - *In-Person & Online**

1st Tuesday of odd months; 2:00-4:00pm at Geary campus. 1st Wednesday of even months; 9:30-11:30am at Mission Bay campus.

Online Classes* -Self-book with the QR code above.

Cantonese Class: *In-Person & Online**

3rd Wednesday of odd months, 2-5pm. and 2nd Thursday of even months, 9am-12pm. Geary campus.

Spanish Class - *In-Person & Online**

3rd Monday of odd months, 5:00-7:00pm; 3rd Wednesday of even months, 9:30-11:30am. Mission Bay campus.

Filipino Class: *Online** - 2nd Thursday of even months, 3:30-5:30pm.

Online classes* -Self-book with QR code above.

Diabetes Nutrition Class *Online & In-person*

Learn 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.

Online: 4th Tuesday every month, 9:30-11:30am; 3rd Saturday every month, 9:30-11:30am.

In-person: 2nd Wednesday every month, 4:30-6:30pm at Mission Bay.

Spanish Diabetes Healthy Eating Class *Online**

Feel better and eat better with diabetes. In this online class, get tips on preparing meals, and reading food labels. Find ways to prepare favorite foods and eat out healthfully. With smart planning, eating well can taste great.

Dates vary. Self-book using QR code above.

Healthy Kidney Class *Online*

This online class provides information on how your kidneys work, how to keep them healthy, and how to manage kidney disease. You'll also learn about nutrition and lifestyle changes for better health. Taught by a renal nurse and a registered dietitian. **By Doctor Referral Only.** Members only. No class fee.

Offered: 2nd Wednesday of even months, 2-4pm; 4th Tuesday of odd months, 2-4pm.

Available in English and Cantonese

Individual appointments are available for Diabetes Management, Glucometer Teach, Weight Management, Physical Activity, Cholesterol/Hypertension, and Tobacco Cessation.

Call 415-833-3450.

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Diabetes Care Resources

kpdoc.org/diabetes

Pre-registration is required. For class schedules and registration, **call (415) 833-3450 or email sfhealthed@kp.org**. Unless specified, all classes are a covered benefit for KP members.

Healthy Weight 1 Series* (6 Sessions) Online

Join an instructor-led class right from your own computer. Learn to adopt healthier behaviors and attitudes for long-term weight loss. **Available in English & Spanish.** Self-book using [QR code on page 7](#).

Healthy Weight 2 Series* (6 Sessions) Online

For participants who have completed Healthy Weight 1. Build on your successes, overcome challenges, and practice new behaviors for weight loss and maintenance. **Available in English & Spanish Weight.** Self-book using [QR code on page 7](#).

Medical Weight Management Program

If you have at least 40 pounds to lose and want to make positive, lasting changes that improve your health, increase your energy level, and help you get the most out of life, this medically-supervised weight management program might be for you. It features low-calorie meal replacements, medical monitoring, and weekly support sessions. **Fee for service program. No referral required.** Available to members and nonmembers. **Call 415-833-3808.**

Thrive Kitchen at Home Cooking Class Online

Food is one of the most powerful tools you have to improve your health. Join physician and chef Linda Shiue in this class. You'll learn to make globally inspired, seasonal cuisine, with a focus on plant-based eating. At the end of the class, you'll enjoy the meal you've prepared. A different menu is offered each month. **Fee:** No Fee for members, \$20 for nonmembers.

[Click Here for the Thrive Kitchen Class Schedule](#)

Whole Food, Plant-Based Eating Class* Online

This program aims to empower you to eat Plant-Strong, along a spectrum that works for you. Reduce your risk of chronic conditions and improve your overall health. **Now Available in English & Spanish** Self-book using [QR code on page 7](#).

Lifestyle Medicine Program Online

In this 12-week program, you'll learn how to eat Plant-Strong. This program focuses on the 6 pillars of lifestyle medicine and aims to empower you to eat a balanced whole foods plant-based diet in a way that works for you. Connect with others who are also working to improve their health through lifestyle medicine.



Learn how to:

- Control blood sugar
- Eat healthier
- Support your mind-body health

View

- Lab results
- Diabetes care team

Newly diagnosed

- Review diabetes basics
- Self-book diabetes & lifestyle classes
- Use MDO app to manage care

Use your smartphone camera to scan the code or visit [Kpdoc.org/diabetes](https://kpdoc.org/diabetes)



Individual appointments are available for Diabetes Management, Glucometer Teach, Weight Management, Physical Activity, Cholesterol/Hypertension, and Tobacco Cessation.

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Call 415-833-3450.



Heart Health Resources

Health Education Department • Kaiser Permanente • San Francisco

Taking Control of Your Blood Pressure (English, Online, 1.5 hrs.)

In this online class you will learn about high blood pressure and how to effectively lower it. You will also learn how to check your blood pressure at home and can have your questions about blood pressure medications answered by our heart health specialists

In Person Taking Control of Your Blood Pressure Class in Chinese 控制你的血壓班

本課程適合想要進一步瞭解血壓相關資訊的人士，也適合想要學習如何使用居家血壓測量計的人士。在本課程中，您將可：

- 瞭解高血壓相關資訊
- 學習使用各種方法有效降低血壓
- 學習如何在家測量血壓
- 瞭解有關Kaiser Permanente的生活方式資源
- 由心臟健康專科醫生解答您對血壓藥物所持有的問題

Cholesterol & Heart Health Online Class

In this online class, you will learn what cholesterol is, how to reduce your risk from coronary heart disease, and how to improve your overall health. Learn how to lower your bad cholesterol (LDL), increase your good cholesterol (HDL), and control your triglycerides level.

