

Fall Event Calendar 2020

All classes now hosted on Zoom Webinar. Simply click below to register or enter ID at zoom.com/join

To enroll, call 415-923-3155 or simply click on link provided in details. Support us, [donate](#)

September

Long-Term Care Insurance

Presenter: Lee Abel, CLTC

With longer life comes a higher risk of needing extended care. What's your plan to cover the high costs of being cared for at home or in a facility? This educational seminar will help you come up with a viable plan. We'll look at the costs of care and ways to pay for it, including Medicare, Medi-Cal, self-insuring, and the various types of long term care insurance, including hybrid life/long term care policies.

Thursday, September 10
4:30 – 6:00 pm
Zoom ID: 836 3751 0510
Or, [register here.](#)

Emotional Eating Support Group (Group Class)

Instructor: Sabine Haake, MBA, RD

This 8-week program combines therapeutic meal experience with cognitive behavior work to help participants overcome eating in stressful or emotional situations. Participants bring their own dinner and begin to practice distinguishing between emotional and physical hunger in a small and judgment-free environment. Participants take steps to understand the internal and external stressors that trigger disordered eating behavior and begin to develop a nurturing and compassionate relationship with their body, with the help of our behavioral specialist.

HMO Brown & Toland members pay no fee. All others \$60 per class.
Registration for full series is required; unable to accommodate registration for a single class. *Payment collected by phone after intake form is evaluated

Thursdays
Sept 10 – Oct 29
5:30 – 7:00 pm
Zoom Meeting

[Begin Intake Process](#)

Or, call
(415) 923 – 3155

Nutritional Supplements: What's the hope? What's the hype?

Presenters: Ricki Pollycove, MD

In this talk Dr. Ricki Pollycove, well known for her practice of integrative women's health spanning over 3 decades, delves into the topic of nutritional supplements. We will consider the kinds of results we can expect from money spent on vitamins, herbal blends, animal extracts sold as energy boosts, weight loss aids and more. Bring your questions and enjoy a deep dive into the best ways to choose what may be best for you and why!

Friday, September 11
5:30 – 7:00 pm
Zoom ID: 831 2847 9972
Or, [register here.](#)

Breast Health: Lifestyle, Screening, & Early Detection

Presenters: Ricki Pollycove, MD & Anne Peled, MD

CHRC is kicking off October's Breast Cancer Awareness month with a presentation featuring two experts in women's health. In this webinar, the doctors will discuss the impact of lifestyle on breast health and the process for screening and early detection.

Wednesday, October 14
4:00 – 5:30 pm
Zoom ID: 816 7979 0641
Or, [register here.](#)

Advances and Innovations in Breast Health and Breast Cancer Care

Presenters: Anne Peled, MD and CPMC Breast Care Team Members

As the final part to our Breast Health Awareness month series, CHRC is collaborating with CPMC Breast Care Team to bring you this special series of talks featuring information on CPMC Breast Health Center resources, breast cancer support services, and breast cancer products, devices and technologies.

Wednesday, October 21
4:30 – 6:00 pm
Zoom ID: 826 4507 0700
Or, [register here.](#)

Mindful Eating (Group Class)

Instructor: Jason Mousel, MS, RD

Eating while feeling stress or during emotional situations can impact our health in an 'unsavory' way and can often leave us feeling out of control and unhealthy. Join our 4 week class series to experience how mindful eating can change the way you look at food and have an enjoyable eating experience. An experienced registered dietitian will support participants to process feelings around eating in various situations and learn steps to successfully shift attitudes and thoughts. In this class we will each bring our own dinner and practice eating mindfully in a small judgment-free environment. In addition, this class will aid clients to take food risks, plan successful eating strategies and implement changes to improve health.

*Intake interview required prior to start date. Call in advance to learn more.

Thursdays
Oct 22 – Nov 12
4:00 – 5:00 pm
Zoom Meeting

[Begin Intake Process](#)

Or, call
(415) 923 – 3155

October

November

Diabetes Awareness: Prevention, Pre-diabetes, & Diet

Presenter: Eric Hernandez, RD

CHRC's registered dietitian, Eric Hernandez, is an expert clinical nutritionist who's counseled countless patients on managing their diabetes. For Diabetes Awareness month, Eric will lead a webinar educating on the role that diet plays in diabetes prevention and management. He will provide tips for foods and portioning.

Wednesday, Nov 11
4:00 – 5:30 pm
Zoom ID: 893 9882 4029
Or, [register here.](#)

Lung Cancer Awareness Month: Insights & Information

Presenter: Benson Chen, MD

Doctor Benson Chen is a pulmonologist with expertise in lung cancer screening and lung nodule management. Dr. Chen will provide information for diagnostic and staging evaluations for patients with lung nodules and suspected lung cancer. He will also provide an overview of lung cancer treatment. Participants will have opportunity to post questions throughout the lecture and a chance for discussion during the Q&A portion at the end.

Tuesday, Nov 17
4:00 – 5:30 pm
Zoom ID: 894 8482 2157
Or, [register here.](#)

Lifestyle as Medicine: You Are Your Primary Care Provider

Presenters: Ricki Pollycove, MD, Sabine Haake, MA, RD, and Jason Mousel, MS, RD

This presentation combines the expertise of 3 providers: a doctor with decades of integrative health experience, and two clinical nutritionists with specialties in eating disorders and holistic health. Together, the three will provide their specialized perspectives on the prevalence of trendy "quick-fixes" that claim to heal us or transform our health. The speakers will address the forces that drive us to unhealthy habits and give tips on how we can work towards sustaining healthy change through small steps.

Thursday, Nov 19
5:30 – 7:00 pm
Zoom ID: 854 8018 6928
Or, [register here.](#)

Dec

Liver Diseases: Risks, Causes, and Treatments

Presenter: Jennifer Guy, MD

Doctor Jennifer Guy is a transplant hepatologist and gastroenterologist at Sutter's California Pacific Medical Center. Dr. Guy joins CHRC to provide a presentation on types of common liver diseases. She will provide an overview of risks and causes for certain liver diseases and available treatments for them. Let us know your questions for Dr. Guy during our virtual lecture!

Thursday, December 10
3:30 – 5:00 pm
Zoom ID: 882 4626 2692
Or, [register here.](#)

SUPPORT GROUPS

Cancer Buddy Program

This program connects patients within the first year of cancer diagnosis with trained volunteer cancer survivors. The program is a forum for individuals to speak openly with someone who understands cancer from personal experience.

To request a Buddy or to volunteer, please call (415) 923-3155.

Stroke Survivor

This group is designed to aid the recovery of stroke survivors at any stage by providing a safe and supportive atmosphere where individuals are able to share their experiences.

Hosted on Zoom

First Thursdays, 12:00 – 1:00 pm

To register, call (415) 923-3155

FREE HEALTH SCREENINGS

Health screenings offered at the following San Francisco locations are free of cost. Drop-ins welcome, no registration required. Health screenings at Mission YMCA, Chinatown YMCA, and Stonestown YMCA are currently unavailable; check chrccsf.org/events for updates.

Mission Neighborhood Centers

1st and 3rd Fridays
10:00 am – 12:00 pm
362 Capp St.

CPMC Professional Bldg.

1st and 3rd Wednesdays
1:00 – 3:00 pm
2100 Webster St., Lobby