

WINTER EVENT CALENDAR 2020

Please preregister for all programs to reserve your seat as space may be limited.
Any contribution welcome, \$10 suggested. Call 415-923-3155 or email
cpmchrc@sutterhealth.org

JANUARY

INVESTIGATING JOINT PAIN

Presenter: Kashif Jafri, MD

If you suffer from significant joint pain and swelling, this class is for you. A rheumatologist will cover common causes and treatments, specifically reviewing conditions such as osteoarthritis, rheumatoid arthritis, psoriatic arthritis, and gout.

Wednesday, January 15
4:45 – 6:15 pm
2333 Buchanan Street
First Floor, Enright Room

NUTRITION TO REDUCE INFLAMMATION

Presenter: Elena Zidaru, MA, RD

Join us to learn what dietary patterns can be helpful in fighting inflammation in our bodies. After describing what inflammation is and why it happens, we will discuss in detail the foods with anti-inflammatory properties. This lecture will also help you become aware of inflammatory diet behaviors, as well as some unproven dietary trends to fight inflammation.

Thursday, January 23
3:30 – 5:00 pm
2333 Buchanan Street
First Floor, Enright Room

OSTEOARTHRITIS AND MOVEMENT

Presenter: Brynne Duty, PT, DPT, OCS (CPMC Physical Therapy Department)

This interactive workshop will include an overview of how to utilize exercise strategies to increase strength and flexibility for those with arthritis. A physical therapist will guide you on which types of exercises are best for you to do safely, while working to reduce joint pain and stiffness. Participants will be able to practice exercises and work with the instructor during the session. *Light movement will take place in this workshop.

Thursday, January 30
3:00 – 4:30 pm
2333 Buchanan Street
First Floor, Enright Room

EMOTIONAL EATING SUPPORT GROUP (CLASS SERIES)

Presenter: Sabine Haake, MA, RD

This 12-week program combines therapeutic meal experience with cognitive behavior work to help participants change the way they look at food and eating in stressful or emotional situations. Participants bring their own dinner and practice mindful eating techniques to distinguish between emotional and physical hunger in a small and judgment free environment. Participants will 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 a behavioral specialist. *Intake interview required prior to start date. HMO Brown & Toland members pay no fee. All others \$60/class. Registration for full series is required; unable to accommodate registration for a single class. Advance payment/enrollment required. Please call 415-923-3155 to register.

12-Week Series
Thursdays
January 23 – April 9
6:00 – 7:30 pm
2100 Webster Street,
Suite 100

FEBRUARY

MAINTAIN YOUR BALANCE

Presenter: Michelle Spicher, PT, DPT, OCS (CPMC Physical Therapy Department)

Falls are the leading cause of injury in older adults. This interactive workshop provides education and balance screening for older adults who want to reduce their risk of falling, learn strategies to prevent falls, and maintain their independence.

Thursday, February 13
1:30 – 3:00 pm
Castro & Duboce,
South Tower
Level B Conference Room

DELVING DEEPER INTO HEARING LOSS

Presenter: Shu-En A. Lim, Au.D., F-AAA, CCC-A (UOP Clinical Director of Audiology)

There's a lot more to hearing than just your ear. The ear-brain system is responsible for coding and decoding all the sounds in our environment. Learn more about how changes to hearing impact much more than just not having enough volume. We'll also discuss new advancements in hearing device technology that aim to help deficits in the ear-brain system, and allow individuals with hearing loss to maximize their ability to function in varied hearing environments.

Thursday, February 27
2:30 – 4:00 pm
2333 Buchanan Street
First Floor, Enright Room

ANNUAL NUTRITION & WELLNESS FAIR

You are invited to participate in CHRC's 8th Annual Nutrition & Wellness Fair during National Nutrition Month! This health education event will offer games, raffle prizes, healthy recipes, food demonstrations, an opportunity to meet and greet with our team, and much more!

We will also be offering FREE health screenings!