English: 2nd Friday of each month, 9:30-11:30am.

Individual Clinical Health Educator Appointment (*in-person & video*)

Get the motivation and guidance you need to make lifestyle changes. Clinical Health Educators can support with topics related to heart health, how to use your blood pressure monitor, healthy weight, and more. Appointments are available in-person, by video or over the phone.

Whole Food Plant-Based Eating

Have you ever considered a plant-based diet but don't know where to start? In this 2-hour introductory class you'll learn about the benefits of fueling your body with nutritious and delicious whole plant-based foods and filling your plate with healthy choices.

Lifestyle Medicine Program

The Lifestyle Medicine Program is 12-week series for motivated patients ready to make lifestyle changes. It covers the 6 pillars of lifestyle medicine including Plant Based Nutrition, Physical Activity, Stress Management, Restorative Sleep, Social Connection and Avoidance of Risky Substances.

Healthy Weight Series

Develop healthy habits, manage your weight, and gain confidence. This 6-session program covers eating healthy for weight loss, getting more physical activity, managing stress and sleep, dealing with common challenges, and making lasting changes.



Heart Health Resources

Health Education Department • Kaiser Permanente • San Francisco

Managing Your Stress Online Class

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. Learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself. 5 sessions, 2 hrs. each

Understanding Anxiety Online Class

In this series, you'll learn to identify what triggers anxiety for you as well as ways to manage your symptoms. We'll help you explore your thoughts and compare your fears with reality. You'll also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness. 4 sessions, 2 hrs. each

Mindfulness-Based Stress Reduction

In this class participants will learn:

- Skills & techniques to reduce emotional & physical symptoms of stress
- A specific relaxation/meditation practice and movement routine to improve symptoms
- Effective communication skills to improve relationships

Online MBSR: 6 sessions + half day Saturday retreat, 2 hours

Quit Tobacco: Telephonic Wellness Coaching

Our Wellness Coaches can help you create—and stick with—a quit plan for reaching your goals. You and your coach talk one on one by phone at a time that's convenient for you. Coaches can prescribe nicotine replacement products over the phone and provide continued support.

Preregistration is required. Please call (415) 833-3450 or email SFHealthed@kp.org

Heart Health Care Guide:

Scan the QR code below with your phone's camera to visit our heart health care guide.

- Learn more about blood pressure management, cholesterol screening, and other risk factors
- Commonly asked questions about medications, including statins and natural supplements
- Lifestyle changes with a wellness coach, Cooking tips, DASH Diet, Home BP monitoring kpdoc.org/PHASE





Healthy Weight Programs & Classes

Phone: (415) 833-3450

Email: sfhealthed@kp.org

Health Education Department • Kaiser Permanente • San Francisco

Individual Appointments

Wellness Coaching (by telephone) **1-866-251-4514**

Get the motivation and guidance you need to take an active role in your health.

Whether you're trying to get active, eat better, manage your weight, quit tobacco, or handle stress, your health coach can help you create a plan. You and your coach talk by phone at a time that's convenient for you.

Fee: No fee for members (members only)

Individual Counseling **415-833-3450**

Our Clinical Health Educators (CHEs) are here to provide individual guidance and support for a range of health concerns, including weight management, stress, chronic conditions and tobacco cessation.

Fee: No fee for members (members only)

Personal Health Coach Program **415-833-7800**

The Personal Health Coach Program provides customized, one-on-one nutrition and fitness testing and coaching. Services include metabolic rate testing, body composition testing, fitness testing, nutritional assessment, and exercise coaching.

Fee: Rates vary based on service & package. Available to members and nonmembers.

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Classes

***Healthy Weight 1 Series** *Online*

Join an instructor-led class right from your own computer. Learn to adopt healthier behaviors and attitudes for long-term weight loss. Connect with others who are also working to lose weight. This is a 6-session series.

Fee: No fee for members (members only)
Available in English & Spanish

Healthy Weight 2 Series *Online*

A continuation from the Healthy Weight 1 series. Join an instructor-led class right from your own computer. Learn to adopt healthier behaviors and attitudes for long-term weight loss. Connect with others who are also working to lose weight. This is a 6-session series.

Fee: No fee for members (members only)

***Prediabetes Class** *Online*

Learn how to help prevent or delay the onset of diabetes by eating well and exercising. These healthy lifestyle changes will help you to take charge of your health to reduce your risk of diabetes and its complications.

Fee: No fee for members (members only)
Available in English, Cantonese & Spanish

You can find links to our websites and flyers on the second page of this flyer.



Healthy Weight Programs & Classes

Phone: (415) 833-3450

Email: sfhealthed@kp.org

Health Education Department • Kaiser Permanente • San Francisco

Classes

Weight Loss Options *Online*

Learn about weight loss medications, including who can use them. Prescriptions aren't given at the class, but if medications may be a good fit for you, we'll guide you to your next steps. In addition, we'll share all the weight management resources we offer to support lifestyle changes.

Fee: No fee for members (members only)

This class is available by referral only.

Medical Weight Management Program

415-833-3808

If you have at least 40 pounds to lose and want to make positive, lasting changes, this medically-supervised weight management program might be for you. It features low-calorie meal replacements, medical monitoring, and weekly support sessions.

No referral required.

Fee: This is a fee for service program (available to members and nonmembers).

*Online scheduling available.

Scan the code to schedule the Prediabetes & Healthy Weight class.



