



Mind•Body•Spirit

Health Education Programs

2011 Dates and Times

To register, call the San Francisco Health Education Department at **(415) 833-3450**.

Overview Classes

Understanding Anxiety Overview

Fee: Free for members; \$20 nonmembers
Dates/times: Third Monday of each month
6:30 – 8:30 p.m.

Managing Depression Overview

Fee: Free for members
Dates/times: First, Second, Third, Fifth Wednesday of each month,
5:30 – 7:00 p.m.
Fourth Wednesday of each month
6:30 – 8:00 p.m.

Pathways to Stress Reduction Overview

Fee: Free for members; \$20 nonmembers
Dates/times: First Monday of each month
6:30 – 8:30 p.m.

Mindfulness Meditation Overview

Fee: \$10 for members; \$20 nonmembers
Dates/times: Second Monday of each month
5:30 – 7:00 p.m.

All Other Programs

ADD/ADHD Group Series for Adults

Fee: Free for members
Dates/times: 6 Thursdays, 6-7:30 p.m.
For dates and to register call the facilitator at
(415) 833-0208

Managing Anger Series

Fee: \$91 for members; \$176 for nonmembers
Dates/times: 8 Wednesdays, 6:30–8:30 p.m.
Jan 19 – March 9, March 30 – May 18
May 25 – July 13, Aug. 3 – Sept. 21
Sept. 21– Nov. 16 (skip 10/19), Oct. 25- Dec.13 (Tue)

Understanding Anxiety Series

Fee: \$55 for members; \$130 nonmembers
Dates/times: 5 Mondays or Tuesdays
6:30 – 8:30 p.m.
January 26 – March 2, March 28-May 2
June 16 – July 21, Oct. 13 – Nov. 17 (skip 11/23)

Assertiveness Training

Fee: \$55 for members;
\$110 for nonmembers
Dates/times: 5 Tuesdays or Wednesdays
6:30 – 8:30 p.m.
May 11- June 8, Oct. 11 – Nov. 8

Women's Assertiveness Training

Fee: \$65 for members; \$110 for nonmembers
Dates/times: 6 Thursdays, 6:30–8:30 p.m.
Jan. 27 – March 3, June 9 – July 14
Sept. 8 – Oct. 13, Nov. 3 – Dec. 15 (skip 11/24)
(Advanced class also available. Call for dates/times.)

Couples Communication Series

Fee: \$115 per couple for members; \$225 per couple for nonmembers
Dates/times: 6 Tuesdays, Wednesdays or Thursdays 6:30 – 8:30 p.m.
Feb. 2 – March 9, March 29–May 3, July 21–Aug. 25
Sept. 15 – Oct. 20, Oct. 18 – Nov. 22

Managing Depression Series

Fee: Free for members
Dates/times: 8 Tuesdays or Wednesdays
6:30 – 8:30 p.m.
Jan. 18 – March 8, March 16–May 4, May 3–June 21
July 6 – Aug. 24, Aug. 30 – Oct.18 Oct. 25 – Dec. 13

Sleep Better Skills Program

Fee: \$65 for members; \$130 for nonmembers
Dates/times: 5 Tuesdays or Wednesdays
6:30 – 9:00 p.m.
Mar. 15 - April 19, May 10 – June 21,
Oct. 19 – Nov. 30

Same Sex Couples Communication Skills Overview

Fee: \$24 per couple for members; \$48 per couple for nonmembers
Dates/times: One Tuesday,
6:30 – 9:00 p.m. March 29 or Oct. 4

TURN OVER for more programs

Stress Management

Mind-Body Medicine for Stress

Fee: Free for members; \$140 for nonmembers

Dates/times: 6 Mondays, 6:30 – 8:45 p.m.
Jan 17 – Feb. 28 (skip 2/21), March 7 – April 11
May 9 – June 20 (skip 5/30), July 11 – Aug. 15
Sept. 12 – Oct. 17, Nov. 7 – Dec. 12

