



Winter 2019 Event Calendar

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	<p>Glaucoma Awareness & Education <i>Presenter: Scott So, MD (Pacific Eye Associates)</i> Sometimes called the silent thief of sight, glaucoma is the second leading cause of blindness. A CPMC ophthalmologist who specializes in glaucoma will instruct participants on the risk factors, prevention strategies, symptoms, examination necessary for proper diagnosis, and state-of-the-art treatment options.</p>	<p>Wednesday, January 30 11:30 am – 1 pm 2100 Webster Street Room 106</p>
	<p>Emotional Eating Support Group <i>Presenter: Sabine Haake, MBA, RD</i> 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 our behavioral specialist. *Intake interview required prior to start date. HMO Brown & Toland members pay no fee. All others \$60 per class. <i>Registration for full series is required; unable to accommodate registration for a single class. Advance payment/enrollment required.</i></p>	<p>12-Week Series Thursdays January 31 – April 18 6 – 7:30 pm 2100 Webster Street Suite 100</p>
February	<p>Mindful Eating Class Series <i>Presenter: Erica Eilenberg, MPH, RD</i> Eating while feeling stress can impact our health in an 'unsavory' way and leave us feeling out of control and unhealthy. Join the 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 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 judgment-free environment. Class limited to 6 people. *Intake interview required prior to start date. HMO Brown & Toland members pay no fee. All others \$60 per class. <i>Registration for full series is required; unable to accommodate registration for a single class. Advance payment/enrollment required.</i></p>	<p>Tuesday, February 5 Tuesday, February 12 Tuesday, February 19 Tuesday, February 26 6 – 7:30 pm 2100 Webster Street, Suite 100</p>
	<p>Long-Term Care Insurance <i>Presenter: Lee Abel, CLTC</i> Living longer brings each of us a higher risk of needing assistance with daily activities or supervision due to cognitive impairment as we age. Most people want to stay home but haven't thought about how they would pay for the necessary care. Don't risk your money, dignity, and family: know the facts and have a plan! Join Long-Term Care Insurance advisor Lee Abel in this educational seminar to understand care options and costs. Identify ways to financially protect yourself and your family through insurance, including hybrid policies with built-in death benefits and lifetime coverage for one or two people.</p>	<p>Thursday, February 28 3:30 – 5:00 pm 2333 Buchanan St. First Floor, Enright Room</p>
March	<p>Maintain Your Brain: Memory and Aging <i>Presenters: Sarah Borish, PhD, & Sara Mason, MA (CPMC Ray Dolby Brain Health Center)</i> This session will feature research on how brain health contributes to overall cognition and behavior, as well as strategies to improve memory and thinking in everyday life. The basics of diagnosis for various conditions will be discussed, including memory loss, early dementia, and Alzheimer's disease.</p>	<p>Wednesday, March 6 2:30 – 4:00 pm 2333 Buchanan St. First Floor, Enright Room</p>
	<p>Annual Nutrition & Wellness Fair You are invited to participate in CHRC's 7th 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 our team and MUCH more! We will also offer FREE health screenings! Thursday, March 21, 11:00 am – 2:00 pm 2100 Webster Street Lobby</p>	

April	Benefits of a Plant-Based Diet <i>Presenter: Elena Zidaru, MA, RD</i> Learn how to follow a healthy plant-based lifestyle and meet all of your nutritional needs. Join a registered dietitian to understand the types of plant-based diets, their health and environmental benefits, and nutritional considerations. The dietitian will also discuss plant-based meal and snack ideas.	Wednesday, April 3 2:30 – 4:00 pm 2333 Buchanan St. First Floor, Enright Room
--------------	---	--

Grocery Store Tours

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 aisle by aisle to provide tips on grocery shopping and meal planning. *Fee: HMO Brown & Toland members pay no fee. All others \$60 per tour. **Advance payment/enrollment required. 6 participant limit.** All tours will be held at Safeway: 1335 Webster Street.

Sodium Thursday, February 7 2:00 - 3:30 pm Presenters: Maggie Rasnake, MPH, & Erica Eilenberg, MPH, RD On this 90-minute tour, you will learn how to read labels and identify the sodium content in products to help lower blood pressure and overall sodium intake. Learn about recommended sodium intake, and low-sodium strategies for shopping and cooking.	Carbohydrates Thursday, March 28 2:00 - 3:30 pm Presenter: Elizabeth Thomas, MS, RDN On this 90-minute tour, you will learn how 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.	Heart Health Thursday, April 25 2:00 - 3:30 pm Presenter: Elizabeth Thomas, MS, RDN On this 90-minute tour, you will learn how to read labels, understand the difference between types of fat, and create balanced meals to promote a heart-healthy diet. You will also be able to ask the dietitian about your food and nutrition related questions.
--	--	--

SUPPORT GROUPS

Cancer Buddy Program This program connects patients within the first year of a 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, 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. 2100 Webster Street, 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. 2340 Clay Street, Room 121 First Tuesdays, 4:30 – 6:00 pm For more information, call 415-600-3977 or 415-600-5880
--	--	--

HEALTH SCREENINGS

Health screenings offered at the following San Francisco locations are **free** of cost. Each week offers a different screening type rotating through glucose, cholesterol, body mass index (BMI), 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 Street	Mission Neighborhood Centers 1 st and 3 rd Fridays 10 am – 12 pm 362 Capp Street	Chinatown YMCA 1 st and 3 rd Fridays 10 am – 12 pm 855 Sacramento Street	Stonestown YMCA 2 nd Fridays, 9:45 – 11:45 am 3150 20 th Ave. (Senior Annex)	Professional Building, CPMC Pacific Campus 1 st and 3 rd Wednesdays 2 – 4 pm 2100 Webster Street, Lobby
--	--	--	--	---