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Visit Us Online

KPSF Health Education Homepage

Visit the KPSF Health Education Homepage to explore more resources.

Personal Health Coach Program

Click to view services provided by our Health Coaches.

Wellness Coaching

Our wellness coaches help you tap into your motivation so you can strengthen your commitment to act. They'll work with you to eat healthier and be more physically active.

Healthy Weight Homepage

Support and tips on losing weight, healthy eating, and exercise

Prediabetes Homepage

Learn what you can do to change course now, so prediabetes doesn't progress to type 2 diabetes.

Medical Weight Management Program

Learn more about this medically monitored program.



Lifestyle Medicine Programs & Classes

Phone: (415) 833-3450
Email: sfhealthed@kp.org

Health Education Department • Kaiser Permanente • San Francisco

Classes & Programs

Whole Food Plant Based Eating Class *Online*

This program aims to empower you to eat Plant-Strong, along a spectrum that works for you. Reduce your risk of chronic conditions and improve your overall health.

Taught by a Registered Dietitian

Fee: No fee for members (members only)

Available in English & Spanish

Thrive Kitchen at Home Class *Online*

Food is one of the most powerful tools you have, to improve your health. Join physician and chef Linda Shiue in this class. You'll learn to make globally inspired, seasonal cuisine, with a focus on plant-based eating. At the end of the class, you'll enjoy the meal you've prepared. A different menu is offered each month.

Fee: No Fee for members, \$20 for nonmembers

[Click Here for the Thrive Kitchen Class Schedule](#)

Lifestyle Medicine Program *Online*

In this 12-week, Lifestyle Medicine program, you'll learn about the 6 pillars of lifestyle medicine.

The 6 pillars are:

- Plant Based Nutrition
- Physical Activity
- Restorative Sleep
- Stress Management
- Social Connection
- Avoidance of Risky Substances

Connect with others who are also working to improve their health through lifestyle medicine.

Provider referral required

Fee: No fee for members (members only)

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Scan the QR Code to schedule the Plant Based Eating class online.

Visit Us Online

[Lifestyle Medicine Homepage](#)

Visit the Lifestyle Medicine homepage to find resources on how to take care of yourself in mind and body, how to eat & cook plant-strong.

[Healthy Cooking Videos](#)

Learn new recipes and cooking techniques with Dr. Linda Shiue, the Director of Culinary Medicine for Kaiser Permanente San Francisco.

Lifestyle Medicine Programs & Classes

Individual Appointments

Personal Health Coach Program

415-833-7800

The Personal Health Coach Program provides customized, 1 on 1 nutrition and fitness testing and coaching. Services include metabolic rate testing, body composition testing, fitness testing, nutritional assessment & exercise coaching.

[Aleah Mainzer, MPT, CPT](#)

[Heather D'Eliso Gordon, RD, CSSD](#)

Fee: \$20 Consultation. Open to members & nonmembers.

[Click Here for the Personal Health Coach Program Flyer](#)

Lifestyle Medicine Physician Consultation with Dr. Linda Shiue

415-833-7808

The Lifestyle Medicine Physician Consultation will provide personalized, whole person care in a longer office visit with **Linda Shiue, MD**, board certified in internal medicine and lifestyle medicine. Initial consultations are 60 minutes and will include:

- Measurement of cardiometabolic vital signs
- Comprehensive dietary assessment, review of medical history and lifestyle
- Co-designing a plan to help you reach your health goals using evidence-based, personalized and data-informed solutions.
- Exclusive discounts on meal delivery (optional)

Fee: \$400 60-minute Initial Consultation. \$200 30 minute follow up appointment.

Available to members and nonmembers.

[Click Here for the Lifestyle Medicine Physician Consultation Flyer](#)

Culinary Medicine Physician Coaching with Dr. Linda Shiue

415-833-7808

The Culinary Medicine Physician Coaching is a unique service to improve your health where it begins, in the kitchen. Learn how to cook for your health from **Linda Shiue, MD**, a physician and professionally trained chef. All initial consultations are 60 minutes & include:

- Counseling on meal planning, grocery shopping, label reading & mindful eating.
- Culinary medicine prescription with recipes customized for your food preferences, dietary restrictions, health conditions, and cooking skills.
- Exclusive discounts on meal delivery (optional)

Follow up appointments may include:

- Virtual kitchens consult with advice on pantry stocking and equipment for your home kitchen (30 minutes)
- Private cooking instruction (60 minute minimum, in person or virtual)

Fee: \$400 60-minute Initial Consultation. \$200 30 minute follow up appointment. 1:1 and small group cooking class: prices vary. Available to members and nonmembers.

[Click Here for the Culinary Medicine Physician Coaching Flyer](#)

Initial Consultation

Discussion with a Personal Health Coach to review your health and wellness goals as well as discuss your readiness to make lifestyle changes. The visit includes an overview of the services offered and the opportunity to ask questions. (1 hour)

\$50 – members

\$95 – non-members

Body Composition Test

Your body composition is measured via Bioelectrical Impedance Analysis giving you accurate percentages of body fat and lean body mass. Results reviewed by a Certified Body Composition Practitioner from the Global Health and Body Composition Institute.