Mindfulness Based Stress Reduction

Fee: \$135 for members; \$280 for nonmembers

Dates/times: 9 Tuesdays, or Thursdays
6:30 – 9:00 p.m. + a Saturday Retreat
1st session is an introduction
Jan 18 – March 15, April 14 – June 9,
June 9 – Aug. 4, Sept. 6 - Nov. 1
Oct. 20 – Dec. 15. (skip 11/24)
9 Tuesdays + a Saturday Retreat
11:15 a.m. – 1:30 p.m. March 8 – May 10 (skip 4/12)
10:15 a.m - 12:30 p.m., April 19 - June 14
1:00 p.m. - 3:30 p.m., Sept. 20 - Nov. 22
Call for additional dates and times

Mindfulness Mini-Series: Getting Started

Fee: \$47 for members; \$100 for nonmembers

Dates/times: 4 Wednesdays or Thursdays, 6:30 –
8:30 p.m.,
March 9 – March 30
July 7 – July 28, Oct. 27 – Nov. 17

Daylong Mindfulness Based Stress Management Retreat

Fee: \$40 for members; \$90 for nonmembers

Dates/times: Saturday, 10:30 a.m. –
4:30 p.m., Feb. 26, July 16 or Oct. 22

Mind Body Medicine Program for Infertility

Fee: \$155 for members; \$330 for nonmembers

Dates/times: 6:30 – 9:00 p.m.+ a Saturday Retreat
8 Thursdays, April 14 – June 2,
8 Wednesdays, Oct. 5 – Nov. 30 (skip 11/23)

Onsite Stress Management Coaching

For more information or to make an appointment
call: (415)833-4670

For Children

Martial Play

Fee: \$70 for members; \$135 for nonmembers

Dates/times: 8 Saturdays, 10:00 – 11:30 a.m.
April 16 – June 11, Sept. 17 - November 5

Movement Programs:

Yoga, Qi Gong, Pilates, Tai Chi Chih, Zumba and Feldenkrais

*Program fees listed are subject to change and may depend on
your health plan coverage. Please refer to current Evidence of
Coverage (EOC) to confirm the services covered under your plan.

Health Education ID#SFO011008AL01 (rev 1-11)

For class descriptions, to request a catalogue or
**to register call the San Francisco Health
Education Department at (415) 833-3450**

Visit kp.org for descriptions of all classes and health education
online resources. Times and dates subject to change. Call for
additional dates.

Visit the Health Education Center

2241 Geary Blvd
San Francisco, CA 94115
Hours: Monday - Friday 9 a.m. – 5 p.m.

We carry a variety of health information to support your
health needs. Register for a class, purchase books,
meditation or relaxation CD's, yoga mats and more.

Additional Resources

Coaching

Personal Stress Management Coach

Mindfulness and Mind Body Approaches. One on one. in person.

**For more information or to make an appointment call:
(415)833-3450**

Telephone Wellness Coaching 1-866-251-4514

General Stress Management

Online Health Coach: Stress Less

kp.org/mydoctor or kp.org/healthcoach

Online Mind Body Resources

**Connect to our Web site at kp.org and register for full
access to all programs and features.**

Health Journey Guided Imagery Podcasts

on stress, relaxation, sleep, pain, anger and forgiveness,
panic and anxiety, grief, headaches, preparing for surgery
and more

Kp.org/mindbody or kp.org/mydoctor

Health Media customized online health programs - personalized assessments and action plans

Overcoming Depression

Overcoming Insomnia

Relax for Stress Reduction (+ more)

Kp.org/healthylifestyles

Health Coach Stress Less Program

kp.org/mydoctor or kp.org/healthcoach

Health Topics

Mind and Body Health

Complementary and Alternative Care

Kp.org/livehealthy or Kp.org/mindbody

Natural Medicines Database

Kp.org/drugsnaturalmedicines

Member Discount Programs

for massage, chiropractic and acupuncture

Kp.org/memberdiscountprogs or Kp.org/mindbody