Thursday, March 19 • 11:00 am – 2:00 pm • 2100 Webster Street, Lobby

MAR	GROCERY STORE TOUR: Carbohydrates	Presenters: Danielle Davidson, RD and Kristina Cox, DI Grocery shopping should not be confusing. Learn how to navigate the store by joining us for a Grocery Store Tour. A registered dietitian will guide you through aisles to provide tips on grocery shopping and meal planning. You will learn to read labels, count carbs, create balanced meals, and identify added sugars. You will also be able to ask the dietitian about your food and nutrition-related questions. Learn to better manage your pre-diabetes or type 2 diabetes by shopping smarter.	Saturday, March 28 10:00 – 11:30 am Safeway 1355 Webster Street
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APRIL	MINDFUL EATING (CLASS SERIES)	Presenter: 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. We will each bring our own dinner and practice eating mindfully in a small judgment-free environment. This class will also aid clients to take food risks, plan successful eating strategies and implement changes to improve health. *Intake interview required prior to start date. HMO Brown & Toland members pay no fee. All others \$60/class. <i>Registration for full series is required; unable to accommodate registration for a single class. Advance payment required. Call 415-923-3155 to enroll.</i>	Wednesdays April 1 – April 22 6:00 – 7:30 pm 2100 Webster Street, Suite 100
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APRIL	GLAUCOMA AWARENESS	Presenter: Scott So, MD (Pacific Eye Associates) Sometimes called the silent thief of sight, glaucoma is the second leading cause of blindness. A CPMC ophthalmologist specializing in glaucoma will inform participants on the risk factors, prevention strategies, symptoms, examination necessary for proper diagnosis, and state-of-the-art treatment options.	Wednesday, April 8 11:00 am – 12:30 pm 2333 Buchanan Street First Floor, Enright Room
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APRIL	GENTLE YOGA (CLASS SERIES)	Instructor: Lisa Marie Amparo, RN Staying active as we age is an important part of maintaining our health. However, body aches and stiffness can make exercising intimidating. This gentle yoga series will safely guide you through simple stretches that will help release aches and pains. We'll combine movement and breathing to promote relaxation and overall well-being. Participants have the option to utilize a chair throughout the class for more comfort. No prior experience; light movement required. An open mind and heart encouraged!	Thursdays April 16 – April 30 2:00 – 3:30 pm 2100 Webster Street First Floor, Room 106
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APRIL	MINDFUL YOGA (CLASS SERIES)	Instructor: Lisa Marie Amparo, RN Finding time to prioritize our minds and bodies can be challenging in our busy lives. Through breath and movement, yoga invites us to pay attention to how we are feeling physically and emotionally in order to live more fully in the present moment. This 3-week yoga series will focus on breathing and stretching to facilitate relaxation and increase mobility, promoting a sense of calm and well-being. We will listen to our bodies and move safely, releasing stiff muscles and aches. Beginners' class: An open mind and heart encouraged!	Fridays April 17 – May 1 11:30 am – 1:00 pm 2100 Webster Street First Floor, Room 106
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SUPPORT GROUPS

Cancer Buddy Program This program connects patients within the first year of cancer diagnosis with trained volunteer cancer survivors. The program is forum for individuals to speak openly with someone who understands cancer from person experience. <i>To request a Buddy or volunteer, call 415-923-3155</i>	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 experience. 2100 Webster St, Suite 119 First Thursdays, 12:00 – 1:00 pm To register, call 415-923-3155	Coping with Cancer This workshop provides a safe and supportive environment for individuals with any cancer diagnosis. You can ask questions and get emotional support and information to help with your cancer journey. This free meeting promotes education, awareness, and emotional support. 2351 Clay St, Deikel Room #137 First Tuesdays, 4:30 – 6:00 pm For info, call 415-600-3977
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FREE HEALTH SCREENINGS

Each week offers a different screening type at the following sites, rotating through cholesterol, glucose, and blood pressure. A registered nurse will be available to discuss screening results. Drop-ins welcome, no registration required.

Mission YMCA 2 nd and 4 th Fridays 10 am – 12 pm 4080 Mission St.	Mission Neighborhood Centers 1 st and 3 rd Fridays 10 am – 12 pm 362 Capp St.	Chinatown YMCA 1 st and 3 rd Fridays 10 am – 12 pm 855 Sacramento St.	Stonestown YMCA 2 nd Fridays 9:45 – 11:45 am 3150 20 th Ave. (Senior Annex)	CPMC Professional Building 1 st and 3 rd Wednesdays 2 – 4 pm 2100 Webster St., Lobby
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