12 hours of fasting is required. (45 min)

\$75 – members

\$135 – non-members

Resting Metabolic Rate Test

Measures the amount of energy – or number of calories – that your body uses to carry out processes in your body when it is at complete rest. We calculate your total energy expenditure (TEE) and provide a calorie budget based on your goals. 12 hours of fasting is required. (1 hour)

\$115 – members

\$175 – non-members

Fine Tuning

Fitness and Nutrition Coaching

For people who want to explore new eating and exercise habits. (6 hours)

- Fitness Assessment and Plan
- Fitness follow up support: Four 30-min visits
- Nutrition Assessment and Plan
- Nutrition follow up support: Four 30-min visits

\$570 – members

\$900 – non-members

Fine Tuning

Nutrition Coaching

For people who want to explore new eating habits, including meal planning, grocery shopping, plant-based choices and eating mindfully. (3 hours)

- Nutrition Assessment and Plan
- Nutrition follow up support: Four 30-min visits

\$285 – members

\$450 – non-members

We use a Lifestyle Medicine approach versus a rigid prescription. This is not a fad diet or a fad fitness program, but more about your relationship and knowledge of food and exercise.

Fine Tuning

Fitness Coaching

For people who want to explore new exercise habits, including strength training, workout efficiency and fitness progression. (3 hours)

(3 hours)

- Fitness Assessment and Plan
- Fitness follow up support: Four 30-min visits

\$285 – members

\$450 – non-members

Personal Health Coach Program

This program is offered at Kaiser Permanente in the San Francisco Medical Center's Health Education Department. We provide one-on-one visits to help optimize your health and wellness goals through nutrition and fitness coaching.

Contact us: 415-833-7800

health.coach@kp.org

Fitness Health Coach

Aleah Mainzer, MPT, CPT

Licensed Physical Therapist
 Certified Lifestyle Medicine Professional
 Certified Personal Trainer
 Certified Pilates Instructor
 Certified Body Composition Practitioner I
kp.org/mydoctor/aleahmainzer

Nutrition Health Coach

Heather D'Eliso Gordon, RD, CSSD

Registered Dietitian
 Certified Specialist in Sports Dietetics
 Certified in Plant Based Nutrition
 Certified Body Composition Practitioner I
kp.org/mydoctor/heathergordon

Get Fueled!

Sports Nutrition Coaching

For people who want to learn how to optimize their exercise performance and recovery. Fueling strategies for training periodization and optimizing body weight. Coaching provided by a Certified Specialist in Sports Dietetics (CSSD). (5 hours)

- Body Composition Testing 2x
- Resting Metabolic Rate Testing 1x
- Nutrition Assessment and Plan that includes energy and macronutrient recommendations
- Fueling strategies for training and competition
- Two 30-min visits follow up support

\$475 – members

\$750 – non-members

Menopause Package

Fitness and Nutrition Coaching

For women in the stages of menopause, making fitness and nutrition changes can help you feel stronger, empowered, and more in control as you embrace the changes in your body. Learn about your body composition and metabolism and how it relates to body weight. (6 hours)

- Body Composition Testing 2x
- Resting Metabolic Rate Testing 1x
- Fitness Assessment and Plan
- Nutrition Assessment and Plan
- Four 30-min visits of customized follow up support of fitness and/or nutrition

\$570 – members

\$900 – non-members

Fitness Coaching at Sports Medicine Center

Fitness Coaching

For people who have been recently discharged from Physical Therapy or who want to return to sports or other athletic activities. Get help with developing a conditioning program to work on agility, cardio, and strengthening.

Coaching provided by a Physical Therapist / Personal Trainer (CPT). (6 hours)

- Fitness Assessment and Plan
- Five 60-min visits of follow up support

\$570 – members

\$900 – non-members

Follow Up Support

We offer follow up support for any of our packages. Our goal is to support you from start to finish.

\$95/hour – members

\$150/hour – non-members

Services described here are provided on a fee-for-service basis. Prices are subject to change. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under your health plan benefits. If you are a Kaiser Permanente member, please check your *Evidence of Coverage* for specific covered health plan benefit information.



Pediatric Programs

Health Education Department

Geary Campus: 2241 Geary Blvd., SF, CA 94115

Mission Bay Campus: 1600 Owens St, San Francisco, CA 94158

Hours: M-F, 9:00 am - 12:30 pm; 1:30 pm - 5:00 pm

Health Education Department • Kaiser Permanente • San Francisco

Preregistration is required. For class schedules and to register, call **(415) 833-3450** or email **SFHealthed@kp.org**

Baby & Me Support Group

Online/In-person support group for parents and infants. Providing discussion of various parenting issues: growth, feeding, soothing, sleeping, return to work, etc.

Offered virtually every Thursday, 10AM-12PM.

Offered in-person 1st Tuesday of every month 10AM-12PM at the Mission Bay campus, 9th floor, North Beach Room.

Starting February 2026: Fourth Tuesday of every month in 2425 Geary Blvd, Room: Mezzanine 4, Drop-in. 10 AM - 12 PM

Feeding Your Baby Solids and Finger Foods

Online Class (4 to 14 months)

In this class you'll learn how to determine if your child is ready for solid foods, recommendations for introducing solid foods, healthy eating, preventing picky eating and transitioning to finger foods.

Feeding Your Toddler

Online Class (1 to 3 years)

This class guides parents on how to manage several developmental changes that occur during the toddler years, such as challenging mealtimes, picky eating, hunger patterns, and their nutritional needs.

Children Emotional Wellness (8-12 yrs), Teens Emotional Wellness (13-18 yrs)

Online Class

These two single session online classes are designed to introduce our young members to stress management, self-care and mindfulness practices.

Guiding Your Toddler Workshop

Online Class (12 to 36 months)

Learn about your child's rapidly developing brain and the profound impact you have as a parent in these first 3 years. You will learn how to increase connection, cooperation, and developmentally appropriate positive discipline techniques.

