

Winter Event Calendar 2021

All health education hosted on Zoom video conferencing (PST). Please contact us for telehealth support. [Help our nonprofit by donating online today!](#) You may also contribute by calling or by emailing: (415) 923-3155, cpmchrc@sutterhealth.org.

January

Weight Management (Group Class)

Instructor: Jason Mousel, MS, RD

This is a remote 4-week interactive class that explores the physical and emotional factors of body weight. We will gather from our homes to discuss and experiment with how we're currently eating. We'll look into our pantries and share a meal together to explore portion sizes, eating pace, and how to increase our enjoyment of eating. We will learn practical, research-based techniques for improving nutritional health and create a sustainable, individualized weight management plan. This holistic approach includes the full scope of a healthy lifestyle: stress, sleep, mindset, exercise, and food. Each session covers a specific topic, group discussion, and engaging activities to practice at home. **Full series enrollment required. FREE for HMO Brown & Toland members; \$60/class for all else. Scholarships may be available.*

Thursdays
Jan 14 – Feb 4
5:00 – 6:30 pm

To enroll
Call, Email, or
[Click here](#)

Emotional Eating Support Group

Facilitator: 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. **Full series enrollment required. FREE for HMO Brown & Toland members; \$60/session for all else. Scholarships may be available.*

Thursdays
Jan 21 – Mar 11
5:30 – 7:00 pm

To enroll
Call, Email, or
[Click here](#)

February

Promoting Wellness with Three Habits

Presenter: Leah Kramer, LCSW

As behavioral health professionals, we often meet our clients in therapy and focus on challenging unhelpful thoughts and behaviors in an effort to make positive changes in their lives. Evidence shows us that changing or adding new behaviors can improve our psychological health. We will discuss three habits - gratitude, getting out in nature, and mindfulness which are evidenced based to help everyone, not just those suffering from depression and anxiety.

Thursday, Feb 18
3:30 – 5:00 pm

Zoom Webinar ID:
892 1464 4635
[Click to register](#)

A Deeper Understanding of the Ear: Hearing & Tinnitus

Presenters: Jennifer Henderson-Sabes, Au.D. and Shu-En A. Lim, Au.D. (University of the Pacific, Hearing and Balance Center)

Doctors Henderson-Sabes and Lim present information about the ear-brain system. They will discuss the system's role in coding and decoding sounds in our environment along with the development of tinnitus. The doctors will also discuss new advancements in hearing device technology that aim to help deficits in the ear-brain system.

Thursday, Feb 25
2:30 – 4:00 pm

Zoom Webinar ID:
831 9716 1632
[Click to register](#)

March

Nutritious & Delicious Cooking Demo

Presenter: Laura Bull, DI (Morrison Internship)

The presenter will guide you through the steps of cooking an easy, tasty, and nutritious meal. The cooking demonstration will also include meal planning and grocery shopping tips as well as nutrition information about the ingredients used in the recipe. The presenter will address portion control and tips on storing prepared foods and ingredients. Questions throughout the demonstration are encouraged.

Tuesday, Mar 2
4:00 – 5:30 pm

Zoom Meeting ID:
848 1478 1102
[Click to register](#)

Mindful Eating (Group Class)

Instructor: Jason Mousel, MS, RD

Do you struggle with food cravings or eating beyond fullness? Want a more balanced relationship with food? Join our 4-week class to explore how habits drive food choices. Learn to develop a balanced, healthy, and enjoyable way of eating to be in charge of your eating instead of feeling out of control. Use hunger and fullness to guide your eating and enjoy food without feeling guilt. **Full series enrollment required. FREE for HMO Brown & Toland members; \$60/class for all else. Scholarships may be available.*

Thursdays
Mar 4 – Mar 25
5:00 – 6:30 pm

To enroll
Call, Email, or
[Click here](#)

Investigating Joint Pain

Presenter: Ishita Aggarwal, MD (Pacific Rheumatology Associates)

If you suffer from significant joint pain and swelling, join Doctor Ishita Aggarwal to learn about your chronic pain and how to better manage it. This lecture will cover common causes and treatments, specifically reviewing conditions such as osteoarthritis, rheumatoid arthritis, psoriatic arthritis, and gout.

Thursday, Mar 11
3:30 – 5:00 pm

Zoom Webinar ID:
816 2789 7119
Click to register

April

Gentle Yoga (Series)

Instructor: Lisa Marie Amparo, RN

Staying active is an important part of maintaining our health. However, bodily stiffness and aches can make exercising challenging. To safely encourage movement, an experienced nurse and yoga instructor will guide you through gentle yoga stretches and poses that will help stimulate your breathing and promote relaxation. In this 2-part virtual class, we'll listen to our bodies and move safely, releasing stiff muscles and aches. Participants have the option to utilize a chair throughout the class for more comfort. No prior experience or physical requirements necessary. An open mind and heart encouraged!

Thursday & Friday,
Apr 1 – Apr 2
4:00 – 5:00 pm

Zoom Meeting ID:
897 0984 7769
Click to register

Advance Health Care Directives

Facilitator: Scott Plymale, LCSW, PhD

Advance Health Care Directives are important for all individuals over the age of 18 to have in place so that a person's wishes will be followed if one becomes unable to make decisions. Take the time now to understand and determine choices for care at the end of life. You will receive official paperwork to review and keep as part of this class. *Fee of \$10/person collected during registration.*

Monday, Apr 26
12:00 – 1:00 pm

To register
Call, Email, or
Click 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, 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 video conferencing
First Fridays, 12:00 – 1:00 pm
For access, 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.

Call (415) 600-3977 or (415) 600-5880 for a schedule of meeting dates

FREE HEALTH SCREENINGS

Health screenings offered at the following San Francisco location(s) are free of cost. Each event offers total cholesterol, glucose, and blood pressure results. In addition to results, we also provide educational materials to help you further understand the role blood glucose, cholesterol, and blood pressure play in health management. Drop-ins welcome – no registration required.

Mission Neighborhood Centers

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