Guiding Your Preschooler Workshop

Online Class (3 to 5 years)

Discover helpful evidence-based positive discipline strategies to meet these challenging years. Topics include alternatives to time-outs, tools for when your child isn't listening, strategies for transitions.

Infant/Child CPR Workshop

Learn how to respond to an unresponsive infant/child during emergency situations in a safe classroom environment. This class will also cover prevention of choking hazards. This class is educational in nature and does not provide certification for caregivers. **FEE: \$50 for members, \$60 for nonmembers.**

Youth Thrive Program (4 to 18 years)

Multidisciplinary clinic designed for families committed to adopting healthier lifestyle choices and habits. Participants will have access to individual consultations with a registered dietitian, nurse practitioner, physical therapist, and clinical health educator.

Appointments available both virtually and in-person. **For more information call the Pediatrics Dept. at 415-833-4151 or 628-242-6362**



INFANT/CHILD CPR WORKSHOP

Pediatric Programs

Health Education Department • Kaiser Permanente • San Francisco

Learn how to respond to an unresponsive infant/child during emergency situations in a safe classroom environment. This class will also cover prevention of choking hazards, and what to do in case it happens.

This class is designed for new or expecting parents of children under 8 years old. Adults only.

This class is educational in nature and does **not** provide first aid training or certification for caregivers.

NONREFUNDABLE FEE:

\$50 **per** Kaiser Permanente member

\$60 per Nonmember

*Couples must register separately

Location: Kaiser Permanente Mission Bay

Pre-registration is required.

For more information or to register, please contact the health education department:

Ph: 415-833-3450

Email: sfhealthed@kp.org



Prenatal & Postpartum Online Classes

Health Education Department • Kaiser Permanente • San Francisco

Preregistration is required. To register: call (415) 833-3450 or book online at kp.org/appointments

Breastfeeding Basics (For members 28-36 weeks)

In this online class, you will learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges.

One session; 2 hours Online, book online

***In person Class** To register for the in-person class call 415-833-3450 or email: sfhealthed@kp.org

Newborn Care (For members 28-36 weeks)

In this online class, you will learn the information you need to feel confident about caring for your newborn. We will cover essential topics such as feeding, bathing, diapering, and when to call your physician.

One session; 2-hours Online, book online

Childbirth Preparation (For members 28-36 weeks)

In this online class, you will learn breathing and relaxation techniques to use during labor and delivery. We will also discuss pain management options, hospital procedures, and what to expect before, during, and after delivery.

Offered online as a 2-day (weeknight; 2.5-hr session), bookable online



Scan this QR code to register for some of your prenatal classes online

Baby & Me Postpartum Support Group

A support group for parents and infants **from newborns to 9 months**, providing discussion and support for parenting challenges.

Virtually: weekly on Thursdays, 10am - 12pm. Call 415-833-3450 for the link to join

In-person: First Tuesday of the month at the Mission Bay Campus, 10 AM North Beach Room, 9th Fl & **Fourth Tuesday** of every month at 10 AM in 2425 Geary Blvd, Room: Mezzanine 4 **Drop In.**

Labor & Delivery Unit Tour

Get familiar with the labor and delivery unit and learn about what to expect during your hospital stay. **To register**, call 415-833-3450.

Virtual Labor and Delivery Tour: at kp.org/mydoctor/pregnancy

Infant/Child CPR Workshop

Learn how to respond to an unresponsive infant/child during emergency situations in a safe classroom environment. This class will also cover prevention of choking hazards, and what to do in case it happens. This class is educational in nature and does not provide certification for caregivers. **FEE:** \$50 for members, \$60 for nonmembers. Call **415-833-3450** to register, cannot book online.

Nuevo: Clase en persona sobre conceptos básicos de la lactancia materna



Los estudios demuestran que la lactancia materna ofrece muchos beneficios para su salud y la de su bebé.

En esta clase en persona, aprenderá cómo ubicar a su bebé para amamantarlo de manera óptima, cómo saber si su bebé está recibiendo suficiente leche y las maneras de manejar los malestares y retos de la lactancia materna.

También obtendrá información sobre qué esperar durante su hospitalización y recursos adicionales.

1 sesión; 2 horas. Beneficio cubierto para los miembros de Kaiser Permanente.
Para participantes de más de 32 semanas.

Dónde: Kaiser Permanente 2238 Geary Blvd

Cómo inscribirse: llame al Departamento de Educación para la Salud al 415-833-3450 o envíe un correo electrónico a sfhealthed@kp.org



“Baby and Me” Postpartum Support Group

Health Education Department • Kaiser Permanente • San Francisco

What: A drop-in support group for parents and infants providing discussion and support for parenting joys and challenges. Parents provide support for one another and make new friends in a safe, non-judgmental environment.

- **Guest speakers** for the following topics: Body, Sex, & Intimacy, Baby Sign Language, Emotional Experience of Mothering, Your Evolving Identity as a Parent, Daytime/Nighttime Management, & Relationships and Communication.
- **Monthly lactation presentations and support**

When: Online via Zoom Thursdays, 10:00 am - 12:00 pm.

**Members Only. No fee for members.*

In-Person: First Tuesday of every Month 10 AM - 12 PM KP Mission Bay,
1600 Owens St **9th Floor North Beach Room**

Fourth Tuesday of every month at 10 AM in 2425 Geary Blvd,
Room: Mezzanine 4 **Drop In.**

How to join virtually: Please contact Health Education

Phone: (415) 833-3450

E-mail: sfhealthed@kp.org

***Note: If joining from your phone, please have the Zoom application installed**



Quit Tobacco & Quit Vaping Resources

Phone: (415) 833-3450
Email: sfhealthed@kp.org

Health Education Department • Kaiser Permanente • San Francisco

Individual Appointments

Wellness Coaching (Tobacco & Vaping Cessation)

1-866-251-4514

Get the motivation and guidance you need to take an active role in your health, with our wellness coaches. Our Wellness Coaches can help you create—and stick with—a quit plan for reaching your goals. You and your coach talk one on one by phone at a time that’s convenient for you. Coaches can prescribe nicotine replacement over the phone and provide continued support.

Fee: No fee for members (*members only*)

In Person Individual Counseling

415-833-3450

Get the motivation and guidance you need to quit tobacco with the help of a Clinical Health Educator. The Clinical Health Educator works closely with your provider to arrange individual smoking cessation counseling sessions in-person, by video or over the phone. Call the Health Education department or email your provider at Kp.org and ask to schedule a one-on-one appointment with a Clinical Health Educator

Fee: No fee for members (*members only*)

Online Quit Smoking Program - Visit: www.smokefree.gov

This online program may work for you if you are unable to attend a in-person or telephone appointment. There are many programs, such as the one at smokefree.gov, that offer programs and resources to help you quit smoking.

Kick/t California (All ages)

1-800-NO-BUTTS (1-800-668-8887)

A FREE telephone -based smoking and vaping cessation program to help you quit smoking. Funded by the California Department of Health Services.

Spanish.....1-800-600-8991 Vietnamese.....1-800-778-8440

Chinese.....1-800-838-8917 Hearing Impaired.....1-800-933-4833

Korean.....1-800-556-5564

Handouts:

[You Can Quit Smoking Handout](#)

[Medications to Help you Quit Handout](#)



Nicotine Replacement Aids

Nicotine Patch, Lozenges & Gum:

The nicotine patch provides a steady amount of nicotine through the skin. This can lessen the overall cravings for cigarettes. Patches are usually put on in the morning and worn for 24 hours. Treatment normally lasts six to eight weeks. Nicotine lozenge and gum provides the body with nicotine at individual points in time. The lozenge and gum should be used on a regular schedule (usually at least 1 piece every 1-2 hours).

Medications

Varenicline (Chantix): is a prescription medication that comes as a pill. During the first week most people will slowly increase the dose to the full dosage. Most people start taking varenicline one week before their quit date. Some people will begin more than one week before their quit date; talk with your doctor about what is best for you. This medication is usually continued for 12 to 24 weeks.

Bupropion SR (Wellbutrin, Zyban): Bupropion SR is a prescription medication that can help ease withdrawal symptoms and the urge to smoke. Bupropion is started while you are still smoking, with a quit date set for about a week later. The medication is taken for about 8 weeks.

E Cigarette: E Cigarette products are currently non-regulated, so there is not a ensure the safety of these products as cessation aids. At the time, Kaiser Permanente Northern California is NOT endorsing these products as a means of quitting tobacco until further well controlled studies demonstrate their efficacy and better production guidelines are established to address safety and quality concerns.

Online Resources

Quitting Tobacco

Guide to smoking cessation

Wellness Coaching

Online health coaching programs

E-cigarettes & Vaping

Learn about how to quit E-cigarettes

Quit Tobacco Medications

Learn more about medications to help you quit. Most are available at no cost with a prescription from your KP doctor.



Scan the code to visit these resources online



Senior Health Classes & Resources

All About Memory Online Class

Learn about the aging brain and normal age-related changes that affect memory. We will review the impact of medications and other health conditions on memory loss and learn practices to keep your memory sharp. Also, learn the 10 warning signs of dementia. No fee.

Offered: 2nd Friday of even months, 2-3:30 p.m.

Can't make the live interactive class? Watch the 18 minute All about Memory Video:

Click here or scan the QR code:



Bone Health Online Class

Learn the early signs of osteoporosis, risk factors, prevention and treatment strategies, and how nutrition, exercise can help strengthen your bones. Taught by a PT & Registered Dietitian.

Offered: 4th Wednesday of odd months, 9-10:30 a.m.

Registration: Call (650) 301-4445 or (650) 742-2439.

Fall Prevention Class (In Person)

Join a Physical Therapist and Osteoporosis Clinical Specialist to learn ways to prevent falls, fractures and how to keep your bones strong and healthy. Learn about weight-bearing and strengthening exercises, bone mineral density screening, lifestyle, nutrition and supplements as well as medications that can help prevent bone loss as we age.

Offered: 4th Friday of odd months, 10-11:30 a.m.

For more info and to register: Call (415) 833-3450

Life Care Planning Classes (Advance Health Care Planning)

Who will represent your healthcare wishes if you're unable to speak for yourself? Learn the role of a health care agent and how to complete an advance directive and make it legally valid. For more info and to download a copy of your form, visit kp.org/lcp

English In-Person: 2nd Monday of even months, 2-3:30 p.m.

English Online: 2nd Friday of odd months, 2-3:30 p.m.

Chinese In-Person: 2nd Tuesday of every month, 2-4pm

Tagalog Online: Offered quarterly

Other languages: Schedule an appointment at 415-833-3450.

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Unless specified, all classes are a covered benefit for Kaiser Permanente members

Life Care Planning Resources

Scan the QR code to register for a Life Care Planning class.

Once you log into your kp.org account, select 'Schedule a Health Class.'



Life Care Planning Website www.kp.org/lcp

- Learn about Life Care Planning
- Learn how to choose a Health Care Agent
- Download an AHCD: [Advanced Health Care Directive](#)

Where to submit your AHCD?

Upload on kp.org (Recommended):

- Sign into kp.org
- Click on Medical Forms tab
- Click on Life Care Planning tile
- Scroll down and upload saved form in pdf format (maximum file size 4MB).

Mail or drop-off at Health Education:

- (1) 2241 Geary Blvd., 1st Floor
- (2) 1600 Owens Street, 1st floor (6th floor when Vaccination Clinic is operating on the 1st floor during Fall/Winter season).

Senior Health Online Classes & Resources

Alzheimer's and Dementia Support Ongoing Online Support Group for Caregivers

This **online group** is for those caring for loved ones in all stages of Alzheimer's disease and other dementias. Learn how to cope with stress and get support from others in the same situation. No fee.

Offered: 1st Thursday of each month, 11am-12:30 p.m. **Eligibility:** Patient or caregiver must receive care from a KPSF Primary Care Provider (PCP).
For info/registration: (415) 833-9918

Dementia Caregiver Classes

Kaiser Permanente partners with community organizations to provide dementia-specific education and training at no cost to Kaiser Permanente members. Classes are designed for families and friends caring for loved ones with dementia.

Register here: kpdoc.org/dementiaclasses

- **Caregiver 101**
- **Communication and Behavior: Effective Strategies**
- **Safety and Dementia**
- **Managing Money: A Caregiver's Guide to Finance**
- **Plus, other caregiver classes**

Dementia Resources Page

Learn about dementia and related resources to support our patients and caregivers here:
kpdoc.org/dementia

Topics include:

- **Understanding dementia**
- **Dementia FAQs**
- **Legal capacity support**
- **Caregiver classes**

Your Health Online

Shortcuts to better health at kp.org

Senior Resources:

kp.org/seniorhealth

- Links to information on bone health, fall prevention info, staying independent at home and much more.
- Info on Health Plan extras

View health videos:

kp.org/watch

- Fall Prevention
- Lower back exercise
- Healthy shopping, cooking and more!
- All About Memory video:
kpdoc.org/allaboutmemory

Health Education Center

2241 Geary Blvd., SF, CA 94115
1600 Owens St., SF, CA 94158
(1st floor)

415-833-3450

SFHealthEd@kp.org

- Register for classes.
- Purchase KP branded items
- Kp.org account registration and
 - KP apps assistance

- **DOWNLOAD** the My Doctor Online App to stay on top of your health anywhere, anytime!



A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend. Unless specified, all classes are a covered benefit for KP members only.



Clases en español

Spanish Programs

Las clases marcadas con * están disponibles para reserva Propia. Por favor, escanea este código QR con la cámara de tu teléfono para registrarte. Escanea el código para registrarse en línea en kpdoc.org/classes

Por favor, llame al (415) 833-3450 o envíe un correo electrónico a sfhealthed@kp.org para inscribirse en las clases.



Peso saludable*– [En Línea](#) (*Healthy Weight 1 Series*)

Este programa de 6 sesiones cubre una alimentación saludable para perder peso, realizar más actividad física, controlar el estrés y el sueño, abordar desafíos comunes y realizar cambios sostenibles.

La prediabetes y su salud– [En persona](#) (*Prediabetes and You*)

Aprenda cómo prevenir o retrasar el desarrollo de la diabetes al comer bien y hacer ejercicio. Estos cambios en su estilo de vida le ayudarán a controlar su salud para reducir el riesgo de diabetes y sus complicaciones.

Las clases se ofrecen los jueves de cada mes par de 2 a 4:00pm horas.

Alimentación basada en plantas [En Línea](#) (*Plant Based Eating*)

En esta clase introductoria de 2 horas, aprenderá sobre los beneficios de alimentar su cuerpo con alimentos integrales de origen vegetal, nutritivos y deliciosos, y de llenar su plato con opciones saludables.

Información básica sobre la diabetes* - [En Línea y En Persona](#) (*Diabetes Basics*)

Aprenda a utilizar las cinco áreas del control de la diabetes tipo 2: alimentación saludable, ejercicio, control de los niveles de azúcar en sangre, uso adecuado de los medicamentos y control del estrés.

Las clases presenciales se ofrecen el segundo lunes de los meses impares de 5:00 a 7:00 p. m. y el segundo miércoles de los meses pares de 9:30 a 11:30 a. m. **Clases online*** reservables con el código QR.

Cómo comer bien con diabetes* [En Línea](#) (*Healthy Eating with Diabetes*)

Con una planificación adecuada, puede controlar su diabetes sin dejar de disfrutar de sus comidas. Aprenda consejos para planificar las comidas, cómo leer las etiquetas, reconocer los carbohidratos y cómo preparar sus comidas favoritas. *Se ofrece varias veces al mes, entre semana por la noche y los sábados por la mañana.*

Visite <http://kpdoc.org/diabetes> , <http://kpdoc.org/diabetes> para Obtener apoyo para la diabetes y aprender sobre medicamentos, nutrición y cómo controlar el nivel de azúcar en la sangre.





Programa de salud del comportamiento

Spanish Programs

Bienestar Emocional*

En Línea (*Emotional Wellness*)

En esta clase de una sola sesión, podrás identificar tus fuentes de estrés y aprender técnicas simples para lidiar con la ansiedad y los síntomas de la depresión.

Manejo del Estrés*

En Línea (*Managing Stress*)

En esta serie, aprenderás a reconocer las fuentes de estrés en tu vida, desarrollar hábitos saludables y cuidarte mejor.

Mejorando el Sueño*

En Línea (*Improving Sleep*)

En esta serie, aprende cómo los hábitos nocturnos y los patrones de pensamiento afectan el sueño y cómo cambiarlos.

Comunicación en la Pareja*

En Línea (*Couples Communication*)

El corazón de una relación saludable es una buena comunicación. Aprende maneras de reducir la defensiva y entender la perspectiva del otro.

Manejo de la Depresión

En Línea (*Managing Depression*)

La depresión es común y tratable. En esta serie, aprenderás sobre la depresión, maneras de manejar tus síntomas y cómo desafiar pensamientos negativos.

Entendiendo la Ansiedad

En Línea (*Understanding Anxiety*)

En esta serie, aprenderás a identificar qué desencadena la ansiedad para ti, formas de manejar tus síntomas y cómo enfrentar en lugar de evitar lo que temes.

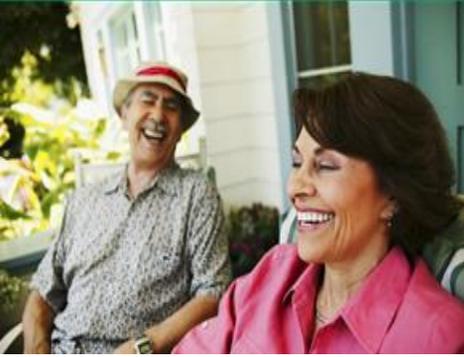
Ofrecemos asesoramiento individual sobre los siguientes temas. Llame al (415) 833-3450 para programar una cita.

Temas para adultos

- Prediabetes
- Diabetes
- Peso
- Salud del corazón
- Hipertensión
- Cómo dejar el tabaco
- Planificación para el cuidado de la vida
- Manejo del estrés

Temas para pediatría

- Prediabetes
- Nutrición sana
- Cómo empezar con alimentos sólidos
- Cómo alimentar al bebé
- Alimentación selectiva
- Estreñimiento
- Control del peso
- Entrenamiento para ir al baño
- Ayuda para dormir
- Crianza de los hijos



Programa de salud del comportamiento

Spanish Mental Health Resources

Recursos útiles:

Estrés

Artículo (MDO): [Estrés](#)

Generalidades del tema: [Manejo del estrés](#)

Video (MDO): [Cómo aliviar el estrés](#)

Ansiedad

Artículo (MDO): [Ansiedad](#)

Hoja de consejos: [Cómo afrontar la ansiedad](#)

Depresión

Artículo (MDO): [Depresión](#)

Hoja de consejos: [Cómo manejar la depresión](#)

Sueño

Artículo (MDO): [Insomnio](#)

Hoja de consejos: [Insomnio](#)

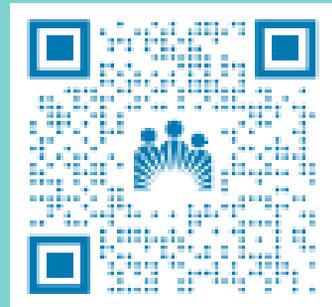
Video (MDO): [Insomnio](#)

[Medicina mente-cuerpo](#) (MDO)

[Métodos de relajación](#) (MDO)

[Recursos de bienestar](#) (incluye aplicaciones de autocuidado) (MDO)

Las clases marcadas con * están disponibles para auto inscripción. Escanee este código QR con la cámara de su teléfono o visite <https://kpdoc.org/classes> para registrarse. También puede llamar al (415) 833-3450 o enviar un correo electrónico a sfhealthed@kp.org.



Nuevo: Clase en persona sobre conceptos básicos de la lactancia materna

Spanish Programs



Los estudios demuestran que la lactancia materna ofrece muchos beneficios para su salud y la de su bebé.

En esta clase en persona, aprenderá cómo ubicar a su bebé para amamantarlo de manera óptima, cómo saber si su bebé está recibiendo suficiente leche y las maneras de manejar los malestares y retos de la lactancia materna.

También obtendrá información sobre qué esperar durante su hospitalización y recursos adicionales.

1 sesión; 2 horas. Beneficio cubierto para los miembros de Kaiser Permanente.

Para participantes de más de 32 semanas.

Dónde: Kaiser Permanente 2238 Geary Blvd

Cómo inscribirse: llame al Departamento de Educación para la Salud al 415-833-3450 o envíe un correo electrónico a sfhealthed@kp.org



2026 Thrive Kitchen at Home

Classes are on Wednesdays from 6:30-8:30 p.m.

Jan 7th	Soups & Salads: Flavors of Italy
Feb 11th	Eat Your Greens!
Mar 18th	Spring Vegetables
Apr 8th	Cooking to Reduce Food Waste
May 6th	Healthy Asian Cooking
Jun 17th	Flavors of the Mediterranean: Morocco
Jul 8th	Spanish Summer
Aug 5th	Easy Weeknight Cooking: Global Grain Salads
Sept 9th	Plantbased Pozole and Ceviche
Oct 14th	Everything Pumpkin
Nov 4th	Plantbased Thanksgiving
Dec 2nd	Holiday Appetizer Party

To register, call the Health Education Department at (415)833-3450 or email: SFHealthEd@kp.org

Fee: No Fee for KP Members
\$20 Non-Members

Scan the code to visit us online

